

# Oasis Middle School

## 2015-2016

### ***STUDENT-ATHLETE HANDBOOK***



**“ATHLETICS AND ACADEMICS – TOGETHER  
STRIVING FOR EXCELLENCE”**

Adopted – August 20, 2006  
By the Principal & Director of Athletics

Revised: July 3, 2015  
This handbook supersedes all previous handbooks.

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### *A Message to the Parents of Student Athletes*

*Your child has chosen a difficult and rewarding endeavor. It is an individual's choice to participate in athletics, but the choice affects the entire family in many ways. There will be late dinners after games, sore bones and muscles after practice and competitions. You will find that your child will learn to be a member of a team working toward a common goal, to accept victory and defeat as a learning process, to take pride in their accomplishments and to persevere when the activity becomes difficult.*

*It is our intent as a school athletic opportunity to maintain a program that is sound in purpose and will further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-responsibility. These are the reasons we stress good training habits and preparation for athletic events. Attaining this goal should be a cooperative effort by all involved.*

*As educators, we find that students involved in extracurricular activities have fewer discipline problems in school and put free time after school to constructive use, and as a result, have fewer problems in the community. When your child elects to participate in one of our sports programs, we feel there is a commitment to certain responsibilities and obligations. This is our opportunity to acquaint you with specific policies necessary for a well-organized program of athletics. Please read this carefully and share this handbook with your child frequently.*

***Any parent that chooses to interfere with game play in a derogatory manner through verbal or physical contact with a game official, coach, or student-athlete will be asked to leave the area of competition immediately. Any and all concerns/complaints shall be done so through written contact to the school's athletic director and/or school principal. We expect all parents to exercise the same level of sportsmanship as our student-athletes. Remember, a parent's behavior, home or away, reflects Oasis Middle School and sends a message we do not condone.***

***Parents who interfere with game-play risk game cancellation by the game officials. Proper authorities (i.e. police) will be called by on-site Oasis staff. A first-time offense will result in a one-game suspension followed by a school-year ban for the second offense. Violators will be subject to host school's procedures/policies for actions at away games/matches.***

### **PHILOSOPHY OF ATHLETICS FOR OASIS MIDDLE SCHOOL**

Athletics at Oasis Middle School are seen as an integral part of the total educational process. Participation in extracurricular activities is encouraged and strictly voluntary. It is considered a privilege participating in athletics, and the contents of this handbook are based on this philosophy and mind set. Every member of every team will be treated with respect by every coach, and our coaches are expected to use only positive motivation.

Research suggests that the lessons learned from participation in athletics greatly contribute to the student's ability to be successful while in school and after graduation. It is the goal of the Athletic Department to assist in the building of positive characteristics which will enable our students to conquer adversity, lead by example, and see the benefits of hard work and sacrifice toward an achieved goal or dream.

#### OASIS STAFF

Athletic Director	Brian Montag	541 – 1167 Ext. 451
Assistant Athletic Director	Daniel O'Connor	549 – 7662 Ext. 155
Middle School Principal	Keith Graham	945 – 1999 Ext. 101
Middle School Assistant Principal	Elisa Collins	945 – 1999 Ext. 107
Charter School Administrator	Nelson Stephenson	541 – 1167 Ext. 447
Middle School Secretary	Elena Sosa	945 – 1999 Ext. 103

#### MISSION

In order to fully meet the needs of our middle school boys and girls, a program of voluntary student participation in organized and supervised activities, regardless of athletic abilities or sex, is appropriate. The opportunity for student participation in healthy extramural competitive experiences is also endorsed. The successful marriage of cooperation and competition will enhance an individual's total well being by positively influencing a life long involvement in physical activities.

As an integral part of the educational experience, the Oasis Middle School Athletic Department provides an opportunity for all middle school students to participate in competitive and noncompetitive recreational, sports, and fitness activities. This program is an application and enhancement of the daily middle school physical education curriculum.

#### OBJECTIVES

##### *Physical*

- To provide opportunities for students to reach improved fitness levels.
- To provide opportunities for students to further enhance skill level development.

##### *Social*

- To provide opportunities for positive interactions in a fun filled environment wherein leadership, sportsmanship, and fair play can be developed.
- To develop a better cooperative and harmonious relationship among students regardless of race or sex.

