



Live Oak Athletics

ATHLETICS HANDBOOK

ATHLETIC PHILOSOPHY AND INTRODUCTION

Live Oak School recognizes the interest and enthusiasm for athletics demonstrated by our students. We strive to provide athletic opportunities in a safe and developmentally appropriate manner. As a department, we promote sportsmanship, honesty, commitment, support, patience, hard work, integrity, loyalty, and pride. Our league, the San Francisco Athletic League (SFAL), aims to foster sportsmanship, leadership and overall respect for the game of our student-athletes and their supporting communities. Coaches and fans must remember that school athletics are part of each student's whole education and keep an appropriate perspective. The school is committed to providing everyone a fair chance to participate on a team. Live Oak School's athletic program attempts to:

- Introduce students to the fundamentals of the sport
- Develop strength, coordination, flexibility, agility, and endurance through active participation in athletics and fitness activities
- Understand and demonstrate the importance of sportsmanship in a competitive and cooperative environment
- Emphasize sportsmanship, teamwork, leadership, dignity, respect of others, and a physical outlet which will enable them to progress in athletics
- Explore and identify talents, skills, and interests and the willingness to take reasonable risks to actualize these through athletics.
- Recognize that athletic participation is a privilege and the athlete is a Live Oak School representative both on the field and in the community
- Serve as positive role models to all students and the community at-large
- Educate the whole student both mentally and physically
- Stress fair play, integrity, respect, and initiative
- Maintain the overall goals of hard work and perseverance
- Enable students to recognize that the process used in striving to win is as important as the goal itself
- Enable students to enjoy the athletic experience
- Teach important life skills through athletic participation.

SPORTS AND DIVISIONS

Live Oak currently offers the following sports in an approximately 8-10 week season

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Fall: Cross country/Volleyball

Winter: Basketball

Spring: Futsal

All sports have Junior Varsity (JV) and Varsity divisions

- 6th-7th graders are eligible to participate in either the Varsity or Junior Varsity Division in volleyball, basketball, and futsal.
- 8th graders are eligible to participate in the varsity division in volleyball, basketball, and futsal.
- Cross country placement will be determined by grade. There are four divisions: 5th/6th girls, 7th/8th girls, 5th/6th boys, and 7th/8th boys.

COMMITMENT AND ATTENDANCE

Players are expected to make all scheduled practices and games. If there is an emergency or a reason a player misses a practice or game, it is up to the player and/or parent to inform the coach and/or Athletic Director that they will be absent. It should be understood that medical and dental appointments should be made during non-practice and game times, if possible. It should also be understood that missing practices and games may have an impact on the amount of playing time that a player receives and could result in removal from the team. It is vital to team and program success and chemistry that athletes attend as many practices as possible.

CONFLICTS WITH CO-CURRICULAR ACTIVITIES

An individual student who attempts to participate in several co-curricular activities will, undoubtedly, be in a position of conflicting obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities and, to this end, will attempt to schedule events to minimize conflicts. However, students and their parents/guardians have the responsibility to do everything they can to avoid conflicts including the avoidance of committing to too many

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activities. Since attendance at athletic practices and games are mandatory, in many cases, the athlete may have to choose between their sport and that of another activity.

PARENT TRANSPORTATION TO/FROM EVENTS

Live Oak School will always provide transportation to and from our practices and home games, but for away games and cross country meets, parents are expected to take their child to the event, and bring him/her home. Efforts will be made by the Athletic Director and each coach to develop a carpool and communication protocol to get our athletes to events. All parents are expected to contribute in the transporting of their child and are encouraged to take part in the team carpooling schedule. After away athletic contests, parents must make sure that the coaching staff is aware that the athlete(s) in question is/are leaving with parents. Parents may take other athletes only if the school has permission (verbal or written) from the parent or guardian.

PARTICIPATION OPPORTUNITIES (PLAYING TIME)

Individual players are not guaranteed playing time. Players who consistently attend practice, work hard, and demonstrate proper conduct will receive playing time each contest. Failure to meet these expectations may result in loss of playing time. This is an area of coach's discretion and must be respected.

