

# OXFORD PUBLIC SCHOOLS

## ATHLETICS HANDBOOK



**Home of the Wolverines!**

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## **Oxford High School Core Values**

Oxford High School's Core Values are Gratitude, Respect, Integrity and Teamwork.

**Gratitude** - the quality of being thankful; readiness to show appreciation for and to return kindness.

**Respect** - a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

**Integrity** - the quality of being honest and having strong moral principles; moral uprightness

**Teamwork** - work done by a group acting together so that each member does a part that contributes to the efficiency of the whole.

## **Athletic Department Mission Statement**

Our mission is to foster a dynamic and inclusive athletic community that bridges Oxford Middle School and Oxford High School, promoting personal growth, teamwork, and a lifelong appreciation for sports. We are committed to providing a supportive environment where student-athletes of all abilities can develop their skills, build confidence, and cultivate a spirit of sportsmanship. Through collaboration and shared resources, we aim to enhance the athletic experience, inspire excellence, and prepare our students for future challenges both on and off the field. Together, we strive to empower our athletes to reach their full potential and become active, engaged members of our community.

## **Athletics Department Vision**

Our vision is to create a unified athletic program that seamlessly integrates Oxford Middle School and Oxford High School, offering a cohesive and enriching sports experience for all student-athletes. We envision a program where collaboration and shared values drive the development of well-rounded individuals who excel in both academics and athletics. By fostering a culture of mutual respect, inclusivity, and continuous improvement, we aim to inspire a passion for sports and healthy competition. Our ultimate goal is to cultivate a vibrant community where students, coaches, and families work together to support each other, celebrate achievements, and nurture the leaders of tomorrow.

### **CIAC and NVL Affiliation**

Oxford is a current member of the Connecticut Interscholastic Athletic Conference (CIAC), which is affiliated with the National Federation of State High School Associations. We are also members of the Naugatuck Valley League (NVL). This prestigious league comprises the following schools: Ansonia, Crosby, Derby, Holy Cross, Kennedy, Naugatuck, Oxford, Seymour, St. Paul Catholic, Torrington, Waterbury Career Academy, Watertown, Wilby, Wolcott and Woodland.

### **CIAC**

The Connecticut Interscholastic Athletic Conference is the governing body for high school athletics in the state. Their website “[casciac.org](http://casciac.org)” can provide a wide variety of information including eligibility criteria for athletes, schedules for any team in the state (see “Schedules” in this handbook). The CIAC also offers directions to all games and tournaments which can be located directly on their website, as well.

## **Program Offerings (High School)**

### ***Fall***

#### **Team**

Boys and Girls Cross Country  
Boys and Girls Soccer  
Girls Volleyball  
Fall Unified Sports

Football  
Girls Swimming  
Dance  
Cheerleading

### ***Winter:***

#### **Team**

Boys and Girls Basketball  
Competitive Cheer  
Dance  
Gymnastics  
Winter Unified Sports

#### **Co-op/Individual**

Wrestling (Derby/Holy Cross)  
Boys Ice Hockey (West Haven/Seymour/Sheton)  
Girls Ice Hockey (Masuk)  
Indoor Track (Seymour)

### ***Spring:***

#### **Team**

Boys Baseball  
Spring Unified Sports  
Golf

Girls Softball  
Boys and Girls Outdoor Track

## **Program Offerings (Middle School)**

### ***Fall:***

Boys and Girls Soccer  
Boys and Girls Cross Country  
Girls Volleyball

### ***Winter:***

Boys and Girls Basketball  
Dance  
Competitive Cheerleading

### ***Spring:***

Baseball  
Softball  
Boys and Girls Outdoor Track

## **Sports Season**

A sports team will not be offered or supported by the school district in more than one season per year (e.g., soccer only offered in fall). The CIAC and school district want student athletes to have as many healthy experiences as possible in their high school career and do not encourage specialization in one sport. All teams will adhere to the season limitations and practice dates set by the CIAC, including non-controlled sports. See the CIAC handbook for specific dates for each sport.

