

Oakhill Day School



Athletic Handbook 2025-2026

**The Athletic Handbook is a living document, subject to change throughout the year. The current version will be found on the HUB.*

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Welcome from the Athletic Department

Welcome to Panther Athletics at Oakhill Day School. Every day is a great day to be a Panther; we hope each student-athlete has an educational, challenging, and rewarding experience. Participating in athletics helps students grow mentally, physically, emotionally, and socially. Athletic programs are a great way to interact with classmates and to develop relationships outside of the classroom.

Student-athletes have the opportunity to participate in a variety of athletic programs and are encouraged to participate in multiple sports throughout the year. Coaches for each team will be announced prior to the season start date. Please see the athletic calendar for practice and game information. The athletic website lists addresses for all games/meet venues.

Presented in alphabetical order, the following topic areas are provided to express the guidelines and intentions of the Oakhill Athletic Program. Changes may be made throughout the year, and the Oakhill website is the best source for the current athlete and athletic calendar information.

Oakhill Day School Athletic Department

Athletic Mission

The mission of the athletic department is to provide a quality athletic experience with multiple opportunities for students to be challenged physically, mentally, socially, and emotionally.

Athletic Overview

While we build competitive, winning teams, our primary mission is to promote the value of sportsmanship, school spirit, skill development, fair play, and academic achievement in the classroom. It is our goal to provide each student-athlete with the tools and skills needed to succeed both on and off the field of play while preparing them for success at the next level.

Athletic Philosophy

Oakhill Day School believes athletics should add value and supplement the academic program to complete the educational experience of students. Athletic experiences provide opportunities for students to achieve success through participation and physical activity. Every student is encouraged to be aware and take advantage of the opportunities provided to them.

Participation in the athletics program is a privilege, not a right, and is earned by demonstrating Oakhill Lifeskills.. Student-athletes are responsible for their own actions, showing leadership attributes, respecting coaches, demonstrating positive interactions, maintaining strong academic performance, and setting a positive example for the Oakhill community. An athlete's actions should be a positive reflection of Oakhill both on and off the field.

Expectations and Responsibilities

The expectations and responsibilities of student-athletes at Oakhill Day School go above and beyond those outlined in the School Handbook.

Parents and Guardians

- Display positive sportsmanship at all athletic competitions, parents shall be respectful to officials, coaches, student-athletes, spectators, and the opposing team. Unsportsmanlike conduct will not be tolerated at any Oakhill athletic event. Your behavior is a reflection of Oakhill Day School, please help us maintain the positive image we have created in the community.
- Be respectful of opponents and demonstrate good sportsmanship both on and off the field of play.
- Be a positive role model, be supportive, and encourage your student and the team at all times.
- Only discuss the expectations, ability, and performance of your student-athlete with the coach. Refrain from discussions regarding other student-athletes or teams.
- Notify the head coach **prior to a practice or game** of any family or individual scheduling conflicts which will cause the student-athlete to be late or absent. ***You will be provided the contact information (email) for your child's coach.***
- Know and understand the expectations for attendance, academic eligibility, and participant requirements; support your student-athlete in achieving these requirements.
- Understand student-athletes will experience some very rewarding and challenging moments. Know that during a practice or game; calls or events will not always be in favor of Oakhill or go the student's way. If your athlete has a concern or is upset with how things are going, encourage them to talk with a coach. If necessary, help them schedule a meeting with the coach when you can be there to help support the discussion.
- Address questions or concerns with the coach preferably via email, or a phone call if necessary. Note: Catching a coach right after a game or practice is not the best time. Please email or call to arrange a meeting time. The coaches can assist students and families with questions regarding practices, games, and transportation.
- Questions or concerns regarding leagues, game schedules, uniforms, or coaching concerns should be directed to the [Athletic Director](#). Parents should not contact the Athletic Director from another school.

Practice and Training

- All athletes must practice regularly and to the best of their ability to be the most effective on game day. Practices not only improve physical ability, but also mental toughness, physical endurance, stamina, stress reduction, and meaningful relationships on and off the field of play. Student-athletes at Oakhill Day School are required to train and practice for the sport in which they participate.

Athlete Expectations and Responsibilities

- Possess and maintain a high degree of personal and team integrity.
- Set goals, practice hard, and strive for self-improvement.
- Always try hard and do your best academically, athletically, and personally. Be responsible for your actions, decisions, and personal performance in the classroom, outside of the school, and while participating in athletic activities.
- Goal Setting – “Obstacles are what we see when we take our eyes off the goal.”
Goals are important to individual and team success, providing athletes with purpose, direction, and focus. Oakhill athletes will be formally or informally asked to set goals for themselves as part of a team. Goals help

to keep us moving forward, and at the end are something to proudly reflect upon. We encourage our student-athletes to set goals; academically, personally (growth outside of athletics), individually (as an athlete), and as a team.