##### *Emotional*

- To provide students a healthy emotional setting where self-image can be enhanced and stress can be released in a positive manner. Good sportsmanship will be stressed.

### *Mental*

- To increase student knowledge of rules, terminology, strategies, and basic tournament organization.

### *Educational*

- To promote teamwork, self-discipline, dedication, commitment, and self-reservation.

## RULES AND REGULATIONS

### **Student Insurance and Safety**

Student's participation in all athletics **must** provide proof of insurance before participating. Students and their parents/guardian will be required to sign a waiver and physical provided by the Florida High School Athletic Association (FHSAA). Students will **not** be allowed to participate in athletics until they have the completed FHSAA waivers and physical form. Florida Department of Health forms will **NOT** be accepted.

### **Student Eligibility**

All students are held to eligibility standards created by the FHSAA that may not be listed below. Oasis Middle School has the right to enhance the current FHSAA eligibility requirements, but not diminish.

- For extramural competition, a middle school student may be in any grade level 6 through 8.
- Students must try-out during preseason practice before participating in athletic competition.
- Students who have been externally suspended or expelled from school are prohibited from extramural participation during the period of the suspension.
  - Dependent upon infraction, the student may/may not be admitted back to their team upon completion of the suspension.
- Students must have a minimum accumulated grade point average of 2.0 from the previous semester to be eligible for athletic participation during the current/following school semester.
  - A student who begins the season as ineligible will remain ineligible throughout the entire sport season.
    - A student can lose their eligibility mid-season should they fall below the required 2.0 semester GPA mark.
    - A student cannot be added to a roster after the first scheduled contest.
  - Incoming 6<sup>th</sup> grade students will receive a one-semester GPA grace period during their fall (first) semester as a student at Oasis Middle School.
  - Students must maintain a quarterly GPA of 2.0 while in-season or face academic suspension.

- It is the responsibility of the Athletic Director to certify that all participants have met the 2.0 grade point average requirement prior to the sport season and weekly throughout said season.
- Mandatory grade checks will be conducted each week throughout the sport season.
  - The first check will be conducted on the Monday, one week prior, to the first scheduled competition
    - Grade checks will continue each week on the first day of the school week throughout the season.
  - Students who fall below a 2.0 GPA per the weekly grade check will be ineligible for all athletic events that transpire during the current school week – Monday through Friday.
  - Students will have an opportunity to regain their academic eligibility when a grade check is conducted the week following the academic suspension.
- A student may participate at the middle school level until the age of 15 years 9 months.
  - A middle school student may participate only one year in each grade level. A student who repeats a grade will not be eligible during the second attempt at completing said grade level.
- Transfer students may be allowed to participate in athletic competition under certain circumstances set forth by the FHSAA. Notification needs to be made to the athletic director and principal before arrangements are made or students are allowed to participate in any form of practice/competition.
- All students are subject to eligibility requirements set forth by the FHSAA not mentioned above.

### **Student Uniform, Attire and Equipment**

Athletes and their parents are responsible for equipment that is not turned back into the coach at the end of the season. Coaches will take inventory at the beginning and end of the season. Athletes will turn in all equipment and uniforms or pay for items that are missing.

- The replacement fee for any damaged or lost items will be two times (double) the initial purchase amount.
- All participants will wear appropriate clothing for their sport. The individual uniform will be specified in the description of each sport. Appropriate footwear must be worn in every sport dependent upon playing surface.

Student-athletes are allowed to wear a non-form-fitting, full or half sleeved uniform top or team t-shirt on **GAME DAYS ONLY!**

- Team uniforms that are form-fitting or sleeveless are to not be worn on game/meet days during school hours.



- The choice between uniform top or a team t-shirt shall be determined by the head coach. Regular school uniform shall be worn from the waist down.

### **Attendance: Practice, Competition and School**

Attendance at all scheduled practice sessions and competitions are mandatory unless excused by the coach.

- A student must be in school a minimum of two (2) blocks/periods or half day in order to participate in an athletic event or practice scheduled for the same calendar day. An athlete must have an acceptable reason and/or pre-arranged absence such as illness, deficiencies in schoolwork, or other obligations not reasonably anticipated by the athlete.
  - Unexcused absences, many or few, from practice or competition may lead to a disciplinary measure or could lead to suspension/removal from the team.