CIAC member schools are required to ensure that all student-athletes are properly conditioned and prepared prior to their first athletic contest. All sports teams and individual athletes must have a minimum of ten (10) physical / exertional school practice days before the date of the first scheduled competition.

An individual athlete must participate in a minimum of ten (10) practices prior to competition.

No team/athlete shall practice / compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used.

## **Eligibility Requirements**

Eligibility to participate on a CIAC school team is a privilege that students attain by meeting the eligibility requirements established by the CIAC as well as any additional requirements set by their schools.

Athletes and parents are responsible for knowing and abiding by all CIAC rules. To safeguard your eligibility, refer any questions to your school's athletic director or principal. Both your athletic director and principal have access to the CIAC staff for interpretations and rulings.

NOTE: Please use [CIAC Eligibility Rules](#) for further reference regarding your child's eligibility.

## **Requirements for Participation**

All student athletes must meet the following minimal requirements for participation in interscholastic sports.

1. Register online with FinalForms each season a student anticipates to participate. When completing the online registration, you will be fulfilling the requirement for the following forms and agreements; parent permission slip, existing medical conditions form, parent and student concussion, sudden cardiac arrest and heat awareness informed consent forms.
2. Students-athletes must have an annual sports physical examination by a legally qualified medical practitioner within the previous thirteen month period prior to participation in any related activities, including tryouts, conditioning sessions, weightlifting or practices. In compliance with the State of Connecticut State Department of Education regulations, current health assessments are required of all students entering Grade 6 and Grade 9. [Sports Physicals](#) are required every 13 months for all students participating in interscholastic schools at the middle school and high school levels. Students will not be able to practice or participate in competitions without medical compliance.
3. No outstanding school obligations, including Students' Fees, Fines and Charges
4. Middle school students may not participate for a period of two weeks if they receive an F or two D's on their report card or progress report. If, at the end of two weeks, the student has brought the F grade to a passing level, they may resume play. If they continue to have two D's at that time, they will become ineligible until the next report card.
5. To be eligible for participation in interscholastic sports, a student-athlete must be passing a minimum of 5 Carnegie\* units during each marking period that his/her sport is in session. For fall sports, any upperclassman (grades 10-12) must have received, in the previous marking period, at least 5 Carnegie Units. Any student receiving less than 5 Carnegie Units from the previous quarter would be ineligible until the end of the first marking period. At the end of the first marking period, a student athlete would only become eligible if he/she passes 5 Carnegie units of credit during the first marking period. Fourth quarter failures cannot be made up during summer school in order to regain Fall athletic eligibility. Incoming freshmen in the fall season are eligible regardless of their grades from the previous year up until the end of the first marking period. At that point they must receive passing grades in a minimum of 5 Carnegie Units.
6. Student-Athletes who fail (grade below 60) one or two courses will be placed on Academic Probation. The terms of such probation are listed below.

**Probation-** Student-Athletes placed on probation may continue to participate in practices and contests under the following terms and conditions:

- Student-Athletes on probation must attain written documentation\* from the teacher(s) of the course(s) they are failing indicating that the athlete is showing improvement in the class.
- Student-Athletes on probation must attain written documentation\* that they are seeking a minimum of 60 minutes of extra help per week in each course they are failing. This documentation must be provided to the athletic office every two weeks or as directed by administration.
- Student-Athletes shall remain on probation until the next quarterly grades are distributed or the season ends.

The season is deemed to be over after the conclusion of the last competition in which the team or individual participates.

- At any point during probation that the student-athlete does not meet the conditions of the probation, they will immediately be removed from their team for the duration of the season.
- If at any point during the probation, the student-athlete can produce a PowerSchool printout confirming that he/she has no failing grades, they will be removed from probation immediately.
- Student-Athletes who are placed on probation, but believe they have extenuating circumstances may petition their administrator for full reinstatement. The principal or his/her designee will make final decisions on such circumstances.
- Appeals are with the Assistant Superintendent/Superintendent and decisions are final.
- No student below grade nine is allowed to practice or participate in any interscholastic sport.
- Students will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- Students cannot play or practice a sport with any other team during the high school season for that sport.

