

2022-23

ORR Raiders- Athletic Handbook



INTRODUCTION

Athletics support the academic mission of each school. They are not a diversion but rather an extension of a good educational program. Athletic activities provide the opportunity for physical, social, and emotional development, complementing intellectual growth. Students who participate in athletic activities tend to have higher grade point averages, better attendance records, lower dropout rates, and fewer discipline problems than other students generally do. Athletic activities provide valuable lessons for many practical situations -- teamwork, sportsmanship, consideration of others, accepting wins and losses, the need for regulations and respect for them, sacrifice, and hard work. Through participation in athletics, students learn self-discipline, build self-confidence, and develop skills to handle competitive situations. Athletics foster success in later life. Participation in high school athletics is often a predictor of later success – in college, a career, and becoming a contributing member of society.

ATHLETIC ELIGIBILITY

All Oldham-Ramona/Rutland Raider athletic programs are ultimately governed by the rules and regulations set forth in the SDHSAA Constitution, Bylaws, and Athletic Handbook located at SDHSAA.com. The state rules and regulations pertaining to athletic eligibility are located on the SDHSAA website, as well.

ATHLETIC RULES AND REGULATIONS

The athlete directly represents his/her school and indirectly serves as an example for the Oldham-Ramona/Rutland area. Everyone involved in athletics must be an example to be proud of. It is not in bad taste to cheer or become enthusiastic when our school is concerned in attaining a goal. However, anything that lessens our pride in Oldham-Ramona/Rutland will not be tolerated in any athlete who represents us.

No one enjoys discipline. If you do not have the proper outlook on correction, you will not last as a team member. You should realize that you must conform to the requirement, and if you do not, there are two alternatives: accept your punishment or leave the group. To complain, alibi, lie, or lose your poise or pride over correction means you are not a good athlete.

During practice you will be expected to work hard. When corrections are given to you, it will be in a constructive manner. If you persist in arguing during practice, you will be asked to leave. Remember: constructive correction leads individuals to become part of a united team.

During a game, there will be no arguing with the referees; it is the job of the captain and the coach to ask questions on an official's call.

During away games, you will be expected to act in a respectful manner. You will keep lockers clean and you will not destroy any property.

All members of the team shall dress appropriately. You are a representative of your school and inappropriate dress will not be tolerated.

COACHES AND SPORTSMANSHIP

The coach is the leader and needs an awareness of the many responsibilities and duties connected with the position of "coach". Some of these include, but are not limited to, the following items.

- Work with young people and impart strong educational values through your example of teaching and your coaching techniques.
- Maintain a positive approach in working with young people.
- Realize that you really have to care and have an interest in young people.
- Be a good listener.
- Always be aware of your many responsibilities to the school, community, parents, athletes, coaching profession and yourself.
- Dedicate yourself to the really important issues as a coach.
- Always set a good example for others to follow.
- Instruct the players in sportsmanship responsibilities.
- Be a good host to opponents and treat them as guests.
- Respect the official's judgment in the interpretation of the rules.

In summary, the coach must see himself/herself as an educator so they do not lose perspective of what interscholastic athletics is all about. There is no doubt the coach bears the greatest responsibility for good sportsmanship.

ADULT FANS

1. Be courteous to all participants, coaches, officials, staff, and other fans.
2. Maintain self-control.
3. Display appreciation for good performance.
4. Abide by and respect the official's decision.
5. Display dignity, regardless of the contest's outcome.

STUDENT PARTICIPATION IN GAMES

Factors such as time, facilities, equipment, staffing, and budgetary constraints limit participatory opportunities. Because athletic activities are developmentally beneficial, however, coaches are encouraged to involve as many students as possible in the athletic program in some manner. In short, a balance must be found between maximizing opportunities and diluting the efficiency and quality of a program.

At the high school level, students tend to become more selective in their choices as they begin to identify their interests and talents and become more adept at comparing their skills with those of their peer group. Coaches should work together to encourage athletes to participate in an array of athletic activities that the co-op offers. Despite increased specialization, coaches will be involved in the unpleasant task of making selections for the varsity and sub-varsity levels. Every program below the varsity level, however, is developmental, and as many participants as possible should be retained. Every effort should be made to play as many athletes as possible at the sub-varsity level. Athletes that are involved in multiple sports in the same season will be expected to make decisions on games and practices that may or may not impact their playing time. If two separate contests fall on the same day for the multi-sport athlete, the athlete will be able to attend both, provided that their parent/guardian or an adult with permission can get them to the second event. This permission must be granted from the Athletic Director or Principal at the athlete's respective school and must be done prior to the event.

JUNIOR HIGH ATHLETICS AND PARTICIPATION IN HIGH SCHOOL ATHLETICS

Junior high sports emphasize skill development to prepare students for appropriate competition at the junior high level and, if they have the desire and ability, to continue at the high school level. Junior high games are scheduled to be a competitive test of how well the teams are progressing. Winning is not to be the main emphasis. All students will play at some level but it does not mean that they will get equal playing time. We are dedicated to providing the junior high athletes opportunities to further their development in practice so they can improve their performance in contests. During tournament play, the emphasis may shift to a more competitive approach.

