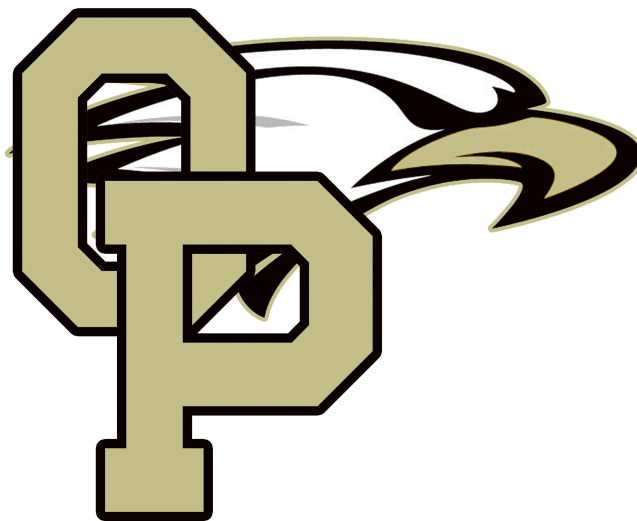


OAK PARK HIGH SCHOOL PARENT/ATHLETE HANDBOOK



Oak Park High School

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INTRODUCTION

The Oak Park High School's Players and Parents Athletics Handbook is a reference guide for student-athletes and parents concerning the policies that govern interscholastic athletics. The coach of an athletic team reports to the Athletic Directors and is primarily responsible for the compliance of his/her squad members to the rules, regulations, and policies governing athletics. The Athletic Director will administer these rules and regulations as they relate to inter-squad and intercoach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary extra-curricular program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

NONDISCRIMINATION AND EQUAL OPPORTUNITIES IN THE ATHLETIC PROGRAM

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The Oak Park Unified School District Board is committed to fostering a welcoming, safe, and supportive school environment that ensures all students have equal access to academic, extracurricular, and educational support programs, services, and activities. Discrimination, including harassment, intimidation, or bullying, based on any student's actual or perceived race; color; ancestry; nationality; national origin; immigration status; ethnic group identification; ethnicity; age; religion; pregnancy-related status; family or marital status; disability; medical condition; sex; sexual orientation; gender identity or expression; genetic information; or association with a person or group with one or more of these actual or perceived characteristics, is strictly prohibited.

Unlawful discrimination may include physical, verbal, nonverbal, or written conduct and is considered discrimination when it:

- Is severe, persistent, or pervasive enough to interfere with a student's participation in or benefit from an educational program or activity,
- Creates a hostile, intimidating, or offensive educational environment,
- Significantly disrupts a student's academic performance, or
- Otherwise negatively impacts a student's educational opportunities.

In athletics, this commitment includes ensuring equivalent opportunities for all students, including the opportunity to participate in sports consistent with their gender identity. The district prohibits discriminatory practices and the use of any racially or culturally derogatory names, mascots, or nicknames associated with athletic teams. The Superintendent or designee will ensure that all athletic programs are free from discrimination and in compliance with state and federal law.

SPORTS OFFERED

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Football Girls Volleyball Cross Country Girls Golf Girls Tennis Girls Flag Football Boys Water Polo Boys Beach Volleyball Dance Cheer	Boys & Girls Basketball Boys & Girls Soccer Girls Water Polo	Track & Field Boys Volleyball STUNT Boys Lacrosse Girls Lacrosse Softball Baseball Girls Beach Volleyball Boys Tennis Boys Golf Swimming

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PHILOSOPHY

The Oak Park High School (OPHS) Athletic Program plays an important role in the overall educational experience of OPHS student athletes. In alignment with the Oak Park Unified School District Mission Statement and Moral Imperatives, the OPHS Athletic Program provides student-athletes with life-long lessons for personal growth and well-being, such as sportsmanship, teamwork, ethical behavior, perseverance, commitment, loyalty, self-discipline, pride, responsibility, and leadership skills, and a love for athletic activity. The OPHS Athletic Program is dedicated to providing a safe and healthy environment that assists in developing positive habits, attitudes, and ideals. OPHS encourages all students to participate in athletics or other extra-curricular activities to improve their overall experience at OPHS.