### **Lettering**

All high school student-athletes will receive one of two recognitions at the end of a sports season: a varsity letter or a certificate of participation. The level of recognition will be based on several indicators. The varsity letter represents the highest general recognition that an athlete can receive in a sport. A varsity letter indicates that an athlete has achieved a certain skill level in a sport and competes at the highest level of competition in this sport. A 12th grade athlete can be given a varsity letter based on their dedication to a team. Letters will be awarded to student athletes in Grades 9-12 in a consistent manner from sport to sport with the following indicators taken into consideration:

1. Playing time at a particular level
2. Skill level achieved
3. Attitude and sportsmanship demonstrated
4. Roster depth
5. Adherence to team rules



In a small school district such as Oxford, athletes can be asked to serve many roles. A junior varsity player may practice with the varsity team and dress for varsity games but see little playing time at the varsity level; this athlete would likely not receive a varsity letter. A junior varsity player who is added to the varsity roster for the State playoffs will not necessarily receive a varsity letter.

A coach will turn in a list of letter awards to the Athletic Director at the end of the season for review and approval. It will be the responsibility of the Athletic Director to assure equity and fairness in how letters are distributed within the Athletic Department.

### [Requirements for Lettering](#)

## **Program Philosophies**

**Varsity:** Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills in their chosen sport. These athletes compete against equally talented athletes from opposing schools. The skills of varsity athletes will be refined with the intent of producing the most highly competitive program possible. Playing time on the varsity level is awarded solely at the discretion of the coach.

**JV/Freshman:** Whenever appropriate and where sufficient interest exists, the athletic department offers sub varsity programs.. These teams are developmental in nature and are offered to improve athletes' skills and provide a team environment on a competitive level for students who may not be ready for Varsity play. In some sports, tryouts are required. However, it is the expectation of the athletic department that all athletes get a chance to play, when appropriate, unless there are extenuating circumstances. This should not be interpreted that all playing time will be equally distributed, only that every athlete will get an opportunity to contribute to the team. The coaching staff is responsible for evaluating each player and will make all decisions regarding playing time.

## **Captains' Practices**

There is no such thing as a captains' practice. The district does not condone or recognize these practices. Parents/guardians should not allow their children to participate in these gatherings. The practice will be unsupervised and inherently dangerous in nature. All practices must be planned and supervised by a certified coach and fall within the established dates of a sports season.

## **Physical Examinations**

Students participating in athletics at Oxford High School are required to have a physical examination. A sports physical is valid for 13 months. An athlete becomes ineligible if their physical expires during the season. Sports physical forms are available online, in the main office, or the athletic office. Any questions regarding health assessments should be directed to the school nurse.

## **Sportsmanship**

The CIAC requires that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season, as well as, CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. **Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.**

### **Spectators:**

Attendance at athletic events at Oxford High School is a privilege. Students, parents and the community are encouraged to attend and support the athletes in the school. It is their responsibility as spectators to adhere to the expectations set forth by the athletic department. Spectators are expected to:

- Abide by all rules set forth by Oxford High School, the athletic department/team, the Naugatuck Valley League (NVL), the Oxford BOE, and the Connecticut Interscholastic Athletic Association (CIAC).
- Respect the integrity and judgment of game officials as impartial applications of the rules.
- Refrain from criticizing, demeaning or embarrassing players, coaches, officials, or other spectators.
- Demonstrate good sportsmanship.
- Never target anyone for abuse whether physical, verbal or emotional.
- Refrain from using profanity or obscenities.
- Support their own team through appropriate cheers and enthusiasm.
- Cheer for their own team and not against the opponent.
- Accept, with dignity, the outcome of the contest whether won or lost.
- Make an effort to know and understand the rules of the game.
- Be considerate of injured players from both teams and not encourage rough play.

