

# OKLAHOMA CHRISTIAN ACADEMY ATHLETIC DEPARTMENT

2023-2024

*“To demonstrate God’s love in all that we do, achieve excellence in the classroom and develop future Christ-centered leaders.”*



**Elementary, Middle and High School  
Parent & Student Athlete Athletic Handbook**

# TABLE OF CONTENTS

<b>Objectives and Philosophy</b>	<b>Page <a href="#">2-3</a></b>
<b>OCA Principals and Athletic Directors</b>	<b>Page <a href="#">4</a></b>
<b>High School Sports and Coaching Staff</b>	<b>Page <a href="#">5</a></b>
<b>Middle School Sports</b>	<b>Page <a href="#">6</a></b>
<b>Assumption and Consent of Athletic Risk</b>	<b>Page <a href="#">7</a></b>
<b>Eligibility for Participation in Athletics</b>	<b>Page <a href="#">8-10</a></b>
<b>Athletic Physicals Policies and Procedures</b>	<b>Page <a href="#">11-13</a></b>
Required Medical Forms	Page 11
Additional Medical Concerns: Diabetes, Asthma	Page 11
Concussion Policy	Page 12
<b>General Guidelines and Procedures</b>	<b>Page <a href="#">14-16</a></b>
Team and Practice Policies	Page 14
Tryouts/Selection Procedures	Page 14
Playing Time and Placement	Page 14
Dual Participation	Page 14
Dual Participation at OCA	Page 15
Quitting a Sport	Page 15
Player/Parent Ejections	Page 15
End of Season Guidelines	Page 15
School and Team Athletic Awards	Page 15
Parent Volunteer Opportunities	Page 16
<b>Forms</b>	
Code of Conduct	Page <a href="#">17</a>
Student Athlete Code of Conduct/Student Athlete Contract	Page <a href="#">20</a>
Parent Code of Conduct	Page <a href="#">21</a>
Dual Participation Form	Page <a href="#">22</a>
<a href="#">Student Athlete Physical Packet</a>	
<a href="#">Concussion Consent</a>	

## OBJECTIVES AND PHILOSOPHY

Oklahoma Christian Academy is a Christ-centered community that provides a safe environment for student athletes to grow to excellence — spiritually, academically, physically, and socially. It is OCA's goal to build passionate leaders who will transform the world through the gospel of Jesus Christ. Athletics help our student athletes acquire the skills of commitment, sportsmanship, leadership and teamwork — supported by a biblical foundation.

### OBJECTIVES OF ATHLETICS:

#### Development and Display of Spiritual Formation:

**I Corinthians 9:24-25**, *“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.”*

#### Development of Physical Fitness:

The student athlete who participates in athletics will improve physically and mentally, while learning activities that maintain a high level of physical fitness.

#### Development of Skills and Mental Alertness:

A sport is a learning activity. The rules, principles, individual skills, cooperative effort, making decisions under stress, and learning to think quickly and react to changing conditions are all a part of the sports experience.

#### Development of Character Qualities:

The student athlete who participates in athletics will be able to identify with team members and the school. They will learn self-discipline and teamwork. They will develop and display leadership skills, good sportsmanship, good conduct, trustworthiness, respect, responsibility, fairness, selflessness, and citizenship.

#### Development and Display of Sportsmanship:

The goal for OCA athletes is to always be an example of Christ-like behavior, with sportsmanship and discipline. We believe parents, guardians, and student athletes are an integral part of modeling appropriate sportsmanship behavior and lead by example.

**THIS HANDBOOK** is designed to walk student athletes, parents, coaches and administrators step-by-step through a typical season. Those listed above are responsible for this information and are expected to become familiar with and adhere to the guidelines, rules, and regulations in both the **Oklahoma Christian Academy Student Handbook** and **Oklahoma Secondary School Activities Association Handbook**. The OSSAA handbook can be found at: [www.ossaa.com](http://www.ossaa.com). A set of forms and documents have been provided in the back of this handbook. If questions or concerns arise which are not addressed in this handbook, please feel free to contact the Athletic Director.

