

Oceanside Middle School

Co-Curricular Handbook

2024-2025



Mission Statement

Co-curricular activities are an integral part of the educational process at Oceanside Middle School. Participation in school sponsored activities will enhance the development of mature citizens who will exemplify character and strong moral and social attitudes within the community.

Interscholastic Athletics

Football	Basketball	Track
Cross Country	Wrestling	Softball
Golf	Sideline Cheering	Baseball
Field Hockey	Soccer	Fall Cheering

Student Eligibility Policy for Participation in Co-curricular Activities

It is the intent of the RSU 13 School Board to provide a wide array of activities to supplement the educational programs offered at Oceanside High School. Because the academic programs take priority, in order to participate in these co-curricular activities students must meet standards in academics, behavior, and attendance. Co-curricular activities include, but are not limited to, athletics. Each Principal shall identify which activities, beyond those listed, are considered to be school sponsored co-curricular activities for the purposes of this policy.

Academic Eligibility

In order for students to participate in athletics they will need to maintain a 2.5 in each area of Habits for Success in all classes. We reserve the right to use administration discretion when determining eligibility. Eligibility will be checked periodically during the year and sports seasons. If a student is ineligible at the end of the school year they will be eligible at the start of the following school year.

Grade checks will be conducted periodically throughout the school year, the dates of these checks will be decided upon by the building administration. The student, their parent or guardian, and their coach and/or advisor, who is not academically eligible in one or more classes while participating in any co-curricular activities will be immediately notified that they are on academic probation. When notified, the student may choose to meet with school staff to establish a support plan that will identify specific steps to be taken to restore eligibility.

During the period of academic probation, the student:

- A. Will be allowed to participate in practices and to attend home contests/events (not in uniform) connected with their co-curricular activities as long as these events do not conflict with any element of the student's support plan;
- B. Will not be allowed to participate in competitions, during their probation;
- C. Will not be allowed to travel with teams to events/contests outside of RSU 13 if those functions take place Monday-Friday
- D. Will not be allowed to participate but will be allowed to travel with teams, clubs or organizations if the event occurs on a Saturday.

The probationary period will last for a duration of two weeks. At the end of the period if the student has not achieved a 2.5 in all classes or made significant progress, they will no longer be allowed to participate in athletics for the remainder of that season

Conduct Eligibility

Suspension

A student who is issued a suspension (in school or out of school) will not be eligible to participate in any co-curricular activities until the end of the period of suspension concludes. Students who are issued out of school suspension are prohibited from being on RSU 13 property during the period of suspension.

Detention

Detentions will take priority over co-curricular activities. A student who is issued a detention, must serve it on the date prescribed by the Principal. If the detention conflicts with any co-curricular activity, the student will not participate on that day. If there is an away event and the student misses the bus because they are serving detention, they are not permitted to travel in a private vehicle to the event or sit with the team/organization during the event. Students who skip mandated detentions and attend co-curricular activities will be subject to additional consequences from the Principal and will be suspended from all co-curricular activities for 5 days.

Attendance Eligibility

Absent All Day

Students must be present all day on the days in which co-curricular activities are taking place. A student who is unable to attend school and classes on the day of a co-curricular activity will not be eligible to participate in the activity on the day of their absence.

Early Dismissal

Students who are dismissed from school early will not be eligible to participate in co-curricular activities on that day.

Tardiness

Students who are tardy to school will not be allowed to participate in co-curricular activities on that same day.

Exceptions

Compelling circumstances (family emergencies, doctor's visits, funerals, etc.) will be considered on a case-by-case basis by the Building Administration.

Policies and Procedures for Substance Abuse Violations

FIRST OFFENSE DURING MIDDLE SCHOOL CAREER

- Meet with coach and administration to discuss incident and consequences
- Inform parent or guardian of incident.
- In-season: student-athlete will be suspended from 20% of season contests.
- Out-of-season: warning and probation.
- Require the student-athlete to meet to develop a restorative plan with the school counselor or agreed upon outside counseling and enroll in educational program to increase substance abuse awareness. Failure to comply with the required awareness program will result in further suspension from all sports until successful completion.
- Document 5 hours of community service.

- The student-athlete can not earn a letter for that season, but may participate in the end of season banquet. The student-athlete may not be considered for any selected awards, be it school or league. The athlete may still practice during their suspension, but may not travel to away games with the team. The athlete may sit with them team in street clothes during home games. Additionally, an athlete who holds either an elected or appointed team captaincy will be required to relinquish his/her position upon violation of the substance abuse policy.
- If all conditions are satisfactorily met, the athlete may return to competition on the day following the end of the suspension. The Athletic Administrator and coach will meet with the athlete.