ATHLETICS GENERAL GUIDELINES

Student-Athlete:

- Players must at all times represent themselves and the league with honor, proper conduct, and good sportsmanship.
- Players must confine the competitiveness of the game to the field or court and behave properly on the sidelines both before and after games.
- Players must comply fully with the rulings of the officials. In no way, by voice, action, or gesture, should players demonstrate dissatisfaction with the decisions made.
- Players must not deface property or remove equipment of any kind from our own or another's school

Parental and Fan Code of Conduct:

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- Realizing that athletics are part of the educational experience and the benefits of involvement go beyond the final score of a game.
- Encouraging our students to perform their best just as we would urge them on with schoolwork knowing that others will always turn in better or lesser performances.
- Participating in positive cheers that encourage our students; and discouraging any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials.
- Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions.
- Respecting the task our coaches face as teachers; and supporting them as they strive to do their best.
- Developing a sense of dignity under all circumstances.
- Be a fan...not a fanatic!

Consequences for Misconduct

Any person exhibiting deviant or inappropriate behavior or speech will be given one warning to immediately cease.

Any person not abiding by the Parental Code of conduct will be required to vacate the game site. A prior warning is not necessary for this to happen.

If this person does not immediately vacate the game site or remain off the game site, the game will be stopped and a forfeit applied to the team that person supported.

Any person receiving a formal warning and/or having been ejected from a contest must review the Parental Code of Conduct with an athletic administrator before being allowed to attend another athletic event.

For more serious or recurring violations of the Parental Conduct Code, a person may be suspended indefinitely from any future athletic contests. In this event, this person may not attend events until they have appeared before the SFAL League Executive Committee and that Sport Commissioner.

COMMUNICATION PROCEDURES

The athlete and athlete's parents/guardian agree to the following steps if there is a problem with any team related issues:

- The athlete discusses it with the coach.
- The athlete discusses it with the Athletic Director.
- The athlete and parents/guardian discuss it with the coach.

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- The athlete and parents/guardian discuss it with the Athletic Director.
- The athlete and parents/guardian and Athletic Director meet with the Dean of Student Life and/or The Head of School.

PLAYER REMOVAL FROM TEAM

If a player is removed from a team, it is the coach's responsibility to have an accurate and valid case for player dismissal. The coach will document player indiscretions including foul language, acts of poor sportsmanship, inappropriate behavior towards teammates, and any other acts that could be seen as detrimental to the team. While documenting inappropriate behavior, the coach should start the process of meeting with the athlete and then the athlete and parent(s). These meetings will allow the coach to express his/her concerns and learn the cause(s) of the player's frustration. The first two meetings with the player and his/her parent(s) should help both player and parent gain an understanding of what behavior has to change as well as why change is important. As stated in the Athletic Handbook, if a player has a problem with the coach, the player must first meet with the coach and then the Athletic Director. After this process, the athlete and parent(s) must meet with the coach and Athletic Director. If the problem is not resolved through this process, the athlete, parents, Athletic Director, and Head of School will meet. The coach and Athletic Director reserve the right, in their discretion, to dismiss a player from a team without warning for actions of such a severe nature as to warrant immediate action.

REPORTING OF INJURIES

All injuries that occur while participating in athletics should be immediately reported to the coach. Once an athlete has been injured and has received medical attention, a written release from a licensed physician (depending on the injury) is required before they can return to athletic competition. Any athlete who shows signs or symptoms of a possible concussion will be removed immediately from athletic participation. The student-athlete should be evaluated by a physician. A physician's note with treatment plan and clearance to return to athletic participation would then be required.

STUDENT BEHAVIORAL EXPECTATIONS

Student athletes are expected to conform to all of the school's rules and regulations. Violations of the school's rules and regulations may result in an athlete missing games and/or practices.

UNIFORMS/EQUIPMENT

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An athlete is responsible for any uniforms the school provides. Athletes will be charged the full cost of replacement of uniforms not returned or returned in poor condition. In addition, a student may not try out for any future Live Oak School team until the cost is paid in full. Uniforms are to be returned to the Athletic Director (at the end of the season).

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