SPORTSMANSHIP

As members of an OPUSD athletic program, students, coaches, and parents are expected to demonstrate proper respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing field, as they are at all times a representative of their team, school, and community.

COMMITMENT

Every team member is valuable, and a successful team relies on each athlete's commitment to being present. This often means making sacrifices, such as postponing social activities, family trips, or other events that conflict with training and competition schedules. Learning to prioritize and make choices is one of the most valuable life lessons gained from a strong athletic program. All players are expected to attend all practices and competitions, including in sports that are open to any interested athlete.

ATHLETIC STAFF/COACHES

OPUSD strives to hire experienced coaches who are committed to educating student-athletes in individual skills, teamwork, good sportsmanship, and fair play. Our preference is to recruit coaches from our faculty and staff. Every effort is made to integrate those coaches hired from outside the school into the entire school community. The same behavior is expected of a teacher in the classroom, as is expected of all coaches during practices and games.

Coaches manage their teams under the supervision of the Athletic Directors. Varsity coaches have general oversight of the JV and Frosh/Soph programs for their sport.

The Athletic Directors report to the Assistant Principal in charge of Athletics and ultimately to the Principal. The Athletic Directors provide for overall leadership and coordination of the various sports to facilitate programs that provide student athletes with worthwhile learning experiences.

ATHLETIC DEPARTMENT INFORMATION, EXPECTATIONS, PRACTICES & POLICIES

ACADEMIC ELIGIBILITY

Student-athletes must have at least a 2.0 GPA for all enrolled courses at the most recent grading period. Only official grading periods (quarter and semester grades) can be used for eligibility. There are no interim grade checks during a grading period. If a student-athlete finds themselves academically ineligible, an Athletic Eligibility Waiver application is available. Student-athletes may apply for the waiver only once in their high school career. [Click here](#) for more information and specifics on academic eligibility.

TRANSFER/INTERNATIONAL STUDENTS

All transfer and foreign exchange students must complete a CIF transfer form to be eligible to participate. This applies to transfers of any kind (family move, inter-district transfer, District of Choice, living with a relative, etc.).

If you have previously attended another high school for any amount of time, you are a transfer and must be cleared by the CIF prior to practicing or playing. Let your coach and AD(s) know if you have ever attended another high school and are a transfer. Please reference the [transfer flow chart](#).

COMMUNICATION PARENTS CAN EXPECT FROM COACH

- Philosophy of the coach
- Expectations of individual athletes and team.
- Location, dates, and times of all practices and games
- CIF, Conference, and school rules
- Modes of transportation

COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS

- Non-confrontational situations
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child
- Notification of any absences prior to practices or games
- A request to set up an appointment to discuss a concern

COMMUNICATION WITH STUDENTS

- Coaches shall only use district-approved emails or parentsquare to communicate with students.
- Coaches shall not promote their club teams to the students or encourage them to join their club teams.
- Coaches cannot solicit donations from individual students or any follow-up with individual students regarding donations or fundraising.

APPROPRIATE TO DISCUSS WITH COACHES

- Treatment of your child (mentally or physically)
- Ways to help your child improve
- Concerns about your child's behavior/academic problems

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INAPPROPRIATE TO DISCUSS WITH COACHES

- Play calling or substitutions
- Another athlete

COMPETITIVE ATHLETICS

In compliance with state law, schools are required to make certain competitive athletics information publicly available. This includes the total enrollment of the school by gender, the number of students participating in competitive athletics by gender, and the number of boys' and girls' teams by sport and competition level. This information will be posted on the school's website. "Competitive athletics" refers to sports that have a defined season, coaches, a governing organization, regular practices, and competition as a primary goal.