### **Unsportsmanlike Behavior**

The conduct of any Oasis Middle School athlete shall be such as to bring no discredit to the athlete, parents, or school. This includes behavior and actions both on and off the playing field/court. A student who commits an act of malicious or hateful nature towards an official, opponent, teammate/coach, or spectator will be subject to disciplinary measures or removal from a team.

- Student-athletes may be allowed to practice with the team during any coach/Athletic Director determined suspension, however, will not be granted access to the team bus, bench, or uniform throughout said suspension.
  - Student-athletes removed by the coach or Athletic Director may not be granted access to any or all remaining team functions (i.e. practice, contest, banquet, etc.)
- A student's classroom behavior will be dealt with on a per incident basis and any punishment will be given at that time dependent upon the infraction.
  - Students must not receive additional punishment from a coach if punishment from the office of the Assistant Principal or Principal is assigned.
    - i.e. lunch detention, morning/after-school detention, ISS, or OSS

### **Fulfilling a Commitment**

In the event that two sport seasons should overlap (fall → winter or winter → spring) each student-athlete will be given an opportunity to participate in whole or part of the try-out for the upcoming season.

- Should a try-out date conflict with the previous season's game schedule, the previous season should take priority.
- Once the try-out schedule has concluded, the student-athlete must return to their prior commitment in order to fulfill that season's schedule before moving on to the new upcoming season's schedule.

- Failure to communicate the student's intentions to both coaches could jeopardize the student's eligibility for the upcoming sport season.
- Student-athletes will not lose their roster position for the upcoming season's team nor be punished for time missed due to the previous season's practice/game schedule.

### **Quitting a Sport**

If an athlete decides to quit a sport after the first scheduled contest, he/she **must** meet with and give a written explanation to the coach *and* athletic director.

- If a student quits the previous sport season (team #1) prior to season completion to join the following sport season (team #2), he/she will be ineligible for team #2.
  - See "Fulfilling a Commitment" above.
- Should a student decide to quit a sport after the first two (2) weeks of practice, as designated by the coach's schedule, he/she would be ineligible for any other sport already in progress as well as the following sports season (i.e. fall→winter→spring→fall).
- Should a student decide to quit a sport while in season, he/she would be ineligible for any other sport already in progress until the following sports season (i.e. fall/winter/spring).
- Students must decide between two sports that share the same sports season.

### **Playing Time**

During regular and post-season competition all athletes will not receive the same amount of playing time. There is no guarantee playing time will be similar from game to game. Participation during post-season play will not follow same regular season guidelines. Please see "Parent/Coach Relationship" below.

### **PARENT/COACH RELATIONSHIP**

Both parenting and coaching are extremely difficult vocations. BY establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As a parent, when your child becomes involved in our program, you have a right to understand what expectations are placed on him/her. Clear communication from the coach is imperative.

### **Communication Expected from Coach to Parents**

- Coaches' philosophy
- Expectations the coach has for your child as well as the entire team
- Locations and times of all practices and contests
- Team requirements (such as special equipment, off-season workouts, etc.)
- Procedures to follow in case of an injury
- Discipline that will result in denial of participation



### **Communication Expected from Parent to Coach**

- Notification of any schedule conflicts well in advance (i.e. vacation, college visits, etc.)
- Specific concerns regarding expectations
- Specific concerns regarding your child's health

As your child becomes involved in the programs at Oasis Middle School, he/she will experience some of the most rewarding moments in his/her life. It is important to understand that there may be times when events, situations, or rulings will not go the way you or your child wish. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss with the Coach**

- Treatment of your child either mentally and/or physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept if your child does not play as much as you would like. Coaches are professionals. They make decisions based on what they believe to be best for the whole program. The above list itemizes topics that can and should be discussed with the coaches. Other items, such as those listed below, must be left to the coaches' discretion.

### **Issues NOT Appropriate to Discuss with the Coach**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. Conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position.

### **Guidelines**

Call or email the head coach. Contacting the assistant coach will make your displeasure known but the ultimate chance at resolution lies with the head coach as all major team-related decisions are his/hers to make. If the coach does not return a call within twenty-four (24) hours, contact the Athletic Department. Please, **DO NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature generally do not promote resolution.