Students in grades seven and eight will normally play at their own grade level, but there are times when doing so is not in the best interest of the individual student, team, or program. Circumstances such as ability levels and position may create a need to move a student up to a higher level. To move a junior high athlete to a higher level of competition there is a prescribed process to follow that requires much thought and deliberation. The procedure begins with the varsity coach talking to and getting permission from the athletic directors at both schools. The sport and or position, may determine the amount of consideration needed. If permission is granted, the coach would then talk to the athlete and parents and get their approval. The coach is not required to ask the rest of the athletes in the class to move up. ORR has other guidelines that also must be adhered to when considering to move an athlete to a higher level. If a middle school student moves up to play junior varsity, they will still be allowed to compete at the junior high level. If a student is moved up to varsity, they would no longer be eligible to play junior high. A non-starter on the varsity may also play at the junior varsity level. This policy is in regards to the ORR co-op sports of cross country, volleyball, basketball, track, and golf. Junior high athletes playing football will not be allowed to move up.

SIXTH GRADE PARTICIPATION IN JUNIOR HIGH ATHLETICS

Student athletic participation at the junior high level varies from year to year. Therefore, each year the Athletic Directors from both schools will decide if sixth grade students will be asked/allowed to move up and compete at the junior high level. Because of the fluctuation in initial interest and actual participation varies, the determination to do this may take place before or very near to the start of practice. This policy only applies to basketball and volleyball. Sixth grade students are able to compete in junior high events for track, cross country, and golf.

ACADEMIC ELIGIBILITY REQUIREMENTS

The Oldham-Ramona and Rutland School Boards have approved the following guidelines and consequences regarding eligibility for students participating in athletics. Any athletic activities sponsored solely by the one school will be addressed in their handbooks.

- Grades must be submitted by **8:30 AM** on Monday mornings to be considered for the eligibility timeframe.

- The teacher may or may not be able to grade an assignment and get it in the gradebook, if the student turns in that assignment the morning of the eligibility checks.
- Any student in grades 6-12 who is failing a course on Monday morning will be deemed ineligible until the following Monday.
- Students who are deemed ineligible are not allowed to leave school early with the team, nor are they allowed to suit up for that event. If they are at the event, they are allowed to sit on the bench with the team.
- The weekly eligibility-grading period commences at the beginning of the third week of each semester.
- A student who fails a semester course will be ineligible to compete in 25% of the next scheduled contests/games/events/matches of a sport that they participate in. For example: If a student failed a fall course and does not participate in a winter sport, that ineligibility would apply to their spring sport. Similarly, if a student fails a spring course, that student would be ineligible for 25% of the following fall or winter season scheduled events.
 - To compute 25%, take the total number of contests/games/events/matches in the sports schedule (not including practices) and multiply by .25 to determine the number of contests the athlete will be ineligible for. In cases where this number is not a whole number, the events will be rounded to the nearest whole number. A Saturday tournament would constitute one event (the number of games would not be counted towards ineligibility).
- Some cases may warrant individual consideration at administration discretion.

YEAR-ROUND ATHLETIC RULES

Athletic participants are expected to demonstrate behavior that reflects positively on the individual, schools, and communities. The rules governing participation in athletic events are in force year-round. The statements below summarize district policy and state laws regarding school policies.

Definitions:

1. School Athletic Activities – School athletic activities are all school sanctioned student athletic activities, including but not limited to football, basketball, volleyball, cross country, track & field, and cheerleading.
2. School Athletic Activity Event – a public presentation, performance, competition, or trip associated with participation in a school athletic activity.
3. Year-Round – shall mean 24-hours a day, 365 days a year.
4. Suspension Period – the suspension period for an athletic rules violation begins on the date of the next school athletic event in which the student is involved. The suspension period for a criminal drug violation is for twelve calendar months from the date of the adjudication, conviction, diversion, or suspended imposition of sentence.
5. Confirmation of violation – may be the result of:
 - a. Information received from law enforcement or court services personnel provide that causes one to believe that an infraction has occurred;
 - b. A student found guilty, pled guilty, or enters a no contest plea in either juvenile court or adult criminal court;
 - c. A self-reported violation by either the parent or student;
 - d. An observed violation reported by a staff member; or
 - e. An observed violation reported by a person not a school district employee, provided the information has been verified to the satisfaction of the administration.

TRAINING RULE – CATEGORY I

During the entire year, a student shall not: 1) use a beverage containing alcohol, 2) use tobacco (this includes being in possession of vaping devices that may or may not contain tobacco).

PENALTIES

TRAINING RULE – CATEGORY I (Alcohol and Tobacco)

1. First Violation – Category I

Penalty: After confirmation of the first violation, the student shall lose eligibility for 25% of the sport's scheduled events in which the student is a participant. Two counseling sessions with school counselor.

2. Second Violation – Category I

Penalty: After confirmation of the second violation, the student shall lose eligibility for 75% of the sport's scheduled athletic events in which the student is a participant, whichever is greater. Two counseling sessions with school counselor.