COMPETITIVE ATHLETES SEEKING HIGHER EDUCATION ATHLETIC PROGRAMS

Under the **Student Athlete Bill of Rights**, students pursuing athletic programs at higher education institutions are protected when reporting wrongdoing. Any student-athlete who witnesses or experiences misconduct condoned by a higher education athletic organization has the right to report the violation. This right is protected by law, ensuring that students who report violations in good faith are free from retribution or loss of benefits.

ATHLETIC CLEARANCE

Athletic Clearance is a two-step process:

- **Step 1:** Preliminary Clearance– This is required in order to participate in summer conditioning or try out for a sport. Prospective athletes cannot try out if these steps aren't completed.
 - Visit homecampus.com/login
 - ❖ Login.
 - New Athletes- Create an account
 - Returning Athletes- Log in using a previously created home campus account
 - ❖ Select “Start Clearance Here” to start the process.
 - ❖ Choose the School “Oak Park”
 - ❖ Choose the current School Year
 - ❖ Choose the current season of sport.
 - ❖ Complete the required steps:
 - Student Information
 - Parent/Guardian Information
 - Medical History
 - Additional Questions
 - Athlete and Parent/Guardian Signatures
 - Files- **No need to upload your physical.** A hard copy is needed in the athletic department office and most likely already turned in.

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- **Athletic Physical Form**- Athletes need to get a physical from their doctor or local urgent care, who will need to sign off on the above-linked Athletic Physical Form. This clearance will be sufficient for all sports for one calendar year (please remember the physical needs to clear the students through the **ENTIRE** season.) **Turn in a hard copy to the athletic office.**
- Step 2: Final clearance– This is required **ONLY** for students who make an official roster.
 - Visit homecampus.com/login- Parent/Guardian needs to check that all information is still current and up to date.
 - Students need to turn in the following items to the athletics office on their assigned day:
 - Printed confirmation page with parent and student signature
 - Athletic Support Donation receipt or cash/check*

ATHLETICS SUPPORT DONATION

The high school athletics program acknowledges the tremendous support parents provide to different sports and appreciates everything parents do for our students. Upon completing the final clearance through the home campus, parents are asked to donate to the ASB to support the athletics department, and a contribution is requested (not required) from each athlete. This donation goes to team transportation, officials, tournament entries, team/athlete awards, game managers, etc.

TEAM DONATION

A contribution (dollar amount varies by sport) is requested (not required) from each athlete upon their selection to a team for each sport each season. We depend on voluntary donations to deliver a high-quality program for our athletes. The team donation goes to assistant coach stipends, equipment, uniforms, apparel, banquet, senior night, etc.

Fees are permissible for field trips and excursions in connection with courses of instruction or school-related social, educational, cultural, athletic, or school band activities as long as no student is prevented from making the field trip or excursion because of a lack of sufficient funds. (Education Code § 35330(b)). For more information, visit:
<https://www.oakparkusd.org/domain/914>.

TRYOUTS

Tryout dates will be posted on the athletics site and outside the Athletic Department/Student Store window. Generally, Fall and Winter sports tryouts will be in the summer and early August. Spring sports tryouts will be in November or December. Most teams will have a selection process, and the coaching staff will evaluate athletes. Decisions about which athletes are selected to be on the team are final at the Head Coach's discretion.

7TH PERIOD

All students in a sport will be enrolled in a 7th-period athletics course. Class is from 2:45-3:35 p.m. on regular schedule days and 2:55-3:45 p.m. on support schedule days. Students will be allowed to leave campus during

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that period if their practice is scheduled at a later date/time. Students' attendance will be taken at their respective practices.

The parent signature on the 7th-period [privilege pass](#) presumes full parental consent and approval of this student's application for an off-campus 7th-period pass. **Students playing a sport should not enroll in another 7th or 8th-period course.** Games and practices will conflict and may result in having to drop one or the other.

CONFLICTS WITH OTHER SCHOOL COMMITMENTS

Athletes are expected to work with their coaches when conflicts arise due to other school commitments. Athletes must recognize that missed practices or games may result in reduced playing time in future competitions and, potentially, removal from the team. Athletes should recognize that participation in athletics is extra-curricular. This means they are responsible for all their academic coursework. It is the student's responsibility to communicate with their teachers about any missed coursework due to participation in the athletic program. The recommended best practice is communicating with teachers before missing class when possible.