# OKLAHOMA CHRISTIAN ACADEMY PRESIDENT, PRINCIPALS, AND ATHLETIC DIRECTORS

**Will Blanchard, OCA President**

[wblanchard@ocacademy.org](mailto:wblanchard@ocacademy.org)

## **Middle and High School:**

Brooke Scott, Secondary Principal

[bscott@ocacademy.org](mailto:bscott@ocacademy.org)

Jeremy Roman, Athletic Director

[jroman@ocacademy.org](mailto:jroman@ocacademy.org)

## **Elementary:**

Mary Ann Kelsey, Elementary Principal

[makelsey@ocacademy.org](mailto:makelsey@ocacademy.org)

# HIGH SCHOOL COACHES

## ***Fall***

### **Baseball**

Chance Stevens  
[cstevens@ocacadem.org](mailto:cstevens@ocacadem.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

### **Cheer** (year-round)

Riley Carr  
[rcarr@ocacademy.org](mailto:rcarr@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

### **Cross Country**

Tucker Gossett  
[tgossett@ocacademy.org](mailto:tgossett@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

### **Softball**

Tiffany Wiederstein  
[twiederstein@ocacademy.org](mailto:twiederstein@ocacademy.org)  
Becca DeBee  
[bdebee@ocacademy.org](mailto:bdebee@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
Calendar

### **Volleyball**

Melody Steelman  
[msteelman@ocacademy.org](mailto:msteelman@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

## ***Winter***

### **Boys Basketball**

Jeremy Roman  
[jroman@ocacademy.org](mailto:jroman@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

### **Girls Basketball**

Jennifer Hayden  
[jhayden@ocacademy.org](mailto:jhayden@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
Calendar

## ***Spring***

### **Baseball**

Chance Stevens  
[cstevens@ocacademy.org](mailto:cstevens@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
Calendar

### **Boys Golf**

TBD  
Schedule  
[OSSAA Rules](#)  
Calendar

### **Girls Golf**

TBD  
Schedule  
[OSSAA Rules](#)  
Calendar

### **Boys and Girls Tennis**

Kari Laxson  
[klaxson@ocacademy.org](mailto:klaxson@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
Calendar

### **Boys and Girls Track**

Tucker Gossett  
[tgossett@ocacademy.org](mailto:tgossett@ocacademy.org)  
Schedule  
[OSSAA Rules](#)  
[Calendar](#)

## JUNIOR HIGH COACHES

### ***Fall***

#### **Cheer** (year-round)

TBD

6th-8th

[rcarr@ocacademy.org](mailto:rcarr@ocacademy.org)

#### **Cross Country**

Tucker Gossett

6th-8th

[tgossett@ocacademy.org](mailto:tgossett@ocacademy.org)

#### **Softball**

Tiffany Wiederstein

6th-8th

[twiederstein@ocacademy.org](mailto:twiederstein@ocacademy.org)

#### **Volleyball**

Madison Stuart

7th-8th (6th may tryout)

[mstuart@ocacademy.org](mailto:mstuart@ocacademy.org)

### ***Winter***

#### **Boys Basketball**

Clint Garrett

7th-8th (6th may tryout)

[cgarrett@ocacademy.org](mailto:cgarrett@ocacademy.org)

#### **Girls Basketball**

Kendra Levings

6th-8th

[klevings@ocacademy.org](mailto:klevings@ocacademy.org)

### ***Spring***

#### **Baseball**

Jacob McWaters

7th-8th (6th may tryout)

[cstevens@ocacademy.org](mailto:cstevens@ocacademy.org)

#### **Boys Golf**

(Practices are off-site and OCA does not provide transportation)

#### **Girls Golf**

TBD

(Practices are off-site and OCA does not provide transportation)

#### **Boys and Girls Track**

Tucker Gossett

6th-8th

[tgossett@ocacademy.org](mailto:tgossett@ocacademy.org)

#### **Boys and Girls Tennis**

Kari Laxson

(Practices are off-site and OCA does not provide transportation)

[klaxson@ocacademy.org](mailto:klaxson@ocacademy.org)

## ASSUMPTION AND CONSENT OF ATHLETIC RISK

Parents and student athletes must acknowledge the risk inherent in sports. There is a potential for catastrophic athletic injury, however, the incident of such injury is rare. It is important that both parent and student athlete understand that:

- It is the student athlete and parent's responsibility to provide insurance and medical coverage for the participant.
- It is the student athlete's responsibility to follow rules and procedures.
- A student athlete must wear and maintain proper equipment and attire.
- Understand that proper technique can minimize injury, but cannot completely eliminate injury.
- Practice attendance is an important aspect for the development of skills necessary to participate and provides proper technique to minimize injuries.
- Catastrophic injury may include any of the following (**this list is not all inclusive**):
  - Injuries, infections or situations that may require medical attention and/or hospitalization.
  - Fractures/dislocations that may result in lifelong problems.
  - Injuries that could lead to the loss of an organ, limb, sight.
  - Neck, head, or back injuries that may lead to paralysis.
  - Life threatening injuries that may lead to death.

