

ORANGEWOOD CHRISTIAN SCHOOL
ATHLETIC HANDBOOK
2011-12



TABLE OF CONTENTS

Athletic Philosophy, Mission, Vision, & Goal	2
Sports that are offered at OCS	3
Athlete Expectations	4
Parent Expectations	5
General Guidelines	6
Policies on Playing Time and Team Selection	7
College Placement of Athletes	8
General Policies on Athlete Conduct and Discipline	8
General Policies of Participation	10
Parent Booster Information	10
Practice Policy and Procedures	11
Academic Requirements	11
Attendance Requirements	12
Transfer Policy	12
Home School Information	12
Financial Assistance	13
Travel Policy	13
Important Contact Information	14
Home School Fees	14
Sports Participation Fee	14

STATEMENT OF PHILOSOPHY

MISSION

The mission of Orangewood Christian School is to equip students to transform the world for Christ and His kingdom.

VISION

Each student who is educated at OCS will advance Christ's kingdom, engage and transform culture, and serve and honor God.

GOAL

Children of believers will be mentored and taught academics, technology, fine arts and athletics from a reformed, Christian perspective, encouraging them to discover and use their unique gifts and talents to God's glory.

The athletic program at Orangewood Christian School (OCS) is a co-curricular program that is an integral part of the educational program at OCS. We believe that athletics support a Christian education by offering an environment in which character and lifetime habits can be developed from a Christian perspective. In this spirit, the athletic program exists to:

- Provide a competitive team experience that reflects Christ-centered values and provides a compelling witness in the public arena.
- Develop OCS students spiritually, physically, emotionally, socially, and facilitate the enjoyment that comes from participation as a member of an athletic team.
- Instill discipline that will serve to motivate each athlete to excel not only in athletics, but in academics and life, as well.
- Create healthy school spirit.

The priority of the coaching staff at OCS is to use the arena of sports to train young men and women to acquire those characteristics and habits that will enable them to develop as people. In addition, they will encourage each student to develop his or her individual gifts and abilities within the dynamic of a team environment.

Orangewood offers a wide range of interscholastic athletic activities for both boys and girls. We seek to be a competitive program and encourage all students to participate. The OCS athletics program seeks to cultivate in its students a winning attitude and winning effort every time they compete. OCS holds membership in the Florida High School Athletic Association, and usually competes at the Class 2A level. (The school does compete against schools in larger classifications when reasonable opportunities arise.)

OCS offers the following sports:

FALL	Varsity	JV	Middle School
Boys and girls cross country	Yes	No	Yes
Cheerleading	Yes	Yes*	Yes*
Football	Yes	Yes*	Yes
Boys and girls golf	Yes	No	No
Swimming	Yes*	No	No
Girls volleyball	Yes	Yes	Yes

WINTER	Varsity	JV	Middle School
Boys basketball	Yes	Yes	Yes
Girls basketball	Yes	No	Yes*
Boys soccer	Yes	No	Yes
Girls soccer	Yes	No	Yes*

SPRING	Varsity	JV	Middle School
Baseball	Yes	Yes*	Yes
Boys and girls tennis	Yes	No	Yes
Girls softball (dependent upon interest)			
Girls lacrosse (dependent upon interest)			

In 2011-12, we are exploring the possibility of a boys weightlifting team and middle school girls and boys lacrosse

**Numbers will dictate whether we have a team at this level.*

ELEMENTARY SPORTS

Fall soccer
 Flag football
 Winter basketball
 Spring Soccer
 Spring flag football

*Orangewood Christian School does not recruit, use undue influence, or provide any special inducement in an attempt to encourage student-athletes to attend or remain at OCS for the expressed purpose of participating in interscholastic sports. Staff and parents, take note of the **FHSAA policy on recruiting and be prepared to acknowledge your acceptance to adhere to this policy via a signed statement before your child is allowed to participate in any sport(s) at Orangewood.***

OCS ATHLETE EXPECTATIONS:

- Provide proof of a physical exam, proof of insurance, and proof of eligibility both in grades and enrollment before trying out.
- Participate in mandatory conditioning dates as outlined by the coach of your sport *unless* you are involved in another sport at *OCS*.
- Participate in a tryout that will consist of an evaluation period judging the athlete's skills that will last anywhere from 1 to 3 days.
- Practice **every day** and play games on scheduled dates. There may be Saturday practices but *there will never be Sunday practices*.
- Maintain at least a cumulative 2.0 grade point average throughout the year in all academic level classes and abide by all codes of conduct.
- Abide by all policies and regulations as set forth by Orangewood Christian School, the Florida High School Athletic Association, and the coach of your sport.
- Cease all involvement in activities associated with other sport organizations such as AAU, Club, Little League, Babe Ruth, *etc.* for the period of time which your sport is in season unless prior approval has been given by the head coach of your sport. (*When the sport is not in season, participation in these organizations is not limited.*)
- Follow the lines of proper communication with your coach when you will be absent from an event, practice, and/or school and adhere to the consequences due to the absence. (These consequences will be set by the coach of the sport.)
- Represent Orangewood Christian School in a light that reflects Christ-centered values on and off the field of play.
- Put forth your best effort every day to compete at the highest level.

Participating on an athletic team at Orangewood Christian School is a privilege and is not an accomplishment that all students can achieve. Students are participating in an extra-curricular activity that includes a number of rules and regulations as set forth by a number of associations. It is the student's responsibility to become aware of all these rules and regulations.

Students: As athletes, you represent Orangewood Christian School in the public arena and your behavior will be scrutinized more thoroughly by the general public. You are expected to represent yourself and your school in a manner that serves and honors God at all times.

OCS PARENT EXPECTATIONS:

- Provide all the necessary documentation for their athletes to be eligible prior to trying out or conditioning for sports.
- Be familiar with and abide by all FHSAA regulations regarding their children's participation in sports at Orangewood.
- Participate in the activities of the OCS Athletic Booster Club.
- Pay a participation fee for each sport. (Additional payment may be needed for items that will be required to practice and play such as T-shirts, shorts, shoes/cleats, etc.)
- Work in the concession stand as needed. All concessions are run by parents.
- While OCS utilizes several buses to transport our athletes, on occasion it may be necessary or desirable to arrange transportation utilizing private vehicles. Parents may only transport their own children unless they have been cleared to drive by OCS administration via a driver's license check and background check.
- Some coaches may ask you to donate items for the program or concession stand. This is *strictly voluntary* and your athlete's playing time is **not** impacted by how much you volunteer.
- Support the athletic program in a positive way during all practices and games. Reflect Christ-centered values.
- Make sure you are aware of the team's schedule and the coach's policies involving missing practices and games *before* you schedule a vacation during the holidays.
- Follow the policy on playing time discussions.
- Do not smoke nor consume alcohol on campus or at any OCS athletic event.
- Leave the coaching to the coaches.
- Stay off all fields, sidelines, court sides, etc. during all games and practices unless specifically asked by a member of the coaching staff or administration.
- Refrain from communicating with your athlete during a game or practice without permission from a member of the coaching staff or in the case of an emergency.
- Do not follow, intimidate, nor attempt to speak to an official during or after a game.

Parents: Become a supporter of the athletic program at Orangewood Christian School. Through the involvement in our booster club and other fundraisers, you can help us build a great athletic environment!

Representing Orangewood through athletics is a privilege and it is expected that everyone involved with OCS will represent the Rams in a manner that serves and honors God!

GENERAL GUIDELINES

Since the athletic program at OCS is designed to help young men and women develop spiritually, physically, emotionally, and socially, the highest standards of ethics and sportsmanship must be maintained.