**\*Spectators who fail to comply with these expectations may be asked to leave the competition area and will be denied the privilege of attending future athletic events for the rest of the season.**

### **Coaches:**

Oxford High School expects a high standard of conduct from all players, coaches, parents and spectators at athletic contests. As leaders of a team, a coach serves as a role model. They are admired and respected by many, including athletes and parents, and their behavior and actions often have a significant impact on others. The coach plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship. All coaches are expected to:

- Abide by all rules set forth by Oxford High School, the athletic department/team, the Naugatuck Valley League (NVL), the Oxford BOE, and the Connecticut Interscholastic Athletic Association (CIAC).
- Maintain proper certification in accordance with state department rules and state certification laws.
- Adhere to the laws established by local, state and federal governments.
- Adhere to the accepted practices and responsibilities of coaching.
- Understand the importance of academics and work with students to assist them in maintaining a satisfactory performance in the classroom.
- Accept the responsibility and privilege the coach has in representing their school and community.
- Demonstrate respect for self, players, teammates, opponents, officials and spectators by exhibiting good character and conduct themselves as a positive role model.
- Refrain from using profanity or obscene language or gestures.
- Win with dignity and lose with grace.
- Have a thorough knowledge of and abide by all the rules of the game.
- Work for the good of the team at all times.
- Show good sportsmanship toward officials, players, spectators, and fellow athletes.
- For more information see the coaches handbook.

### **Parents:**

A parent of an athlete can be a time consuming and difficult position but offers tremendous reward. Parents are encouraged to support their children's athletic endeavors and recognize the importance of athletics in their children's lives. It is their responsibility to adhere to the expectations set forth by the athletic department. All parents are expected to:

- Abide by all rules set forth by Oxford High School, the athletic department/team, the Naugatuck Valley League (NVL), the Oxford BOE, and the Connecticut Interscholastic Athletic Association (CIAC).
- Understand that academics are a priority over athletics and emphasize successful classroom performance.
- Support and be enthusiastic about their child's chosen sport.
- Be positive and help their child realize the benefits of athletic participation regardless of contest results or individual performance.
- Express any concerns about their child's participation in a rational and appropriate manner.
- Encourage fair play and your child to play for the love of the game.
- Encourage their child to do the best they can regardless of ability.

- Respect the decisions of the coaches with regard to contest strategy, child's playing status, and playing time.
- Avoid "coaching" their child from the stands or sidelines.
- Avoid putting pressure on your son/daughter to start, score, or be the star of the team.
- Support the coach in public around other parents and fans.
- Avoid speaking negatively about the coach in front of your son/daughter.
- Show respect to everyone involved in athletics – the coach, athletes, fans, officials, and administrators.
- Follow the chain of command when you have a concern:  
     Player/Coach  
     Parent/Coach  
     Parent/Athletic Director  
     Parent/Principal
- Express concerns and questions in a courteous and civil manner and do it at the right time and in the proper setting. Please do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and coach. Meetings of this nature usually do not resolve issues.
- Serve as beacons of good sportsmanship.

### **Preseason Meetings**

The Athletic Director will host a Sports Night in the beginning of the school year for parents/guardians and student-athletes. An in depth presentation will be presented by the Athletic Director that covers all aspects of the athlete department and programs. This meeting will represent an extraordinary opportunity to foster a true understanding of the operations of the athletic department and general information about the upcoming seasons. Parents/guardians and student-athletes are strongly encouraged to attend.

All sports seasons will begin with a preseason meeting hosted by the coaches of that season. General information will be discussed by individual coaches. At this meeting, all of the pertinent information about a sports team will be discussed, and all questions will be answered. Notice of these meeting dates will be given in advance.

### **Team Rules**

Each coach will discuss and distribute in writing any team rules that exist for a particular sport that go beyond the information contained in this document. Parents/guardians and players should be

aware that team rules can vary from team to team. Team rules will not contradict a school or district policy. Team rules shall be presented to and reviewed by the Athletic Director prior to each season. Copies of team rules will also be kept on file in the Office of the Athletic Director.

### **Team Rosters**

Some coaches will be forced to make some difficult decisions in shaping their team roster. Cuts are possible in any given sport. Cuts will be the final decision of the coach and based upon a coach's judgment as to the abilities/safety of the individuals trying out for a team. A coach will give athletes specific reasons for an individual not making a team through an individual meeting or an invitation to such a meeting. Transfer after roster selection or "Cuts": A student-athlete may transfer to another sport with the consent of the coach(es) prior to that team's first athletic contest.