PRACTICES

Coaches will maintain a regular practice schedule based on facility availability. Early morning practices may be necessary due to scheduling constraints. Coaches may also set practice times during vacation, depending on the season. All players are expected to attend all practices and competitions, even for sports that are open to any interested athlete.

SCHOOL ATTENDANCE

Athletes are expected to attend all classes on school days to participate in practices or competitions. Daily attendance records are shared with coaches and staff to verify full-day attendance for all athletes. Any unapproved absence during the school day will result in the athlete being ineligible to participate in that day's practice, performance, or competition.

If an athlete has a medical appointment, they must obtain prior approval by emailing Mr. Meskis (jmeskis@opusd.org) at least 24 hours in advance, including parents, the student, and the assistant principal on the email. Mr. Meskis will determine if the absence qualifies for approval and will notify the family, Athletic Director, and coach of his decision. Unapproved absences for any part of the school day will result in ineligibility to practice, perform, or compete on that day.

NON-SCHOOL OR OUTSIDE COMPETITION RULE

According to CIF rules, a student-athlete on a high school team becomes ineligible if they compete on an outside team in the same sport during their high school season. For individual sports like swimming, cross-country, golf, tennis, and track and field, athletes may participate in outside competitions; however, they **must** compete under "unattached status" to maintain eligibility. If you have any questions about competing in non-school events during the CIF season, please consult the Athletic Director before participating.

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PROGRAM PARENT MEETING

The head coach will hold an informational meeting at the beginning of each season, and all parents are strongly encouraged to attend. Topics covered include coach introductions, program philosophy and policies, schedules, fundraising, attendance, travel, academic eligibility, the athletic code of conduct, and plans for the end-of-season banquet. Meeting dates are set seasonally, and each coach will communicate their specific meeting date before the season begins.

HEALTH INSURANCE COVERAGE FOR ATHLETES

State law mandates that all high school athletic team members have accidental injury insurance covering medical and hospital expenses. The school district can meet this requirement by offering insurance or other health benefits that cover these costs. Low- or no-cost insurance options may be available for families in need through programs like the Healthy Families Program or Medi-Cal. Coaches should ensure that parents/guardians know these resources, and families can obtain further information or applications by calling (800) 880-5305.

TRANSPORTATION

Teams will use various methods of transportation, including buses, school SUVs, and organized parent carpools. When buses or school SUVs are the approved mode of transportation for an athletic event, all team members must travel with the team **to and from** competitions. In cases where carpools are arranged, students must travel in their assigned carpool unless a transportation waiver has been arranged by parents (see below).

Parents with an [approved driver form](#) on file with the school and appropriate insurance coverage may drive carpools. The athletic office will verify and approve the necessary paperwork.

Parents may drive their athletes home after a competition with prior permission from the coach. To be eligible to transport athletes to away games, parents must complete a [transportation waiver](#). The completed form, signed by the parent, coach, and Athletic Director, should be submitted to the athletic office before the competition.

UNIFORMS & EQUIPMENT

Athletes are issued uniforms and equipment specific to each team. All program-issued uniforms and equipment must be returned to the head coach at the end of the season. Students who fail to return these items will be charged the replacement cost. Donations to the program may be requested to help provide essential items for all athletes. Athletes should be appropriately attired if out of the athletic area of campus (i.e., swimmers and water polo players should wear clothing outside the pool deck).

CLUB SPORTS

Many athletes and coaches participate in club sports; however, OPHS teams operate independently of all club sports. Participation in club sports does not satisfy P.E. requirements, nor is it a factor in selection for a

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school team. Participation in an outside club team is not an acceptable reason for missing school team practices or competitions. Please refer to the **NON-SCHOOL OR OUTSIDE COMPETITION RULE**.