- Participants and parents should become familiar with OCS and FHSAA requirements, rules, and regulations for participating in a particular sport.
- Coaches and athletes should demonstrate the meaning and spirit of sportsmanship.
- Purposely ignoring or willfully violating the rules is unacceptable. Those who break the rules degrade not only themselves, but also the sport, their team, and their school.
- OCS athletes must demonstrate self-discipline in their physical and mental reactions, in their willingness to take and follow directions, and in their respect for authority.
- There is a responsibility for leadership in all areas of school and community activity because of the notice and attention given to OCS athletes.
- It is the policy of OCS to hire the most qualified individuals to head our athletic programs. *Qualified* refers to background and experience—either as a player or coach; demonstrated ability to “teach” a particular sport; spiritual maturity; and the ability to integrate one’s faith with the sport through testimony, behavior, and devotion. OCS recognizes the necessity of hiring adjunct coaches when the need arises.
- The athletic director will oversee the mentoring of coaches. The objective of mentoring coaches is to ensure that they demonstrate Christian leadership and to help them be as successful as they can be, and in turn, help the teams they coach to be successful.

PLAYING TIME AND TEAM SELECTION

Using their God-given talents to the fullest extent, our varsity and junior varsity teams compete to win contests while always upholding the cause of Christ. Playing time is not guaranteed. Although coaches will actively look for opportunities for each student-athlete who competes in their program to participate in competition, this may not occur in each contest.

Tryouts are a process for selecting teams, and are necessary when we have more athletes than the coaching staff can supervise. During the school year, the coaches primarily are focused on preparing their team members to perform at the highest possible level. Time constraints do not allow them to teach basic skills to an individual whose abilities in a given sport may be significantly less than those of other team members. The coach may recommend certain things for that individual to work on, but may also find it necessary to cut them from the team for that season.

Middle school teams begin emphasizing a “compete to win” approach. Team members should experience playing time that is reasonable given their level of skill development. Playing time may not be equitable, and although coaches will strive to provide an opportunity to play to each student-athlete in each contest, it is not always possible.

Elementary grade levels playing time will be equitable, as we introduce students to various sports. Teams will be chosen through a draft-like procedure supervised by the OCS athletic department.

PLAYING TIME DISCUSSION PROCEDURE

When frustrated about a situation on the team, athletes should follow the biblical principal found in Matthew 18. Here we are exhorted to go to the individual with whom we have a misunderstanding or disagreement and discuss it with them personally.

First the athlete should ask for a personal meeting with the coach. Remember that there is an appropriate time and manner in which to request a meeting.

If the issue is not resolved, then the athlete may come with a parent/guardian to request a meeting with the coach.

In extreme situations in which the issue is still not resolved, then a meeting between the athlete, parent/guardian, and athletic director may be requested. Following this, the issue should find conclusion.

COLLEGE PLACEMENT OF ATHLETES

The priority of the coaching staff at OCS is to use the arena of sports to train young men and women at OCS to develop those characteristics and habits that will enable them to develop as people and as Christians. In addition, they will encourage each student to develop his or her individual gifts and abilities within the dynamic of a team environment. This will include character traits such as self-discipline, perseverance, endurance, and self-sacrifice that is willing to pursue the good of a higher cause above all.

The priority of a coach at OCS is not to obtain a college scholarship for any individual athlete. Coaches will, however, work diligently to assist those athletes who have the ability to play sports in college.

ATHLETIC CONDUCT AND DISCIPLINE

It is OCS policy to support the rules and regulations prescribed by individual coaches, which are consistent with the athletic and educational philosophy of OCS. The discipline of an athletic team falls under the direct responsibility of the coach, and the indirect responsibility of the athletic director—and in some cases, where it relates to school policy, the dean of students and or school principal.

As a member of the Florida High School Athletic Association (FHSAA), OCS submits to the authority of the FHSAA in all rules and regulations as they relate to all cases of eligibility, transfer, starting practice dates, and so forth. Each coach has the explicitly stated responsibility to know, inform team members and parents, and enforce school and FHSAA regulations in these matters in their program. The athletic director will work with everyone involved to ensure that Orangewood follows the by-laws, policies, and regulations of the FHSAA. These policies and regulations can be accessed at www.fhsaa.org.