- Be on time to all scheduled practices, meetings, and workouts. “On time” means arriving early enough to prepare (gather equipment, change shoes, have a snack, etc.) and ready to work when practice time begins.
 - If you have an appointment, a school function, or an academic-related conflict that may cause you to be late for practice, it is your responsibility to make sure your coach has been notified. Listed below are a few forms of communication you may use:
 - **Inform one of your coaches here at the school prior to you leaving.**
 - **Your parent/guardian will also be provided the coach’s email address/cell phone # prior to the start of the season so that your coach may be contacted if you are not here at school to inform a coach.**
 - Understand that if you are late to a practice or miss a practice (either excused or unexcused) you may be required to make up the conditioning (running, etc.) that you missed; multiple instances may result in reduced playing time.
- Dress appropriately. This means shorts, t-shirts, appropriate footwear, cold weather gear, hair pulled back from the face, etc.
- Demonstrate respect, honesty, and courtesy at all times. Never use profane language, gestures, or physical aggression towards another person – student, coach, peer, teammate, parent, opponent, referee, etc. Demonstrate good sportsmanship no matter the outcome.
- Give the coach your full attention. Athletes are at practice to work, not socialize. There should be no talking while a coach or teammate is speaking. Having to continually speak over others, or repeat instruction distracts practice and other team members who are trying to listen and learn.
- Come to practice with a positive attitude, focused, and an energized work ethic. Be an encouraging and supportive team member in and out of school, at practices, and at games.
- Give your best EFFORT at practice. Effort and attitude factor into playing time.
- Play hard and have fun!

Game Day Expectations

- Students should get the proper amount of rest, eat a nutritious meal, and drink water the night before a game. It’s an athlete’s responsibility to their team to take care of themselves and be ready to play.
- Arrive on time, dressed in your uniform, wearing the appropriate footwear, and ready to go! Coaches will let the athlete/parents know how early they should arrive to the game for warm-ups.
- The student-athletes parent or guardian should email the coach if the athlete will be late or miss a game (due to illness or other circumstances).
- Cell phones should be put away and remain stored according to the School Handbook. See “Handheld Electronic Devices” below.
- Actively participate whether it is your time to play or not. During the game, stay focused on your performance and team. Encourage and be supportive of your teammates when you are not in the game.

Stepping away from a Sport

- The Athlete is encouraged to remain on a team and to use the Lifeskills of effort, initiative, patience, and perseverance. **If you are unsure about playing a sport or have never played a particular sport you may speak with the Athletic Director to work out a time period where you may be allowed to try the sport out for a week to see if it is something that may be of interest to you participating in for the remainder of the season.**
- The Athletic Director may request a meeting with parents, coaches, and the athlete to understand the student’s request for stepping away from the sport.

- An athlete may be permitted to step away from a team if academic interests or serious injury dictates necessity. However, the athlete is encouraged to continue cheering for and attending the games for their team.
- Once an athlete has made the decision to step away from the team, he/she will not be allowed to rejoin that season.
- An athlete who is academically ineligible or physically unable to participate has not stepped away from the team and may rejoin when able.

General Information - Alphabetical Listing

Attendance

Any student participating in a sports team must be at school by 12:00 and stay the duration of the day to be eligible to participate in practices and athletic events. Exceptions will only be granted by the Intermediate & Middle School Division Head in coordination with the Athletic Director.

The student-athlete's coach (parent email to coach) should be notified of any unexpected or planned absences from a practice or a game prior to the event time. Failure to notify the coach may result in reduced playing time.

Booster Club

This school led organization operates with the advice and consent of the Head of School and the Athletic Administration. The Booster Club fosters growth and interest in the athletic programs and supports our student-athletes through community involvement and attendance at athletic events.

Booster Club Events

Booster Club will focus on tournament-style events during the school year for students and parents to attend, promoting the athletic program, community spirit, and support for Oakhill. These events will be the primary focus, along with providing opportunities for families to support Oakhill's athletic program through apparel sold at the Mercantile and Oakhill athletic events/games.

Communication

The Oakhill Day School Athletic Department's homepage is located at oakhilldayschool.org/athletics. The **athletics website provides game and practice schedules (under the athletic calendar), game locations (when you open the event on the athletic calendar you will get the address of the event)**, and participant information for all Oakhill athletes and their families. The page also contains team rosters and league information.

A group message will be utilized for all team sports communication from the coaches and the Athletic Director. Practice and game schedules are always subject to change. We will do our best to provide timely notification of these changes. **Other ways to receive notification of changes, cancellations, and reminders are through the Oakhill calendar and by signing up for text and email alerts. It is highly recommended that you sign up for the text alerts. This is a great way to get important information if you are on the go and away from your email.**

The Athletic Director will provide information on how to directly connect or communicate with your athlete's coach. If a parent or student has an issue regarding the sport, team, practices, games, etc. they should first talk to their coach. If further assistance or discussion is needed please reach out to the Athletic Director.