OPHS ATHLETICS BOOSTER CLUB

The [OPHS Athletics Booster Club](#) (ABC) is a volunteer-driven charitable organization committed to supporting OPHS sports programs through fundraising, volunteering, and communication efforts. OPHS ABC provides \$1,000 to each team each season, contributes to equipment purchases, and helps fund field and facility repairs. Additionally, ABC awards scholarships to two graduating student-athletes each year.

SAFETY

ATHLETIC TRAINING

Our full-time athletic trainer is a highly qualified and skilled professional dedicated to providing the best possible care for our athletes. The trainer is available on-site daily, attends all home games, and occasionally travels to away competitions. Due to high demand, access to the training room and services is limited to athletes needing care. Training services are provided on a first-come, first-served basis on practice days. On game days, treatment is prioritized to ensure athletes meet bus and game schedules.

ACCIDENT/INJURY

Coaches can access athletes' medical information during all practices and competitions and are trained in basic first aid. Athletes are responsible for reporting **all** injuries to their coach. The coach and/or athlete will then notify the Head Athletic Trainer. An athlete may not return to competition without clearance from the trainer, which may require written permission from a physician.

CALIFORNIA YOUTH FOOTBALL ACT

In accordance with state law, Oak Park Unified School District ensures that a licensed medical professional is present at all football games involving students in grades 6-12. This requirement applies to both home and away games for official school teams and is designed to prioritize the health and safety of our student-athletes. Please note that this law does not apply to Physical Education classes or intramural football activities outside of extracurricular athletics offered at the middle or high school level.

CONCUSSIONS

A concussion is a type of brain injury that can occur from a direct hit to the head or an impact elsewhere on the body that jars the head. Concussions can happen in any sport and may present differently for each person. While most concussions improve with rest and over 90% of athletes fully recover, all concussions should be taken seriously. If not recognized and managed promptly, they may lead to severe complications, including brain damage or even death.

Concussions can occur without loss of consciousness, and symptoms may appear immediately or develop over several hours. If an athlete reports concussion symptoms or if you observe signs, seek medical evaluation from the team's athletic trainer and a physician trained in concussion management. For urgent symptoms

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such as vomiting, severe headache, or difficulty staying awake or answering questions, call 911 for immediate transport to the nearest emergency department.

In compliance with the California Education Code, schools must provide information on concussions and their symptoms to all student-athletes and their parents/guardians. The law requires the following:

1. A student-athlete suspected of a concussion during a practice or game must be removed from activity for the remainder of the day.
2. A student-athlete removed due to a suspected concussion must obtain a written clearance from a physician trained in concussion management before resuming practice.
3. Work with the Athletic Trainer on a structured return-to-play plan.

Any athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day and shall not be permitted to return to the athletic activity until the athlete is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of their practice. The athlete shall not be permitted to return to the athletic activity until the athlete receives written clearance to return to the athletic activity from that licensed health care provider. If the licensed health care provider determines the athlete has a concussion or head injury, the athlete shall also complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider.

ILLEGAL & PERFORMANCE ENHANCING SUBSTANCES

Any athlete found possessing or using alcohol, tobacco, smokeless tobacco, vapes, or narcotics during the season, whether at school or any school-sponsored activity, will face suspension or removal from athletics for a period determined by the School Administration.

The use of performance-enhancing substances, including androgenic/anabolic steroids (“steroids”), is strictly prohibited due to the serious health and safety risks involved. As part of the District's drug prevention efforts, students in grades 7-12 receive education on the effects of steroids as part of health, physical education, or drug education programs. Interscholastic athletes are prohibited from using steroids or any other performance-enhancing supplements. Coaches will educate athletes on this prohibition and the associated risks.

Energy drinks (e.g., 5-Hour Energy) are strongly discouraged as they harm an athlete's health and performance.

As part of the athletic registration process, student-athletes and their parents/guardians must sign an agreement confirming that the athlete will not use steroids unless prescribed by a licensed physician for a legitimate medical condition. Violating this agreement or policy may lead to restrictions on athletic participation and disciplinary actions, including suspension or expulsion, in line with board policies and regulations.