### **Unsatisfactory Resolution**

Please call and set up an appointment with the Athletic Director to discuss the situation. At this meeting, the appropriate next step can be determined. If the situation is still unresolved, a meeting can be arranged with the Principal, Athletic Director, and coach.

### TRANSPORTATION

Oasis buses will be used to transport student-athletes to and from all away contests. Students are to maintain proper behavior while traveling to and from competition. Parents are welcome to transport their own child home, but it is **mandatory** that all student-athletes be signed out by their parents with their coach.

- Notification is necessary when parents are transporting more than their own child home from an athletic competition.
- Parent involvement hours are granted for your attendance but it is the responsibility of the parent to sign in with the coach, or at the main entrance to the OMS gymnasium.
- **It is vital that parents be on time when picking up their child from Oasis Middle School following an away competition. Students are informed to contact parents in route to Oasis in order to ensure a quick departure for both coaches and athletes.**
  - Failure to pick up your child in a timely manner after two consecutive away competitions will result in a one-game suspension for the student during the next scheduled away contest.

### TICKET AND ADMISSION INFORMATION

Gate Tickets – Home middle school events in OMS Gym:

All students wearing Oasis attire: FREE

Adults: \$3.00

Students: \$1.00

- No charge for children 4 and under, but they **must** sit with a parent!
- No charge for senior citizens age 65 and above.

### ATHLETIC PROGRAMS OFFERED AT OASIS MIDDLE SCHOOL

#### BOYS

Cross Country  
Golf (Co-Ed)  
Basketball  
Soccer  
Tennis  
Track & Field

#### GIRLS

Cross Country  
Golf (co-ed)  
Volleyball  
Basketball  
Soccer  
Tennis  
Track & Field

## Verification of Agreement

Please sign and return to your head coach immediately.

I, \_\_\_\_\_ have read the above Oasis Middle  
Please Print  
School Student-Athlete Handbook and understand what the expectations are of me as a  
member of the Oasis student-athlete body. I agree to uphold and follow the policies  
described within and understand that any violation can and will result in actions by the  
Coach, Athletic Director, Dean of Students, and/or Principal(s).

**Student-Athlete Signature:** \_\_\_\_\_

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

**Parent Signature:** \_\_\_\_\_

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

**Please complete the Medical Information Card on the  
reverse side and submit to your coach at the next  
scheduled practice.**

This agreement will be held by the head coach for the duration of your current sport season.  
Students will need to sign a new Verification Agreement per sport season.

## Medical Information Card

Oasis Middle School

This form is for coaches **ONLY** during practices and competitions and is **100% confidential**.

### General Information

(Please Print)

Student Name: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
Age: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Parent/Guardian(s): \_\_\_\_\_  
Address: \_\_\_\_\_ Phone (Day): \_\_\_\_\_  
\_\_\_\_\_ (Cell): \_\_\_\_\_

### Authorized Emergency Contact in Case of Emergency

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Hospital Preference: \_\_\_\_\_  
Insurance Company: \_\_\_\_\_ Group/Policy #: \_\_\_\_\_

### Medical Information

Medical Illnesses:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_  
Last Tetanus Booster Shot (M/Y): \_\_\_\_/\_\_\_\_  
Medication(s): \_\_\_\_\_

\*Any medications needed to be taken during competition require a Physician's note.\*

Previous Head, Neck, or Back Injuries: \_\_\_\_\_  
Previous Heart Related Problems: \_\_\_\_\_  
Previous Injuries of Significance: \_\_\_\_\_  
Other Important Information: \_\_\_\_\_

\*It is very important to list all medical conditions and over-the-counter medications in use.\*

### Consent for Athletic Healthcare Treatment

I hereby give consent for my child to participate in the Oasis Middle School Athletic Program and to receive any necessary healthcare treatment at the discretion of the coach which includes necessary first-aid treatment in my absence. In the event I cannot be reached in an emergency, I hereby give permission for my child to be transported to receive necessary treatment.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This form is valid for your students **current** sport season and will be on file with the team's coach.  
**Note:** If any changes in the above information occur; a new card must be completed and submitted to the coach as soon as possible.