Athletics End of Season Award Ceremony

At the conclusion of each sports season (fall, winter, and spring), Oakhill will host an End of Season Award Ceremony to honor the participating student-athletes. This End of Season Ceremony will celebrate the culmination of a season and recognize students for their hard work throughout the season.

Oakhill Athletics Academic Eligibility Policy (5th-8th Grade)

Oakhill Panthers prioritize academic success alongside athletic participation. The following guidelines ensure that student-athletes remain focused on their education while enjoying the benefits of team sports:

- **Eligibility Requirements**
All student-athletes in grades 5 through 8 must maintain a minimum grade of C in all classes to participate in Panther Athletics. This includes both practices and games, meets, performances, and tournaments.
- **Weekly Grade Checks**
 - Grade checks will occur every Friday or the last day of the school week. Faculty will report any student-athletes with a grade of C- or below in their classes to the athletic director.
 - Families of students with grades of C- or below will receive communication with details on grades and a plan for academic improvement.
- **Follow-up from the Athletics Department**
 - The Athletics Department will call families of ineligible student-athletes to confirm their academic status.
 - During this call, the Athletics Department will:
 - Announce the start of a 48-hour academic improvement period.
 - Notify families that athletic ineligibility will take effect starting two school days after the call if the grades remain below a C.
- **Ineligibility Protocol**
 - Once ineligible, a student-athlete may not participate in games, meets, performances, tournaments, or practices until all grades are brought up to a C or higher.
 - During ineligibility, student-athletes are to:
 - Encourage their team
 - Focus on academics
- **Reinstatement Process**
 - To regain eligibility, the student must improve all grades to at least a C.

Equipment and Uniforms

Oakhill uniforms policy is as follows for each sport posted below. Please note the fees for uniforms are in addition to the cost of participating in the sport. Uniforms will be changed traditionally on a bi-annual basis and if your previous year's uniform still fits, no need to purchase a new one.

Early Childhood/Lower School

Equipment and uniform fees included in the registration fee.

Intermediate/Middle School

Fall Sports:

- Cross Country: Uniform fee \$65 includes a singlet and shorts
- Flag Football: Uniform fee \$65 includes jersey top and shorts
- Girls Volleyball: Uniform fee \$65 includes long sleeve jersey and shorts
- Soccer: \$65 includes jersey top, shorts, and socks

Winter Sports:

- Boys Basketball: Uniform fee \$65 includes reversible jersey and shorts
- Girls Basketball: Uniform fee \$65 includes reversible jersey and shorts

Spring Sports

- Boys Volleyball: Uniform fee \$65 includes jersey top and shorts
- E-Sports: Uniform fee \$45 includes jersey top
- Track and Field: Uniform fee \$65 will be the same as cross country (do not need to purchase both) includes a singlet and shorts
- Golf: Uniform fee \$65 will include collared shirt, practice golf balls, etc.

Panther athletes are responsible for the proper care and usage of equipment as follows:

- Athletes shall make sure all equipment is put away in its appropriate place. This is not the coach's job. No equipment should be left out; including basketballs, volleyballs, nets, cones, etc.
- All athletes are expected to assist in putting equipment away at the conclusion of practice.

Game Schedules

Lower School:

K/1 athletics is an Oakhill league. Game schedules for the 2nd – 4th grade Pius league will be emailed out prior to the start of the season. The game schedule can also be found on the Oakhill Day School [Athletic Calendar](#). When opening the event on the calendar you will also find the address for the location of the game.

Lower School-Middle School:

Game schedules will be published prior to the start of every season. There are times when the league may change the date and time of a scheduled event. This is out of the control of the Oakhill Day School Athletic Director. It is recommended you sign up for alerts on the athletic calendar so that you will be notified when schedule changes occur.

Gym Usage and Practice

Students shall not be in the gymnasium or on the field without adult supervision.

Parent Attendance At Practices

To ensure a safe, enjoyable, and productive experience for everyone involved, we have established some guidelines regarding parent attendance at practices, which vary by age group.

For our youngest athletes, Preschool through Prekindergarten, we require that parents attend all practices. Your presence is essential in providing the support and assisting with supervision needed at this early developmental stage.

For athletes in Kindergarten through 2nd grade, parents are welcome to attend practices. While your attendance is not mandatory, we understand that many parents enjoy being present to encourage and support their children during these formative years.

For older children, from 3rd through 8th grade, we encourage parents not to attend practices. This allows the athletes to develop a sense of independence and fosters a focused practice environment. Rest assured, our coaches are committed to creating a positive and supportive atmosphere for all participants.