### **Middle School Participation in High School Athletes**

Middle School athletes cannot participate in high school athletics. A middle school athlete cannot practice, condition or train with a high school athlete or athletic program at any level.

Specific athletic and sport information may be distributed to 8th grade school students not earlier than April 15 by coaches and others at any venue to only those students who have committed officially to attend a member high school. To be officially "committed" means that a student has received an official individual program of studies and registered with the school for the next school year and complied with all other district and/or high school enrollment regulations.

### **Attendance**

- To participate in afterschool activities, students must be to school on-time. If a student has an excused reason to miss part of a school day, they still must attend at least half of the day. This also includes attendance in school on Friday for a full day to be eligible to participate on Saturday or Sunday.
  - For example, a student who is late to school for an unexcused reason (overslept, misread the schedule, alarm didn't go off, etc.), that student may not participate in or attend athletics that day (game or practice)
  - Another example: A student who has a Doctor's appointment during the school day and misses two hours of school, may participate provided they submit the Doctor's note upon return to school.
- Exceptions to the above rules for an unusual extenuating circumstance may be granted by the High School Administration. The student-athlete (and parent if necessary) should request an appeal to Administration in writing and wait to hear a final ruling.

- An athlete who is dismissed from school is ineligible to participate or attend that day's athletic activity unless for an excused reason and appropriate documentation is provided from a parent/guardian or physician with approval by the Athletic Director or Administration.
- Students dismissed from school due to illness by the nurse are ineligible to participate or attend any activities that afternoon.
- Athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated.
- Athletes will not use a sport as an excuse to not participate in class, miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Athletic Director will notify the teaching staff.
- A student suspended from school (internal or external suspension) may not participate in, or attend practice or a game during the days of the suspension.
- Student-athletes must attend and be punctual to all practices and games as scheduled.
- Students may not leave a practice or a scheduled game/contest until its conclusion without prior consent from the coach. A commitment to the high school program is the responsibility of the athlete.
- No unexcused absences from practices are permitted. Vacations and other out-of-school activities (that are not considered educational) are not valid reasons for missing practices and contests. If an athlete is on vacation during the season, he/she should be prepared to sit out a certain number of games depending on the level of the sport (Freshman, JV, or Varsity). In the event of a personal conflict, the participant should share the problem with the coach in a timely manner. Student-athletes are asked to establish priorities and then to live by their decisions regarding any personal conflicts.

### **Injury and Emergency Procedures**

If an athlete sustains an injury, the athletic trainer, if available, will assess its severity initially. If the injury is deemed serious or life-threatening, 911 will be called for medical assistance. It is advised that parents, if present during the injury, refrain from assuming the responsibility of transporting their child in certain cases, as the athlete's condition may deteriorate rapidly, posing significant risks to both the athlete and the parent. Coaches will submit written reports on injured athletes and promptly inform the parent(s), School Nurse, Athletic Trainer, and Athletic Director of the injury. These reports will be documented and stored with the school nurse and athletic trainer. Injured athletes will be directed to the Athletic Trainer for rehabilitation support.

We would like to emphasize the importance of our athletic trainer's role in providing comprehensive care for our athletes. Our athletic trainer is available every day, including Saturdays, for injury evaluation, rehabilitation, taping, and other essential services. To ensure the safety and well-being of our athletes, we ask that athletes refrain from self-taping or taping others. Moreover, we strongly advise parents against treating or taping their athletes unless they are properly trained and certified.

Under NO circumstances should parents treat or tape someone else's child. Your cooperation in adhering to this policy is crucial in maintaining a safe and supportive environment for all our athletes.

For more information on policies and procedures of injuries and illnesses, speak to the school athletic trainer.

## **TOBACCO, ALCOHOL, OTHER DRUGS - ADMINISTRATIVE GUIDELINES** **FOR USE AND POSSESSION**

To be a member of Oxford High School Athletics, a student-athlete must be substance free. The following protocols and processes will be followed should a student-athlete violate these expectations.