Parents and student athletes will attend a meeting in which coaches explain the nature of participation in a particular sport or activity. You be the judge: Are the rewards of athletic participation worth the risk?

National studies and research indicate that:

- Participation in athletics and activities promotes citizenship.
- The typical student involved in student activity programs has a higher GPA than non-participants.
- Students involved in activities have a better attendance record.
- The Scholastic Aptitude Testing Service states that participation in school activities is one of the most accurate predictors of success after college.



## ELIGIBILITY FOR PARTICIPATION IN ATHLETICS

**A. Attendance/Grades:** A competing student athlete must be present in school a minimum of four class periods on the day he/she is to participate in an athletic activity. This does not apply if the student athlete is away on official school business (field trip, etc.). Satisfactory overall attendance is required of all student athletes. If an athlete has excessive tardies, absences or low grades, he/she will be dismissed from the team. "Excessive" will be determined by the appropriate campus Principal or Athletic Director and the teacher involved. Suspension, or dismissal from the team will be determined by the coach and Athletic Director, with approval of the campus Principal.

**B. Eligibility:** High school and middle school eligibility is based on Oklahoma Secondary Schools Activities Association (OSSAA) policy and the OCA Athletic Handbook. The athletic director may issue certain directives in accordance with the overall philosophy of the OCA Athletic Department.

**OSSAA scholastic eligibility standards** are required of all students engaging in co-curricular activity programs.

### Section 1. Semester Grades

- A student must have received a passing grade in any five subjects to be counted for graduation that he/she was enrolled in, during the last semester he/she attended fifteen or more days. (This requirement would also be five school subjects for the 7th and 8th grade students.)
- If a student does not meet the minimum scholastic standard he/she will not be eligible to participate during the first six weeks of the next 18-week grading period they attend.
- A student who does not meet the above minimum scholastic standard may regain his/her eligibility by achieving passing grades in all subjects he/she is enrolled in at the end of a six-week period.
- Students enrolled for the first time must comply with the same requirements of scholastic eligibility. The passing grades required for the preceding 18-week grading period should be obtained from the records in the school last attended.

### Section 2. Student Eligibility During a Semester

- Scholastic eligibility for students will be checked after three weeks (during the fourth week) of a semester and each succeeding week thereafter. OCA may choose to run eligibility checks on any day of the week. The period of probation and ineligibility will always begin the Monday following the day eligibility is checked.
- A student must be passing in all subjects he/she is enrolled in during a semester. If a student is not passing all subjects enrolled in on the day of the grade check, he/she will be placed on probation for the next one-week period. If a student is still failing one or more classes during the next week on the grade check day, he/she will be ineligible to participate during the next one-week period. The ineligibility periods will begin on Monday and end on Sunday.
- A student who has lost eligibility under this provision must be passing all subjects in order to regain eligibility. A student regains eligibility under Rule 3 with the first class of the new one-week period (Monday through Sunday).

## COMMON QUESTIONS CONCERNING ELIGIBILITY

1. **May a student participate while on probation?**

Answer: Yes.

2. **Is a student on probation for two consecutive weeks when he/she fails a course one week and a different course the following week?**

Answer: No. The student would be ineligible the second week as it is impossible to be on probation two consecutive weeks.

3. **Is there a limit to the number of probationary weeks a student may have during a semester?**

Answer: No, except for the fact that probation cannot occur for two consecutive weeks.

4. **Does the scholastic eligibility rule apply to students in music, speech, FFA, VICA, DECA, and cheerleading, etc.?**

Answer: Yes. If the student is involved in an activity that involves competition between two or more schools. No exceptions when competition is involved.

5. **Does the weekly grade check apply to the grades a student made during a one-week period of time?**

Answer: No. The key to understanding this portion of the rule is to ask the following question: Would this student be passing if you had to give him/her a semester grade today? (The weekly grade check is for the cumulative grade a student has earned for all of the time he/she has been in school during a semester.)

6. **If a student is serving a week of ineligibility and makes up a test on Thursday would they be eligible to participate on Friday?**

Answer: No. Once a student becomes ineligible he/she will remain ineligible for a period defined by the rule to be from a Monday through the next Sunday.

7. **If a student is ineligible to start the next semester and our school begins its semester on a Thursday, does the first two days of that first week count as a complete week?**

Answer: Yes. For the purpose of determining the end of an ineligibility period, if any part of a semester falls within a calendar week that will be considered a full week.

**C. Athletic Handbook/Annual Fall Parent Meeting:** A student athlete and parent orientation meeting is scheduled before the school year begins (*beginning May 2023*) and is mandatory for high school and middle school parents and student athletes in order for the student athlete to participate. Athletic handbooks are available on the school website: [www.ocacademy.org](http://www.ocacademy.org).

**D. Involvement in Multiple Sports:** Under special circumstances, student athletes may participate in more than one school sport during a particular season. Student athletes must have a 2.5 GPA and written permission from the principal and athletic director to participate in multiple sports in the same season. If the GPA is under a 2.5 they may apply for a probationary period at the discretion of the principal and athletic director.

**E. Payment of Fees and Team Charges:** All accounts must be kept current. If monies are due, the team member will not be allowed to participate on the team until the account is made current. OCA will hold all grade cards and transcripts until all accounts are current or uniforms are turned in.

**F. Transfer Student Athletes:** Transfer student athletes will be considered eligible according to OSSAA guidelines found in the OSSAA rulebook ([www.ossaa.com](http://www.ossaa.com)).

**G. Concussion Form/Transportation Forms:** All student athletes participating in middle and high school sports must have a *Concussion Consent* form signed by the student athlete and parent prior to the start of their sport/activity season. The *Concussion Consent* form may be obtained from the athletic director, athletic trainer, or the OSSAA website ([www.ossaa.com](http://www.ossaa.com)).

**H. Suspension/Saturday School:** Student athletes that are suspended or have received a Saturday school are not allowed to participate in games or practices for the duration of the suspension or detention, including weekends.

**I. Required Forms:** The following forms need to be signed and sent to [jroman@ocacademy.org](mailto:jroman@ocacademy.org) or turned into Mr. Roman or Mrs. Bouye.

- *Student Athlete Physical* (Parent and Student Athlete) **by June 1st**
- *Student Athlete Biological Sex Form* **by June 1st**
- *Code of Conduct* (Parent and Student Athlete) **by the first game**
- *Concussion Consent* form (Parent) **by the first game**

# **ATHLETIC PHYSICALS**

## **Policies and Procedures**

### **Required Medical Forms**

#### **Pre-Participation Physical Examination**

Before a student athlete may participate in any organized sport/practice, their health should be evaluated by a qualified medical professional. All OCA student athletes must receive an annual physical examination. This physical will cover the student athlete for one year from the date of the exam. All physicals must be dated on or after May 1 of the current school year to be eligible for participation. Physicals must be completed, signed, and turned into Mrs. Bouye.

#### **Concussion Consent**

All student athletes and their parents/guardians are required to complete and sign the Concussion Consent form.

#### **Clearance for Participation**

If any student athlete has a pre-existing injury/illness that has required the care of a physician, he/she must have written clearance for participation before beginning any athletic activity. Parents must have the **treating physician** fill out and sign a *Medical Clearance Form* or its equivalent. The physician is to state when the student athlete may return to athletic activity and any limitations to participation, if they exist.

Any student athlete who has not filled out and returned the required paperwork will be withheld from all athletic activity until they have corrected these deficiencies.

### **Additional Medical Conditions**

#### **Diabetes**

Student athletes that have been diagnosed with diabetes should have an “action plan” or other notation on file with the school nurse and other medical personnel at the school. Student athletes with diabetes should regularly monitor their blood glucose levels, especially during and after periods of exercise.

#### **Asthma**

Student athletes that have been diagnosed with asthma should have an “action plan” or other notation on file with the school nurse and other medical personnel at the school. If a student athlete requires the use of an inhaler they should keep it with them at all times (i.e. practices and games). Inhalers should not be shared with other students or teammates.