3. Third Violation – Category I

Penalty: After confirmation of the third violation, the student shall lose eligibility for the next 12 calendar months. (Alternative – with parental permission, the school district would work with the family toward rehabilitation, and upon completion of program student may return to athletic participation. Minimum of 75% of the sport's scheduled athletic events.)

- In all the above cases, if a student is not able to fulfill the ineligibility punishment, the athletic directors will decide what is fair and appropriate.

TRAINING RULE – CATEGORY II (Drugs)

During the entire year, a student shall not use or consume, have in possession, buy, sell or give away marijuana, or any controlled substance. *It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by her/his doctor.*

1. First Violation – Category II

Penalty: Ineligible to participate in any athletic activity at any secondary school accredited by the DOE for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. (Alternative – with parental permission, the school district would work with the family toward rehabilitation, and upon completion of program student may return to athletic participation. Minimum of 50% of the sport's scheduled athletic events.)

2. Second Violation – Category II

Penalty: Ineligible to participate in any athletic activity at any secondary school accredited by the DOE.

ACCUMULATION OF PENALTIES

Violations accumulate for two years in middle school (grades 7-8). After 12 calendar months, a middle school student starts over with a clean record. Violations accumulate for two years in high school (grades 9-12). For example, if a student has a violation as a ninth grader, violations accumulate starting when the student's participation begins. However, if an eighth grade student participates in high school activities and has a violation, that violation stays on record for three years.

PARTICIPATION IN ATHLETICS

Students participating in athletics will be required to be in school by 9:00 a.m. to participate in the athletic event in the evening. Exceptions may be granted by school administration under appropriate circumstances.

INSURANCE

All student athletes must have school insurance or have on record a written release of insurance by their parents.

ACCIDENT AND INCIDENT REPORTS

The coaches must fill out an incident report as soon as possible.

AWARDS AND LETTERING

Athletes must complete a season in good standing in order to be eligible for any award. If either hardship case or special situations arise that warrant consideration of whether or not an athlete should or should not receive an award, the head coach and/or staff will make a recommendation to the athletic director for a final decision.

The following are just **guidelines** for lettering and receiving an award:

- A. Lettering in sports
 - 1. Football - must play in eight varsity quarters
 - 2. Basketball - must play in sixteen varsity quarters
 - 3. Track - must place in a varsity event
 - 4. Volleyball - must be on the roster for post season play
 - 5. Cross Country – must run in four varsity races or be a member of the region team as well as finish the season in good academic standing
 - 6. Cheerleading – must cheer at six out of eight games for football and 15 out of 20 games for basketball
 - 7. Golf – must play in three varsity meets and/or compete in the region golf meet
- B. Special awards
 - 1. Will be determined by the coach of the team.

ATHLETIC PARTICIPATION AGREEMENT

Student's Statement:

I understand that participation in athletics is a privilege offered to me and not my right. I realize that participation will require a commitment on my part and that sacrifices will need to be made for me to retain this privilege. I am aware that success in athletics will require that a certain level of proficiency be attained in practice and also will require personal behavior on my part not demanded of the student body as a whole. Furthermore, I understand that participation in athletics brings with it an elevated status in the eyes of students in elementary and junior high, my peers in high school and the public in the Oldham-Ramona/Rutland communities. Therefore, my conduct both in athletics and in my personal life must live up to expectations placed on good role models.

The Oldham-Ramona and Rutland Schools have determined rules for behavior for participation in athletics and I agree to abide by them. I know that if I break these rules I will be punished and will accept this punishment gracefully. I will not use alcoholic beverages, any illegal drug or tobacco in any form. I also agree to conduct myself at all times in a manner that will only bring credit to my team, my school, and myself.

Parent's Statement:

I have read this policy and the agreement which my child has signed, and I agree to abide by it. I will support the Oldham-Ramona and Rutland Schools in their efforts to enforce this policy. I realize that the best enforcement starts at home.

Annual forms, certifications:

Student athletes and parents must submit the following SDHSAA documents annually:

1. Pre-participation history form
2. Physical examination form
3. Consent for medical treatment form
4. Parent-Student consent form
5. Release of medical information form (HIPAA)
6. Return to competition, practice, or training
7. Concussion fact sheet(s) for athletes, parents

ATHLETIC TRIP BUSING POLICY

OUT-OF-TOWN TRAVEL

1. Students participating on interscholastic athletic teams will wear clothes which are appropriate dress for the occasion.
2. Students participating in athletic activities (including practices) sponsored by the Oldham-Ramona and Rutland School Districts who attend an out-of-town event are to ride to and from that athletic activity in a school vehicle.
3. The only exception to this rule will be if the form below is filled out by the parent and the coach prior to the day of the event or the parent has filled out the sign out sheet that coaches will have.
4. If an emergency arises at the athletic event and a student needs to leave with a parent, the parent must see the coach.
 - a. We will not dismiss students to friends, relatives, or anyone else. Only the parents can get a student released from riding the school vehicle, unless prior arrangements have been agreed upon with a school official. Thank you for your cooperation.