Handheld Electronic Devices

Student-athletes should not have their cell phone, smart watches, or other handheld devices out and in use at practices or games in accordance with the School Handbook. During practice, athletes are expected to silence and store such devices in a backpack or gym bag. Following practice, athletes may use their cell phones to contact their parents. Cell phones and smart watches should be put away at all other times.

Late Pickup

Students and parents must coordinate transportation for pick up at the conclusion of practice. Parents should arrive at the end of practice or scheduled pick up time. Below are the fees you will be charged for late pick-up:

\$1 per minute for the first 5 minutes, then \$5 per minute thereafter.

Middle School Athletics

Oakhill Day School is a member of the Parochial League of Kansas City--PLKC (<http://www.plkc.org/>) for certain sports. The Parochial League of Kansas City Inclement Weather Line phone number is **(816) 222-0311**. Below are the sports offered at Oakhill Day School for Middle School students, and the leagues in which our teams currently participate:

Fall Season

Winter Season

Spring Season

Early Childhood	Early Childhood	Early Childhood
COED Cheerleading-PreK	Cheerleading- PK	Soccer- Preschool-PreK
COED Soccer- Preschool-PreK		

Lower school	Lower school	Lower school
Cross Country - 3rd grade	Cheerleading- K-3rd grade	Soccer- K-2nd grade
	Basketball - K-3rd grade	Paw Prints Dance Team-K-3rd grade
		Track & Field - 3rd grade for boys and girls
Intermediate/Middle School	Intermediate/Middle School	Intermediate/Middle School
Cross Country-- 4th-8th grade for boys and girls	Basketball--4th-8th grade for boys and girls	Track & Field- 4th-8th grade for boys and girls
Girls Volleyball-5th-8th grade	E-Sports- 4th -8th grade for boys and girls	Boys Volleyball- 5th-8th grade
COED Soccer - 5th -8th grade		Golf- 5th-8th grade (8 students total)
Boys Flag Football-5th-8th grade		

Team Splits

In each of the sports listed above Oakhill Day School strives each year to field a grade level teams.. Some years there may not be enough students participating to complete a roster; if this occurs younger students may be asked to play up in division. League participation rules will be followed in these instances.

Oakhill Athletics seeks to provide its student-athletes with a competitive athletic experience that will help prepare them for the next athletic level. If there is only one team per grade level; playing time will not be equal and is not promised. If there are enough students at a given grade level where the athletes can be split up into two teams, an "A" and a "B" team will be created.

When there is an "A" and a "B" team at a given grade level each student-athlete will be informed of which team they will be playing on. This will be a joint decision between the coaches and the Athletic Director. Our goal is to help prepare each student-athlete to play at the next level and to put athletes in situations where they can have success and learn to enjoy the game.

Scheduling Conflicts

Students participating in multiple Oakhill sports have the responsibility, along with parental assistance, to communicate with the coaches of both sports. If missing a practice due to a game for the other sport please make the coach aware via an email from a parent or guardian.

Sports Physicals

Athletes (6th-8th grade) are required to have a valid sports physical examination before they join practices or compete in a game. The [Oakhill Day School physical form](#) must be used. Sport physicals are active for 2-years from the date they were completed. It is the responsibility of the parent and student athlete to ensure a valid physical is on record prior to the start of the athletic event season. **Sport physicals** may be **scanned and uploaded** to your child's medical history file on **SchoolDoc**. Our Director of Health and Wellness is happy to assist you if you have questions on how to upload the sports physical form to SchoolDoc.

Student-athletes and missed class time due to athletic events

Students will be excused from class at a specified time for select away athletic events. These selected athletic events will require students to leave an academic class period early. Prior to leaving class, the student is responsible for getting any assignments they will miss. The student is responsible for any classwork or homework assigned during missed class time.

Student Transportation

At Oakhill, we do not offer bus transportation to away athletic events. Parents are responsible for transporting their child to and from an away athletic event. If you are unable to transport your child to and from their athletic event you may contact the parent of another child on the team.

Weather Delays and/or Cancellations:

If a practice or a game is delayed or canceled due to weather or other unforeseen circumstances, parents/guardians will receive an email for the Athletic Director. Changes and cancellations will be noted on the athletic calendar. If you are signed up to receive text/email alerts you will also receive a notification. Athletic leagues try to notify schools quickly and may provide a weather hotline number of post information on their websites. Team coaches and/or the Athletic Director will provide weather hotline numbers and league website information at the start of each sports season.

Online Athletic Registration

Athletic registration occurs online via the online registration system for athletics. Any questions regarding registration, or if you need assistance please contact

Early Childhood/Lower School: [Nick Verwers](#) (EC/LS Division Director)

Intermediate/Middle School: [Taylor Clevenger](#) (Athletic Director)

[Chris Fernandez](#) (Assistant Athletic Director).

Register Here for 2025-2026 Athletics:

www.oakhilldayschool.org/teamregistration