### **First Offense:**

A student, after confirmation of a first offense, is put on probation from athletics for 10-calendar days. During this probationary time, the student:

- will not participate in games/practices/team meetings
- may not participate in any competition/performances
- will not be allowed to be recognized in a leadership role (i.e., Captain)
- will attend a meeting with parents, Athletic Director/Administrative Representative
- may be required to meet with OHS support staff for counseling;

Voluntary admission of an offense can reduce the period of ineligibility by half and is applicable ONLY to the first offense.

### **Second Offense:**

The student, after confirmation of a second offense, will be suspended for the remainder of the current sport season. In addition, the student:

- will meet with the parents, coach, Athletic Director and High School Administration
- will be required to meet with OHS support staff for counseling or a referral to other community support
- will be ineligible for recognition, awards, or any post season team functions and awards related to this sport

### **Third Offense:**

The student will be ineligible to participate in Oxford's Athletic Program for a full calendar year following the third offense.

## **Harassment**

It is the policy of Oxford to maintain a learning and working environment which is free of any form of harassment. All harassing behaviors are strongly prohibited including, but not limited to, those based on race, color, religious creed, age, parental status, marital status or statutory civil union status, national origin, ethnicity, sex, ancestry, residence, present or past history of mental disorder, intellectual disability, learning disability, physical disability, pregnancy, sexual orientation or gender identity/expression or other applicable unlawful standard.

### **Harassment Defined**

For the purposes of this policy, "harassment" shall be defined as any verbal, written, graphic or physical conduct which is related to an individual's person or background, including, but not limited to, race, color, religious creed, age, parental status, marital status or statutory civil union status, national origin, ethnicity, sex, ancestry, residence, present or past history of mental disorder, intellectual disability, learning disability, physical disability, pregnancy, sexual orientation or gender identity/expression when such conduct is:

1. Sufficiently severe, pervasive and persistent so as to interfere with or limit the ability of an individual to participate in or benefit from the programs and activities of Oxford or creates an intimidating, threatening or abusive education environment;
2. Has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
3. Otherwise adversely affects an individual's employment or learning opportunities.

Specific examples of harassment shall include, but are not limited to, any of the following:

1. Physical, verbal or written intimidation or abuse.
2. Sexual advances or explicit sexual references in relation to others.
3. Bullying or terrorizing.
4. Threatening.
5. Stalking.
6. Hazing.
7. Persistent baiting or teasing.
8. Racial, ethnic or religious slurs.
9. Repetitive remarks of a demeaning or condescending nature and/or repeated demeaning jokes, stories or activities directed at the individual.



10. Any other physical acts, physical, written or verbal communication or any form of electronic communication which shall be deemed by the Superintendent of Schools to be sufficiently severe, pervasive and persistent so as to interfere with or limit the ability of an individual to participate in or benefit from the programs and activities of Oxford

### **Sexual Harassment**

Under Connecticut law sexual harassment means conduct in a school setting that 1) is sexual in nature; 2) is unwelcome; and 3) denies or limits a student's ability to participate in or benefit from a school's educational program. Sexual harassment can be verbal, nonverbal or physical. Sexual violence is a form of sexual harassment.

### **Bullying**

"Bullying" means any overt act or acts by a student, a group of students, or staff member(s) directed against another student with the intent to ridicule, humiliate, or intimidate the other student while on school grounds or at a school-sponsored activity, which acts are repeated against the same student over time.

### **Cyberbullying**

"Cyberbullying" means any act of bullying through the use of the Internet, interactive and digital technologies, cellular mobile telephone or other mobile electronic devices or any electronic communications.

Bullying shall include, but not be limited to, a written, verbal or electronic communication or physical act or gesture based on any actual or perceived differentiating characteristics, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, socioeconomic status, academic status, physical appearance, or mental, physical, developmental or sensory disability, or by association with an individual or group who has or is perceived to have one or more of such characteristics.

### **Hazing**

Hazing is defined as mental or physical harassment of players on a team. Most typically, this results in older players intentionally mistreating younger players for the purpose of initiation. These practices can be demeaning and dangerous. These incidents often happen when the coach is not present (weekends, dinner parties, etc.)