RAINY DAY/EXCESSIVE HEAT SCHEDULES

Game decisions during inclement weather are typically made by noon on the day of the event. Coaches should check with the Athletic Assistant mid-morning for updates. Coach input may be necessary, especially

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when rescheduling is required. Instruct students to routinely check the office window for instructions regarding practices and games in case of inclement weather. Coaches should communicate with the Athletic Directors or Athletic Assistant as early as possible regarding any updates to post for players. P.A. announcements and classroom notes to players are reserved for extreme emergencies only.

To minimize [heat-related risks](#), the Athletic Director(s) will make excessive heat determinations based on the WBGT Index and [CIF Southern Section policy](#) for home games. While every effort will be made to proceed with scheduled competitions, delays or adjustments may be necessary to ensure student-athlete safety. The decision of the Athletic Director(s) will be final.

EMERGENCY ACTION PLAN

The Oak Park Unified School District is committed to safeguarding all students' health and well-being. To address sudden cardiac arrest, concussion, heat illness, and other medical emergencies, a comprehensive action plan has been developed. This plan is posted in writing on the high school website and available at athletic venues to ensure prompt and effective response when needed.

ATHLETICS CODE OF CONDUCT

OPUSD and OPHS are committed to ensuring athletic programs foster important life skills and character development. Coaches, players, and parents are expected to promote ideals of sportsmanship, ethical conduct, and fair play during all practices and athletic competitions.

BEHAVIOR EXPECTATIONS

STUDENT EXPECTATIONS

- Arrive promptly to practices and games.
- Show grace in victory and accept defeat with dignity.
- Respect others – avoid profanity, obscene cheers or gestures, negative signs, artificial noisemakers, offensive remarks of a sexual nature, trash-talking, taunting boastful celebrations, or any actions that demean others or the sport.
- Treat game officials respectfully – refrain from complaints about calls during or after events.
- Exercise self-control – avoid fighting or excessive displays of anger or frustration.
- Promote a healthy lifestyle with good nutrition and rest.
- Report any form of sexual or romantic contact between students and adults, as such conduct is illegal and will be reported to law enforcement.
- Listen, learn, and keep an open mind.
- Foster teamwork on and off the field.
- Honor both the spirit and letter of the game's rules – avoid improper gamesmanship techniques that undermine sportsmanship.

PARENT EXPECTATIONS

- Cheer positively – keep comments supportive, and avoid coaching from the stands.

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- Support the team by respecting all players, coaches, officials, and other spectators.
- Follow school and team guidelines. If a parent fails to uphold these standards, they may be asked to leave competitions and may face a ban from future events, including in subsequent years.

HAZING & BULLYING

Hazing is any initiation practice or behavior that endangers a student's physical or mental health. Actions intended as “harmless fun” may be perceived as embarrassing or traumatic to others and are strictly prohibited under the California Education Code.

Bullying (Ed Code Section 48900(r)) includes severe or pervasive physical or verbal acts, including written or electronic communication, that may involve:

- Sexual harassment (48900.2)
- Hate violence (48900.3)
- Threats, harassment, or intimidation (48900.4)

Bullying may lead to:

1. Reasonable fear of harm to a person or property.
2. Significant negative impact on a student's physical or mental health.
3. Substantial interference with academic performance.
4. Interference with participation in or benefit from school services, activities, or privileges.

CONSEQUENCES FOR VIOLATIONS OF THE ATHLETICS CODE OF CONDUCT

For Spectators and Parents

Student-athletes, coaches, and fans are expected to uphold the highest standards of conduct during competitions. Per CIF Southern Section Bylaw 503, spectators, including parents, may be ejected from a contest for inappropriate behavior. If a spectator is ejected, the school is responsible for ensuring that the individual does not attend the team's next contest. A second ejection will result in the spectator being banned from all remaining contests for the season.

For Student-Athletes

Violations of the code of conduct by student-athletes during games or practices may result in reduced playing time, removal from the team, or referral to the Assistant Principal for discipline in accordance with OPHS and OPUSD procedures.