- The display of un-sportsmanlike conduct toward an opponent, teammate, coach, fan, or an official, is unacceptable by players, coaches, or parents.
- Un-sportsmanlike conduct at OCS includes, but may not be limited to: profanity; insubordination toward a coach, school staff member, or game official; taunting; abusive actions (verbally or physically); or any action detrimental to the school and/or team.
- In the event an athlete engages in such conduct the head coach shall be responsible for administering discipline as needed. This discipline which *could* range from temporary removal from a contest or practice to suspension from additional future contests.
- In the event that adults (parents or other) engage in un-sportsmanlike behavior, they may be removed from the contest involved, and may be prevented from attending future OCS athletic contests for a set period of time, or until their behavioral issues have been addressed to the satisfaction of the OCS administration.
- Should a coach engage in un-sportsmanlike conduct, the athletic director will review the situation and take appropriate action.
- Individuals who are participating in or attending an FHSAA sanctioned contest are also subject to FHSAA rules governing un-sportsmanlike conduct.
- **If the FHSAA levies a fine to OCS because of an action—or lack of action—by any coach, athlete or parent, those involved shall be responsible to reimburse the school.**
- In the event the FHSAA suspends a coach or athlete, OCS may apply further internal sanctions that may include probation, lengthier suspension, or dismissal from a team or position.

- Theft or malicious destruction of any school or individual's equipment or property will not be tolerated. Restitution will be arranged before an athlete will be allowed to participate in any subsequent athletic event. Game suspensions or removal from the team may result from such actions. Any consequences as they pertain to athletic eligibility will be superseded by any necessary school discipline.

The OCS student behavior policies encompass both on campus and off campus behavior. An athlete who receives school discipline deemed "serious," will be subject to the following discipline as it pertains to athletic participation:

- Student athletes suspended from school may not participate in or attend games or after school activities for the duration of the school suspension.
- In the event that the athlete's team does not have a contest during the suspension, the athlete will be suspended for the next athletic contest/game.
- Should an athlete be suspended a second time within the school year, the school discipline review committee will determine whether the athlete will continue playing the remainder of the year.
- Multiple school discipline issues over a student's athletic career may result in a student's ineligibility to participate in OCS athletics.
- An athlete who has a poor attitude toward school (i.e. not following school rules), classes, faculty, classmates, or who displays unsportsmanlike conduct during practice or athletic contests may be held out of participation until satisfactory improvement has been observed. Coaches can help to "head-off" such discipline by clearly expressing their expectations of their athletes, and then following up with OCS staff and administrators (athletic director) when made aware situations involving their athletes.
- An athlete's use of Facebook and any other social networking site or any means of digital communication is considered an extension of their conduct as an athlete at OCS and is subject to athletic and school disciplinary standards.

GENERAL POLICIES ON PARTICIPATION

- All athletes are required to have a yearly sports physical. The *FHSAA Pre-Participation Physical Form (EL-2)*, *FHSAA Consent & Release Form (EL-3)*, and *OCS Consent and Release Form* must be on file in the athletic office prior to an athlete being allowed to tryout or participate in interscholastic sports for OCS.
- All participation fees must be paid to the athletic department prior to the athlete receiving his or her uniform. For financial assistance, contact the Finance Department.
- It is important to note that OCS reserves the right to withhold an athlete from competing if the administration feels the athlete's safety is jeopardized. We utilize base-line concussion testing and in the event of a concussion, OCS will not allow an athlete to return to play until the base-line registers normal, regardless of doctor's clearance.
- The athletic program provides equipment and uniforms required for participation with the exception of athletic shoes, socks, shorts (soccer), and shirts (golf and tennis). These items are purchased by the athlete who will keep them at the conclusion of the season. Personal items of equipment such as tennis rackets, golf clubs, etc., are also in this category.
- The athlete accepts full responsibility for the care of school-issued equipment and uniforms, and must return the same equipment and uniforms within a week of the end of the season. Students who lose or destroy equipment or uniforms are responsible for its replacement.
- No athlete may quit one sport and join another sport until his/her original sport season has concluded.
- A player must compete in 50% or more of the season to earn a varsity letter.
- Participation in multiple sports within the same season is allowed only after the coaches, parents, athletic director, and athlete have met to discuss and agree to the requirements.