These actions are considered bullying and will not be tolerated by the school district. If cyberbullying or hazing is occurring, please contact the Athletic Director or school administration as soon as possible. (Refer to Board of Education policy on bullying)

## **Due Process**

A coach has the authority to suspend a student-athlete from a team for violations of team, school or CIAC rules that the coach has previously established or reviewed. The Athletic Director will be notified of any suspensions. Any violations that may result in the permanent dismissal of a student-athlete from a team will be discussed with the Athletic Director, the Principal and the Coach before any final action is taken.

## **Conflict Resolution & Communication**

Good communication is essential for the success of any athletic experience. If a parent attends the preseason meeting, the coach communicates his or her expectations clearly to the parents/guardians and athletes, and these communications continue throughout the season, few problems should develop. However, throughout an athletic season there are many positive and some negative moments that will occur. These moments are what make athletic competition so beneficial and meaningful in the development of our young student athletes. Many of these situations will have different meanings for our student athletes and may bring about issues that need to be discussed and dealt with. In order to encourage self-advocacy for our students we ask that the following procedure be followed in order to deal with all situations in an appropriate manner.

Only issues dealing with the safety, health, and welfare of a student athlete will be discussed by the coach, Director of Athletics, or the Administration. The student athlete and coach can discuss other topics, such as position on the team and specific participation issues.

- A student athlete and coach should first attempt to resolve any issues.
- If the conflict cannot be resolved between the student athlete and the coach, the student athlete and their parent should meet with the coach at an agreed upon time.
- If the problem is still unresolved, then the parent should contact the Athletic Director to establish a meeting time with the student athlete, parent, coach and Athletic Director.
- These are the steps to be followed for the resolution of a problem:
  1. Student Athlete - Coach
  2. Parent & Student Athlete - Coach
  3. Parent & Student Athlete - Coach – Director of Athletics
  4. Parent & Student Athlete - Coach – Director of Athletics – Administration
- No meetings will occur without the presence of the student athlete.
- Issues that will NOT be discussed:
  1. Playing time
  2. Captain selection
  3. Coaching strategy
  4. Other student athletes

We understand that it is difficult to accept that your child may not be playing as much as you would hope. As a coach of an athletic team there are decisions that need to be made for the good of the team as a whole even if an individual may not believe it is in their best interest. This decision is never an easy one for the coach to make, but it is the coach's decision alone. The Oxford Athletic Department always encourages what is best for all of our student athletes and if a decision has been made that a student athlete does not agree with, it is up to the student athlete and his/her family to make the decision to continue to participate.

A parent who becomes upset at a competition should not confront the coach during or directly after the game. A cooling off period overnight (24-hour rule) is recommended before the coach is contacted. All parties should remain calm and voice their concerns in a professional manner. The administration will limit all meetings about coaches to one parent or couple at a time. Parents/guardians will be asked to address their coaching concerns relative to their child only in meetings with a coach.

### **Out of School Conduct**

Student-athletes at Oxford High School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Oxford High School, the Athletic Department, or any sport, may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

### **Dismissal From Team**

At any time, if a student-athlete does not abide by the school or athletic handbook expectations, a coach, the Athletic Director, or Administration may dismiss the player from the team. The coach, or designee, will notify the legal guardian in writing that their child is being dismissed from the team with the reason this decision was made. The Athletic Director will then officially remove the athlete from the roster. The athlete may request an appeal to the Athletic Director or Administration.

### **Equipment, Uniforms & Fees**

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned in accordance with the instructions on the label. Any missing or damaged school issued equipment/uniforms is the financial responsibility of the athlete. The replacement cost of the missing/damaged item will be assessed to the athlete. Until the athlete has returned or paid for missing/damaged items, the school will withhold athletic awards, report cards, and transcripts. In addition, the athlete will get no other equipment issued to them, including uniforms for other sports.

During the school day and during practices/contests, students may lock their gym bags and athletic equipment in athletic lockers or designated areas. All lockers must be cleaned out at the end of the season. It is recommended that students do not leave gym bags, athletic equipment, or any personal belongings in any location other than their locked locker. This includes the locker room, gym, weight room or hallways. Oxford High School will not be responsible for lost or stolen items.