For Coaches

Coaches are expected to adhere to the State Board of Education's Code of Ethics at all times. Any unprofessional conduct will be addressed according to OPUSD Board Policies and Procedures.

Addressing Concerns

Parents and players are encouraged to use the conflict resolution process outlined below to address concerns

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related to code of conduct violations. Severe violations by parents, players, or coaches will be reported to the Athletic Director and Principal immediately for further action.

CONFLICT RESOLUTION

When conflicts or issues arise, addressing them promptly and directly to facilitate resolution is essential. Student-athletes and parents should recognize that coaching strategy, player/team selection, and playing time fall under the head coach's authority.

Parents are encouraged to follow any specific instructions from the coach regarding the best method and timing for discussing questions or concerns.

Steps for Conflict Resolution:

1. **Student-Athlete Contacts Coach** – The student-athlete should bring any concerns directly to the coach as soon as possible. Advocating for oneself is an important skill, and most issues are expected to be resolved at this initial meeting.
2. **Parent Contacts Coach** – If further discussion is necessary, a parent may contact the coach directly, but not immediately before, during, or after a practice or game. Instead, the parent should email or call to schedule a time to discuss the issue.
3. **Contact the Athletic Director (AD)** – If a satisfactory resolution is not reached after speaking with the coach, the student or parent should inform the coach of their intent to contact the AD. A meeting may be scheduled with all parties involved to seek a resolution. The AD will respond promptly regarding the outcome of these concerns.
4. **Contact the Assistant Principal (AP) of Athletics** – If the issue remains unresolved, the student or parent may contact the AP of Athletics, with the AD informed of this contact. While consensus may not be reached on every resolution, an open and respectful dialogue often leads to stronger relationships and greater understanding.

Prohibition Against Retribution/Retaliation

California Education Code strictly prohibits retribution or retaliation. Students and parents are assured that voicing an opinion or concern through the proper channels will be free from penalty or retribution and are encouraged to do so. The Athletic Director and coaches are committed to ensuring no retribution occurs within the athletic department or at OPHS after a concern is raised.

CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF)/LEAGUE INFORMATION

SOUTHERN SECTION OF THE CIF

OPUSD is a member of the Southern Section of the California Interscholastic Federation (CIF), the governing body of high school athletics in California.

The objectives of CIF are to:

- Serve as an organization through which member high schools establish and adopt rules and regulations for interscholastic athletic competition, promoting athletics as an educational resource supported by Boards of Education and school faculties.
- Assign responsibility to member schools for the effective administration and supervision of high school athletics.
- Provide a constitution, by-laws, and organizational framework to support the management of interscholastic athletic programs.
- Foster positive relationships among schools by promoting high standards of sportsmanship.
- Ensure equal opportunities for all California secondary school athletic program participants, regardless of race, religion, gender, or national origin.
- Promote adopting and adhering to the Cardinal Principles and Code of Ethics of the California Interscholastic Federation.

CIF CODE OF ETHICS

Athletics is an essential part of the school's comprehensive educational program. All school activities—whether in the classroom or on the playing field—must align with the school's goals for the intellectual, physical, social, and moral growth of its students. Within this context, the following Code of Ethics guides all athletes:

Athletes are responsible to:

1. Prioritize academic achievement above all else.
2. Show respect for teammates, opponents, officials, and coaches.
3. Honor the integrity and judgment of game officials.
4. Demonstrate fair play, sportsmanship, and appropriate conduct both on and off the field.
5. Maintain a strong commitment to safety.
6. Avoid profanity, vulgarity, and any offensive language or gestures.
7. Follow the established rules and standards of the game.
8. Treat all equipment with respect and use it safely and responsibly.
9. Abstain from alcohol, tobacco, illegal drugs, non-prescription drugs, anabolic steroids, or any unapproved substances intended to enhance physical development or performance.
10. Understand and adhere to all state, section, and school athletic rules and regulations regarding eligibility and participation.
11. Win with character and lose with dignity.