## **Return to Play Guidelines**

Any student athlete that has missed practices or games while under the care of a physician for a particular injury/illness must turn in a *Medical Clearance Form*, or its equivalent, to the head coach. This form must be completed and signed by the treating physician. Any student athlete who fails to report an injury assumes all risk for continued participation in practice or games.

## **Protective Equipment**

Any student athlete that suffers an injury that requires the protection and use of a cast **must have** clearance by the treating physician to return to activity. The student athlete needs to turn in written verification — completed and signed by the treating physician — that they are cleared to return to their sport. This form will be placed in the student athlete's file. A copy of the form will also be given to the head coach to present to officials prior to games.

## **Concussion Policy**

### **Concussion, Second-Impact Syndrome, and Return-to-Play Guidelines**

A concussion is defined as a traumatic brain injury, ranging in severity from mild to severe. These injuries usually result from a direct blow to the head. They can also be caused by rapid acceleration/deceleration of the head, thus causing jarring of the brain within the skull.

Symptoms of a concussion may include headache, nausea, blurred vision, dizziness, excessive fatigue, and possible loss of consciousness. Concussions may also cause an alteration in mood or emotions. These symptoms can be short term (lasting less than 30 minutes) or may linger for several days or weeks.

Second-Impact Syndrome results when a student athlete suffers a second, often minor, head injury after returning to activity before the symptoms of a previous concussion have resolved. This injury leads to engorgement of the cranial veins causing severe swelling of the brain. Second impact syndrome is a serious condition that can be potentially fatal.

OCA considers concussions and second impact syndrome to be significant medical conditions. Therefore, any student athlete who suffers a head injury during a game or practice, which results in symptoms consistent with a concussion, **will not be allowed to return to activity for the remainder of the day**. The injured student athlete should be evaluated by an athletic trainer or licensed healthcare provider to determine the severity of the concussion.

**No student athlete will be allowed to return to activity until all post-concussive symptoms have resolved. Concussed student athletes will be withheld from any activity for a minimum of 10 days following the resolution of symptoms. Concussed student athletes must also receive written medical clearance from a licensed physician or licensed healthcare provider prior to being allowed to return to activity.**

Once the student athlete is completely asymptomatic and has been withheld for the 10-day period, they may proceed through the following gradual return to play guidelines:

*Day 1: Light Aerobic Exercise (jogging, stationary bike), 20-30 minutes*

*Day 2: Sport Specific Training (sprints, ball work), 30-45 minutes*

*Day 3: Non-Contact Drills*

*Day 4: Full-Contact Drills*

*Day 5: Normal Activity Without Limitations*

Should the student athlete experience any recurrence of symptoms while undergoing this progression, they will not be allowed to return to activity until they can progress through it symptom free.

**For more information on brain injuries, please view the following websites:**

- <http://www.nfhs.org/sportsmed.aspx>
- [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)
- [www.stopsportsinjuries.org/concussion](http://www.stopsportsinjuries.org/concussion)
- <http://www.ossaa.com/SportsMedicine.aspx>

## GENERAL GUIDELINES AND PROCEDURES

### **Team and Practice Policies**

Pre-Season Meeting: Each sport will hold a meeting prior to each season — fall, winter, and spring — for all parents and student athletes. Rules, policies, and expectations will be discussed. Parents and student athletes will be informed of the inherent risks in sport participation.

In-Season Practice: Practice sessions are vital for both the student athlete and the team. For this reason, the student athlete should meet all attendance requirements designated in the OSSAA handbook. It is the responsibility of the parent and student to notify the coach prior to an absence and to present a valid reason for non-attendance. This should be made clear to all student athletes and their parents at the beginning of the season.

Practices may be closed, based on the discretion of the coach and/or athletic director.

Official practice starting dates are established by OSSAA for each sport and should be understood by the head coach. These are available on the [OSSAA website](#) or from the Athletic Director.

Sunday and Wednesday Evening Practices: OCA is a *closed campus* on Sundays. Sunday practices, competitions, and activities for OCA teams are not allowed. Sunday is a time devoted to God and families. We also want to promote Wednesday evening services and do not allow practice times to go beyond 6:15 on Wednesday evenings to encourage student involvement in their church.