SECOND OFFENSE DURING MIDDLE SCHOOL CAREER

- Meet with coach and administration to discuss incident and consequence
- Inform parent or guardian of incident.
- In-season: student will be suspended from 60% of season contests.
- Require the student-athlete to meet to develop a restorative plan with the school counselor or agreed upon outside counseling and enroll in educational program to increase substance abuse awareness. Failure to comply with the required awareness program will result in further suspension from all sports until successful completion.
- Document 10 hours of community service.
- The student-athlete can not earn a letter for that season and may not participate in the end of season banquet. The student-athlete may not be considered for any selected awards, be it school or league. The athlete may still practice during their suspension, but may not travel to away games with the team. The athlete may sit with them team in street clothes during home games. Additionally, an athlete who holds either an elected or appointed team captaincy will be required to relinquish his/her position upon violation of the substance abuse policy.
- If all conditions are satisfactorily met, the athlete may return to competition on the day following the end of the suspension. The Athletic Administrator and coach will meet with the athlete.

THIRD OFFENSE DURING MIDDLE SCHOOL CAREER

- Meet with coach, administration and parent to discuss incident and consequence
- In-season: student-athlete will be suspended for the remainder of the season.

ADDITIONAL OFFENSES DURING MIDDLE SCHOOL CAREER

- Removal from all athletic teams for the year.

Standards of Conduct

The student must always keep in mind that co-curricular activities are designed and conducted to promote the physical, mental, social and emotional well-being of the individual. The participant must also realize that it is a privilege to participate in any co-curricular activity and remember that they are representing the school, their family, and the community at all times. Actions by the student should always reflect positively on the team/organization, community, and school.

Interscholastic Athletic Requirements

Physical Examination

Athletes are required to have a complete physical examination by a doctor prior to participation in RSU 13 Athletic Programs and every two years thereafter. Students must present written proof of the physical before participation may begin. The cost of these physicals shall be borne by the individual families.

Proof of Insurance

All athletes must present evidence of accident insurance prior to the first practice of the sport in which they wish to participate.

Transferring to Another Sport

Within five practice days of the beginning of the sport season, an athlete may transfer to a different athletic team.

Practice Attendance

An unexcused absence will suspend the student-athlete for the next contest. Student-Athletes must notify their coach directly before the end of the day if tardiness or absence from practice is anticipated.

Sportsmanship

When participants are removed from an activity for unacceptable or un-sportsmanship they will not be allowed to participate in the next contest. Subsequent removal in the same season will result in the dismissal from the team for the remainder of the season.

Dress Code

All team members will dress appropriately. Each coach will determine the appropriate attire for team travel.

Team Transportation

Student-athletes are expected to travel to and from all contests with their respective teams on school provided transportation. Coaches may release students only to the parent/guardian. The RSU 13 Athletic Director will review any requests for extenuating circumstances on a case-by-case basis if they are communicated in advance.

Concussion Management

Student athletes who are suspected of having a concussion will be removed from physical activity until seen by a medical professional. Return to play guidelines will be followed once a student is able to participate in regular school activities with no restrictions for 24 hours. After which, the student may begin the return to play guidelines set forth in the Zurich Protocol. This information is available on the RSU 13 Website.

Conflict Resolution

Parents or team members having concerns about the operations of any program should address those concerns as they occur according to the following chain of command.

1. Student-athletes should request a meeting with their coach at an appropriate time.
2. If necessary, student athletes may request that the athletic director be present.
3. If a resolution cannot be met, a meeting with the AD, parent, coach and athlete can be arranged.
4. If a parent wishes to speak directly with the Athletic Director, a meeting can be arranged.

CONSENT FORM

This is to confirm that I have read and understand the Co-Curricular Handbook and Eligibility Policy and agree to abide by the policies outlined in the handbook.

Student's Name (Please print clearly)

Date

Student's Signature

This is to confirm that I have discussed the Activities Handbook with my son/daughter and will support her/him in abiding by the policies as outlined on the previous pages. Additionally, I give my consent for the above-signed to participate in the athletic programs and/or co-curricular activities listed

Parent/Guardian Name (Please print clearly)

Date

Parent/Guardian Signature

Photograph Use Consent (circle one please)

The above-signed parent/guardian hereby:

ALLOWS

DOES NOT ALLOW

Oceanside Middle School & RSU 13 to use images of the above-named student on the school OMS/RSU 13 website.

Birth Date_____

Insurance Company_____Policy #_____

Please provide a copy of the student athlete's most recent physical.

This form is to be kept by the Athletic Director

Emergency Contact Form

All students participating in co-curricular activities at Oceanside Middle School must fill out and return this form completely before they are allowed to attend co-curricular functions.

Student Name (Print Clearly)

Grade

Date of Birth

Address Student

Phone number

Parent 1

Name Cell Phone #

Work Phone #

Home Phone #

E-mail address

Parent 2

Name Cell Phone #

Work Phone #

Home Phone #

E-mail address

Please list two alternative people who you would be willing to assume temporary care of our child if you cannot be reached:

Name

Name Cell Phone #

Work Phone #

Home Phone #

E-mail address

Name

Name Cell Phone #

Work Phone #

Home Phone #

E-mail address

In case of an accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician below and to follow their instructions. If it is impossible to contact this physician, the school may take whatever arrangements seem necessary.

Signature of Parent/Guardian

Date

Physician's Name

Physician's Phone Number

Please list any allergies or medical concerns that the coach should be aware of: