

Oceanside High School Co-Curricular Handbook



2025-2026

Mission Statement

Co-curricular activities are an integral part of the educational process at Oceanside High 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.

Clubs and Activities

Art Club
Pep Band
National Honor Society
Drama (Fall Musical)

E-Sports
GSTA
Math Team
Drama (One-Act Play)

Key Club
Student Government

Interscholastic Athletics

Football
Cross Country
Golf
Field Hockey
Soccer

Basketball
Wrestling
Cheering
Indoor Track
Independent Swimming
Unified Basketball

Tennis
Softball
Baseball
Track
Girls' Lacrosse
Sailing

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 any co-curricular activities all students must meet standards in academics, behavior, and attendance. Co-curricular activities include, but are not limited to, athletics, clubs, drama, and any school-affiliated service organizations. Each Principal shall identify which activities, beyond those listed are considered to be school sponsored co-curricular activities for the purposes of this policy.

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.

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.

Abiding by Maine Principals' Association Rules

Though most of the MPA's rules are addressed in this handbook, each sport has its own policies with regard to the MPA. www.mpa.cc has specific information regarding student-athlete eligibility and conduct.

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 unsportsmanlike conduct 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.

Gambling

If a student-athlete is found to be betting on the outcome of high school athletic teams, they will be suspended from the team for the remainder of the season.

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.

Standards for Athletic Awards

Participation for the entire season shall be the criteria for earning awards. Those students not finishing the season for academic, disciplinary or personal reasons will not be recognized at the awards banquet. In order to earn a letter, an athlete must complete the following requirements:

Football: Must play in 50% of the quarters of games played
Field Hockey: Must play at least 50% of periods of all games
Cross Country: Must participate in 75% of meets
Basketball: Must play in 50% of the quarters of games played
Soccer: Must play in 50% of periods of all games played
Track: Must compete in at least 2 events in 75% of all meets scheduled
Baseball: Must play at least 50% of all innings
Softball: Must play at least 50% of all innings
Tennis: Must play in 75% of all matches
Golf: Must play in 75% of all matches including KVAC
Cheerleaders: Participants receive a letter for cheering in all assigned games
Lacrosse: Must play at least 50% of periods of all games played
Wrestling: Must participate in 75% of meets
Unified Basketball: Must play in 50% of the quarters of games played

A senior who has been a member of a freshman, a junior varsity, or a varsity team for four years, but who has never qualified for a varsity letter, will be given a letter for service to that sport.

Only a varsity manager is eligible for a letter. In order to win a varsity letter, a manager must manage for two varsity seasons or meet the following criteria:

Participation as a team member may count for one year.

1. Managing a different sport can count for the first year.
2. A coach who has no manager can draft a senior and award him a letter.
3. Only two managers' letters per team shall be awarded per athletic season.

OCEANSIDE HIGH SCHOOL ATHLETIC CONSENT FORM

To be returned to the Athletic Director

Name of Student _____ Grade _____

- This is to confirm that I have read and understand the OHS Co-Curricular Handbook and Eligibility Policy and agree to abide by the policies outlined in the handbook (available on the RSU #13 Athletic Page). Students who participate in sports must have a current physical within the last two years in order to start sports in the fall.
- This is to confirm that I have discussed the Activities Handbook with my student/athlete and will support them 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 below:

Fall Sports

Football
Golf
Cross Country
Soccer
Field Hockey
Sailing

Winter Sports

Wrestling
Basketball
Indoor Track
Cheering

Spring Sports

Baseball
Softball
Track and Field
Lacrosse
Tennis

- This to confirm that my child has appropriate health insurance coverage and that if your insurance changes during the year it is your responsibility to inform the Athletic Director of the change.
Insurance Company _____ Policy # _____
- Please list any allergies or medical concerns that the coach should be aware of and it is your responsibility to inform the athletic director of any changes is medical concerns during the year.
- 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.

Physician's Name

Physician's Phone Number

Please circle one - Oceanside High School and RSU#13 would like to use images of the student on OHS/RSU 13 website. **Allows** **Does Not Allow**

Student's Signature

Date

Parent/Guardian Name (Please Print Clearly)

Date

Parent/Guardian Signature

Emergency Contact Form
To be returned to the Coach

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

Student Name (Print Clearly)	Grade	Date of Birth	
Student Address		Phone number	
Parent/Guardian 1	Cell Phone #	Work Phone #	Home Phone #
E-mail address			
Parent/Guardian 2	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	Cell Phone #	Work Phone #	Home Phone #
E-mail address			
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.

Parent/Guardian Signature	Date
Physician's Name	Physician's Phone Number

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