### **Tryouts/Selection Procedures**

At the high school level, some student athletes may not be placed on a team. At the elementary and middle school level, all student athletes will have an opportunity to be placed on a team. Each program will have an organized tryout and student athlete placement will be determined by the coaching staff. An established tryout and selection procedure should be part of each coach's team information.

### **Parent Meetings**

When parents have a concern or issue that requires attention they should contact the coaches through email only to schedule a meeting. Parents should not interrupt practices, games, or activities to have spontaneous meetings. Parents also should not approach coaches with frustrations directly after competition. If you are concerned about the safety or well being of your child you should contact the Athletic Director immediately.

### **Playing Time and Placement**

Coaches make judgment decisions based on what they believe to be best for all of the student athletes involved and these decisions are always going to be at the discretion of the coach.

## **Dual Participation at OCA**

If a student athlete wants to participate in two sports during the same season, he/she must fill out the *Dual Participation Form* and get permission from both coaches and the Athletic Director.

## **Quitting a Sport**

Having selected a sport, and participated in 7 in-season practices or a competition, a student athlete shall not quit the sport in season to try out for another sport or take part in an off-season program, until the sport in season terminates. This policy should be thoroughly explained to student athletes and parents before the season begins. Exceptions may be made if the head coach, athletic director, and principal agree upon the conditions and reasons for a release from a program.

## **Player/Parent Ejections**

Please refer to the OSSAA Handbook for player ejection policies. The OSSAA Handbook can be found at [www.ossaa.com](http://www.ossaa.com).

## **End-of-Season Guidelines**

### **End-of-Season Celebration**

At the end of the season, an end-of-season celebration honoring the student athletes and the coaches *may* be held. These celebrations are funded by each individual sport. Celebrations may include the student athletes, their parents, and other invited guests.

### **Uniforms and Equipment**

All uniforms and equipment must be returned and inventoried by the head coaches at the conclusion of the season.

## **School and Team Athletic Awards**

### **High School Team Athletic Awards**

Awards presented to the student athlete at the end of the season that are paid for by the school are restricted to the following items:

- **Letters**: Student athletes will receive only one chenille letter per career. This applies to all sports. Subsequent letters in another sport will receive a certificate.
- **Sports Pins**: A specific sport emblem will be awarded to the student athlete the first year in which they letter in a particular sport.
- **Letter Bar**: A letter bar will be awarded to the student athlete for the subsequent years in which they letter in a particular sport.
- **Participation Certificates**: Certificates are provided for all student athletes participating in a sport.

Coaches determine how many of the above awards are needed at the end of the season. A



checklist is to be submitted to the athletic director within one week after the conclusion of their respective season. Any other awards deemed necessary are to be funded out of individual sports accounts. Each coach will determine the number and specific awards, but a general guideline would be: Three individual awards per team and a plaque, medal, etc., for each member if a team wins a state championship.

## **High School Special Recognition Awards**

All-State: These awards are presented by the state, media, or specific sport association upon recommendation from coaches. OCA administration will recognize, but has no input into the selection or recommendation process.

Special Honors or Scholarships: Awarded upon recommendation or upon application on the part of a coach, teacher, counselor, parent, or student athlete.

Lettering: A student athlete must be a student in good standing at OCA and a member of a varsity athletic team to letter. All information regarding team rules and policies apply to all teams and team managers. Varsity team managers must be involved and participate throughout the season to be eligible for a letter.

Varsity letters are a significant reward given to OCA student athletes. Lettering criteria will be determined by each head coach and should be significant to make earning the varsity letter an honor. Players who have been part of the junior varsity program, and have made significant contributions to the varsity program, may be awarded a varsity letter.

## **Parent Volunteer Opportunities**

Volunteering at OCA is always welcome and appreciated for athletics. There are a variety of volunteer opportunities:

- Gate
- Clock
- Chain Gang
- Uniforms
- Snacks
- Team meals
- Locker decorations
- Photographer
- End-of-season celebration

## CODE OF CONDUCT (STUDENT ATHLETES)

### **Hazing and/or Bullying**

*Hazing and bullying are not permitted as any part of any team or activity as an initiation or rite of passage.* Programs/student athletes participating in hazing activities may be placed on probation, suspension, or other punishments administered by OCA administrators. Bullying will not be tolerated on campus, as part of an athletic program, or through social media.