### **Injuries**

Athletes who are injured during a practice or contest must report their injury to their coach and the athletic trainer. If necessary, a parent will be notified through the contact information on the athlete's emergency form. An athlete may not return to the practice or contest without the consent of the Athletic Trainer or school nurse. Athletes who fail to notify their coach or Athletic Trainer of an injury and then seek medical treatment will jeopardize their ability to have the treatment covered by school insurance.

Athletes with an illness or injury sustained in an athletic event, physical education class, or any other activity which requires a visit to the doctor, hospital, or primary care facility must receive written clearance by a physician in order to return to participation in Oxford High School Athletics. Any note indicating clearance to return to participation or placing restrictions on participation must be submitted to the athletic trainer or school nurse as soon as possible. All coaches are required to be certified in basic first aid and CPR.

### **Schedules**

Schedules can be found on our OHS website under athletics, as well as on the CIAC website at [www.ciacsports.com](http://www.ciacsports.com). This website will also include the location and directions to the facilities. Although schedules are set prior to the start of the season, there are many times when schedules have to be changed. Using the CIAC website ensures that you are seeing the most up-to-date schedule.

### **Weight Room and Gymnasium**

Oxford High School's weight room and gymnasium are available for the physical training of athletes. Use of the weight room/gymnasium is only permitted under the supervision of a coach or designated personnel. At no time should an athlete work out alone or unsupervised.

### **Traveling**

Athletes are to travel to and from all away athletic contests by district provided bus. No athlete will be permitted to participate in an away contest if travel was not by team bus, unless approved by an Administrator prior to the contest. The athlete's parents may request an exception to this rule for school related activities, religious commitments, or unavoidable family business by submitting a Travel Release Request Form to the Athletic Director. Students are not permitted to drive themselves or other athletes to or from athletic competitions.

In some circumstances, such as a special tournament or individual state tournament, transportation may not be provided by Oxford Public Schools. Parents must fill out a Travel Release Request Form and have it approved by the AD, in order to participate in a contest. The athlete's parents are then responsible for providing transportation to and from these events. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.

Any athlete that leaves an away athletic event without prior written approval as outlined above will face disciplinary action up to, but not limited to, suspension from the next athletic contest. When transportation is not provided to off-campus home venues, athletes may not transport other student-athletes to any contests or practice sessions.

[Travel Release Forms](#)

### **Supervision of Student-Athletes**

The supervision of athletes is a major responsibility that coaches assume. From the time an athlete reports to the coach to the time the player leaves to go home, they are the responsibility of the coach. Also, a major responsibility of a coach is the mental and physical health of a player. A coach must make every effort to ensure that an athlete's experience with a team is a healthy and positive one. If a parent has any concern in this area, they should contact the coach immediately.

The head coach of a sport is the immediate supervisor of all assistant coaches in the program. They should manage and advise assistant coaches in all aspects of their responsibilities. They should mentor assistant coaches and be available to them during game situations when possible.

Any paid or volunteer coach must meet all State Department of Education certification requirements in order to serve in this capacity.

### **NCAA Requirements - Becoming a Collegiate Athlete**

The NCAA has detailed requirements for participation in athletics on the collegiate level. These requirements include eligibility standards, recruiting limitations, and Clearinghouse registration. Any athlete intending on athletic participation in college (Division I or II), and parents of these athletes should become familiar with NCAA regulations. Information can be found at the [NCAA Eligibility Center](#). Athletes are encouraged to discuss collegiate endeavors with their school counselor.

### **Title IX**

Title IX is a United States Code implemented in 1972. It reads: No person in the United States shall, on the basis of gender, be excluded from participation, be denied the benefits of, be treated differently from another person, or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient, and no recipient shall provide any

athletics separately on such basis. Title IX concerns or complaints may be brought in writing to the Athletic Director or to the Oxford School District Title IX Coordinator.

### **Additional Fees**

Oxford runs a schedule for sports put together through the CIAC as well as the NVL. Any additional contests, not on the original schedule, are subject to an additional fee and must be approved by the Coach and Athletic Director.

### **Handbook Amendments**

The Athletic Handbook is subject to administrative changes prior to the start of each sport season. Students and parents will be notified of revisions to this document.