

OXFORD HIGH SCHOOL

STUDENT-ATHLETE HANDBOOK



Home of the Wolverines!

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Oxford High School Core Values

Oxford High School's Core Values are to support, inspire, and encourage all students to strive for academic success as they develop into productive members of society.

Athletic Department Mission Statement

The athletic department's mission is to develop the positive values of athletics, including sportsmanship, teamwork, cooperation, competition, and community. Participation in high school athletics is a privilege, one that comes with responsibility for all student-athletes. As representatives of our school and the athletic program, OHS student-athletes conduct themselves respectfully both in the classroom and on the field of competition.

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 "casgiac.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.

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.

Academic and Team Eligibility Requirements

- Students entering the high school from any middle school, are eligible to participate in interscholastic activities during their first marking period.
- Initial eligibility for participation in any interscholastic sport is based upon the grades from the marking period preceding the activity for the second, third and fourth quarter. Eligibility for the first quarter is based upon the final grades from the preceding year.
- All athletes must receive credit in at least five Carnegie Units of work (classes) towards graduation with a grade of 60 or above in each marking period.
- All athletes must be in accordance with the school's attendance policy.
- 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.
- Students must have a current physical (within 13 months) from a physician on file with the school nurse.
- Parents or guardians must have completed registration of students through FamilyID.

Participation

- In order to participate in any sport on any level (including tryouts and practices), an athlete must register on Family ID completing the following requirements:
 - Provide a permission slip signed by a parent/guardian.
 - Provide an Emergency Information form signed by a parent/guardian and the athlete.
 - Have on record with the school nurse evidence of a valid physical exam.
 - Meet all CIAC and school eligibility requirements..

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.

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:

- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noise makers will be allowed with the host athletic director's approval and only be used during "dead ball" situations to celebrate good play. During indoor sports, no noise makers will be used.
- Spectators will cheer positively to support their team, and will not cheer negatively against the opponent.
- Actions of any kind against another player or other spectator may result in removal from the premises and further action by law if needed.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Coaches:

- Will exemplify high moral character, behavior, and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials, and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

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.

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 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.

Conflict Resolution: Communication Protocol

In the event a conflict arises, we expect all parties to resolve the issue in a respectful manner. To that end, the following communication protocol is expected to be followed.

Step 1: Student-athlete speaks to the Coach to discuss the concern, if unresolved...

Step 2: The student-athlete and parent will request to meet with the Coach, if unresolved

Step 3: The student-athlete, parent, coach, and Athletic Director will meet, if the conflict has still not been resolved...

Step 4: The High School Administration may then be contacted to mediate the conflict to find a final resolution/ruling. It is a very rare occurrence for a conflict to rise to this level.

It is not appropriate for a parent to attempt to speak with or approach a coach prior to or after a contest to resolve an issue. These are often emotional times for both the coach and parent and meetings of this nature seldom promote resolution.

Hazing/Fighting/Bullying

- Any form of hazing, fighting, or bullying will not be tolerated.
- Hazing or any act that humiliates, degrades, abuses, or endangers a person's physical or mental health is not permitted. Athletes who participate in hazing will receive swift consequences including, but not limited to, dismissal from the team and other school-based discipline. Hazing may also be deemed to be illegal and may be reported to local police for investigation. This policy applies to all situations whether school is in session or not.

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.

Uniforms and Equipment

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. 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.

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.

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.