### **Hazing**

Hazing is an act that is committed or threatened against a student, or coercing a student into committing an act that creates a substantial risk of harm to the student or to any third party. This includes any activities that involve personal harm, sexual overtures, extreme and unreasonable levels of embarrassment or humiliation, or violation of any rules or laws.

### **Bullying**

Bullying is a way of using power aggressively in which a person is subjected to intentional, unwanted, or unprovoked hurtful, verbal, and/or physical actions. Bullying results in the victim feeling oppressed, fearful, distressed, injured, or uncomfortable. The aggression is repeated on more than one occasion and can include: physical, verbal, emotional, racial, sexual, written, or electronic offenses, damage to property, social exclusion, and intimidation. Bullying may be motivated by actual or perceived characteristics, such as race, color, religion, ancestry, national origin, gender, mental, physical, or academic disability. Bullying often takes place in a social context. Hazing and bullying — in any form — will not be tolerated at OCA.

### **Social Media Policies**

Student athletes at OCA are held in high regard and are seen as role models in the community. As such, we have a responsibility to portray our school, community, and ourselves in a positive manner at all times. It is also important to remember that being a student at OCA is a privilege, not a right. In recent years, social networking sites such as Facebook, Instagram, Twitter, Snapchat, and Tik-Tok have increased in popularity and are used by many students at OCA. Student athletes may not be aware that third parties, including the media, faculty, parents, future schools, and future employers can easily access their profiles and view all personal information. This includes all pictures, videos, comments, and posts. Inappropriate material affects the perception of the student athlete and OCA. This can be detrimental to a student athlete's future and to the school. Examples of inappropriate and offensive behavior concerning participation in online communities may include depictions or presentations of the following. These are examples and are not intended to be an exhaustive list.

1. Posting photos, videos, comments, or posts showing the personal use of tobacco,

vapes, or alcohol, such as cans, shot glasses, bottle(s) of liquor, etc.

2. Posting photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
3. Posting pictures, videos, or comments that condone drug related activity. This includes, but is not limited to, images that portray the personal use of marijuana and drug paraphernalia.
4. Using inappropriate or offensive language in comments, videos, and other posts. This includes threats of violence, racial slurs or derogatory comments against students, faculty, courses, or other programs, etc.
5. Posting anything in stark contrast to OCA values. If a student athlete's profile and its content are found to be inappropriate in accordance with the above behaviors, the student athlete will be subject to appropriate punishment which may include expulsion.

### **Out-of-Town Athletic Trips**

Teams and parents that travel to games outside of the Oklahoma City metro area are expected to behave in a positive way that reflects OCA ideals. Student athletes are expected to ride the bus to and from an out-of-town event. Exceptions will be handled on an individual basis between the parent/guardian and the coach. Student athletes that desire to go home with their parents may do so if they communicate with their coaches. Student athletes may go home with another parent or guardian with the written or electronic permission from the appropriate parent. **Under no circumstances may a player go home with another student athlete driver.**

### **Bus Transportation**

Transportation may be provided to middle school student athletes for out of town activities and off-campus practices that occur immediately after school. Bus transportation for in town games (OKC Metro) at the high school level will not always be provided.

### **Drugs, Alcohol, Controlled Illegal Substances, and Tobacco Products**

OCA commits to its responsibility to provide the most conducive learning environment for all student athletes and recognizes that, unless schools and their student athletes are substance free, the best conditions for learning do not exist. OCA expects all student athletes to refrain from the use, possession, sale, or distribution of drugs, alcohol, tobacco, and illegal substances. This expectation applies at all times and in all circumstances while the student athlete is enrolled at Oklahoma Christian Academy (including outside of normal school hours). The administration retains the authority and discretion to modify the consequences for violations of this policy as individual circumstances dictate. The administration reserves the right to request, at the parents expense, a drug or alcohol test when deemed necessary.

## **Extracurricular Substance Abuse & Tobacco Policy**

### **A. Use and/or Possession of Alcohol or Controlled/Illegal Substance**

*First Offense:* The student athlete loses all OSSAA- and OCA-sanctioned extra-curricular privileges and eligibility for 50 school days from the date determined by a site administrator. The loss of privileges includes practice and competition. Summer school is not considered as school days for this policy.

*Second Offense:* The student athlete is ineligible to participate in OSSAA- and OCA-sanctioned extra-curricular activities for the remainder of the academic year or longer under special circumstances.

### **B. Use and/or Possession of Tobacco Products, E-Cigarettes, Vapes, and Nicotine Liquid Containers**

The term “tobacco product” means any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product. This includes, among other products, cigars, cigarettes, cigarette tobacco, roll-your-own tobacco, smokeless tobacco, e-cigarettes and nicotine liquid containers.

*First Offense:* The student athlete loses all OSSAA- and OCA-sanctioned extra-curricular privileges and eligibility for 15 school days for tobacco products, from the date determined by a site administrator. The loss of privileges includes practice and competition. Summer school is not considered as school days for this policy.

*Second Offense:* The student athlete is ineligible to participate in OSSAA sanctioned extra-curricular activities for 50 school days.

## STUDENT ATHLETE CODE OF CONDUCT/STUDENT ATHLETE CONTRACT



I, \_\_\_\_\_, while a participant on the  
(Student Athlete Name)

\_\_\_\_\_ team, promise to:  
(Sport Name; list all sports)

1. Attend all practices and meetings.
2. Communicate with a coach prior to a practice, competition, meeting, or team activity/function if unable to attend.
3. Attend all practices and competitions, properly equipped in practice gear or uniform.
4. Be a full-time student at OCA.
5. Maintain my eligibility and academic standing.
6. Refrain from using drugs, alcohol, vaping, and tobacco products.
7. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
8. Report any personal injury to a coach immediately.
9. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, and competitions.
11. Before the first practice, turn in all necessary forms required for participation.
12. Commit and agree to displaying good Christian moral character and strive to be a good representative of Christ.
13. Comply with and follow the Student Handbook and the OCA Code of Conduct.

\_\_\_\_\_  
Student Athlete's Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



### Parent Code of Conduct

*I understand and endorse the purpose of our athletics programs: to build passionate leaders who will transform the world through the gospel of Jesus Christ.*

*I support OCA by applauding behaviors in my child and teammates that demonstrate spiritual formation. I acknowledge and appreciate every player's growth towards maturity and efforts toward establishing stronger relationships with teammates, coaches, and Jesus despite their role on the team.*

*I will do my best to affirm my child and teammates when good character, healthy sportsmanship, and Christ-centered behaviors are displayed. I will not only affirm athletic performance or a victory.*

*I understand that I serve as a role model for our players and will do my best to display christian character when interacting with coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.*

*I understand that I represent OCA and will do my best to treat opponents with good sportsmanship by: 1. Accepting defeat graciously by congratulating the members of the opposing team and their fan base on a game well played, as well as, supporting OCA's athletic teams regardless of how much or how little my child plays, or what the win-loss record is; 2. Win humbly and recognize our abilities and talents come from God's providence and look to encourage our opponents rather than demean them.*

*I understand my influence on my child and teammates and will do my best to encourage them with positive statements, even when they make mistakes. I recognize that athletes are growing physically, mentally, and spiritually throughout the season and I will refrain from criticizing them.*

*When problems or questions arise, I will encourage my child to present the problem to the coach to develop self-advocacy. After meeting with their coach, if the issue requires more clarity, I will contact the coach in a respectful manner to set up a meeting. I will also not approach a coach with complaints or disagreements the day of competition. If the well being or safety of my child is a concern I will notify the Athletic Director immediately.*

*Because I am a parent with the power, position, and platform to make a positive difference in the lives of all players, I commit to this code of conduct. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

## DUAL PARTICIPATION FORM



In order for a student athlete to participate in two sports at the same time at OCA, the student athlete must meet the following criteria and understand the basic guidelines.

1. Student athletes must have a 2.5 GPA or better, and no F's in the most current grading period.
2. Student athletes must allow coaches to decide what games/meets are first priority.
3. Student athletes must be able to balance his/her schedule so academics, health, family, etc., do not suffer.
4. Student athletes must have a good attendance record.
5. Student athletes must have the signature and agreement of both coaches involved as well as the principal and athletic director.

### Signatures Required:

The following signatures will allow \_\_\_\_\_  
(Student Athlete's Name)

to participate in both \_\_\_\_\_ and \_\_\_\_\_  
(Sport) (Sport)

during the \_\_\_\_\_ year and season in accordance with the Dual Participation rules.

Coach: \_\_\_\_\_

Coach: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

Principal: \_\_\_\_\_