PARENT-BOOSTER PARTICIPATION

Parents and other boosters have made great contributions to the OCS athletic program. Without their diligence in giving their time, physical effort, and support, it would be impossible for our program to function at its present level. Parents, you are the OCS Booster Club. We also have a Booster Board that represents and provides guidance and organizes activities for the membership.

PRACTICE POLICIES AND PROCEDURES

- Athletes should be aware of the meaning and importance of commitment to a team when they plan to try out for a team. If the athlete makes a team, attendance at practices and contests is required.
- Length of practices is determined by each coach, with a general principle that they not exceed two and one-half hours in duration. There may be occasional exceptions to this policy.
- Athletes are expected to be in attendance if a Saturday practice is scheduled. If the athlete is involved in a family, church, or work-related activity, he or she may be excused from practice if prior notice is given to the coach. This absence may impact the athlete's playing time in subsequent games.
- If a player habitually misses practices, then his or her commitment to the team is in question and the athlete in question may be dismissed from the team.
- OCS prohibits all Sunday practices and use of fields.
- Holiday season practices refer to practices held during the school year when classes are not in session. Athletes are expected to attend all scheduled practices. Athletes who plan to compete at the varsity level should anticipate that their varsity team may schedule holiday practices or participate in a holiday tournament.
- Off-season/summer practices, team camps, and leagues are a wonderful opportunity for athletes to improve their skills, both individually and corporately. These are opportunities that OCS encourages. Athletes are expected to attend such events if possible.
- Athletes should be aware that commitment to a “summer team” will not guarantee a spot, or playing time on the school-year team.

ACADEMIC REQUIREMENTS

- Athletes in grades 9-12 must carry a cumulative GPA of 2.0 or better in order to participate in interscholastic athletics. *Middle School students must maintain a GPA of at least a 2.0 each semester.*
- OCS reserves the right to remove an athlete from competition when the administration feels the athlete's classroom success is being compromised by his or her athletic participation. Examples may include but not limited to:
 - a. A grade of D or a failing grade in any class
 - b. Excessive discipline problems
 - c. Excessive absences

ATTENDANCE REQUIREMENTS

- An athlete must be in attendance for three (3) periods during the school day in order to participate in a practice or game that day. The athletic director, his designee, or another school administrator, may approve exceptions to this policy.
- **Pre-arranged absences or early dismissals:** Any team member who is excused early to attend a contest shall have all required class work handed in the next time the class meets, unless previous arrangements have been made with the teacher's approval. It is the responsibility of the athlete (not the teacher) to verify with their teachers what work will be missed, and when it is due.

TRANSFER STUDENTS

- FHSAA rules mandate that in order for a transfer student to be eligible for a particular sport, that student-athlete must be enrolled before the official start of the school year.
- The student's official (sealed) transcripts must be received, along with all required FHSAA transfer/waiver forms, prior to participation.
- An athlete cannot communicate with any member of the Athletic Department, nor may they participate in any activity at OCS, until he or she is officially ENROLLED at OCS. This includes summer team camps and workouts.

HOMESCHOOL STUDENTS

The FHSAA allows homeschooled students to play for member schools as long as they are not registered with a home school group that is itself a member of the FHSAA (i.e. Circle Christian School in Orlando). Homeschooled student athletes are subject to all OCS academic and behavior requirements and policies. Participation by homeschooled athletes is allowed at OCS only if numbers in a particular sport dictate a need. The athlete must:

- Register with OCS and pay the OCS home school fee (listed in the appendix).
- Notify the athletic director of his or her intent to compete in the sport BEFORE that season begins. If the athletic director is not notified *prior to the beginning of the season*, the athlete will be ineligible for that season (FHSAA Bylaw).
- File all the FHSAA paperwork associated with being a homeschooled athlete with the athletic department before the season begins.
- Pay all costs associated with the participation for the sport in addition to the OCS home school fee.

FINANCIAL AID POLICY

- School-based financial assistance must be based entirely on financial need as determined by an independent financial needs assessment company that is approved by the FHSAA.
- Through an established process that conforms to FHSAA rules, an OCS school board subcommittee makes the final determination of who is to receive financial assistance and the amount of assistance to be provided based on family need as determined by an independent financial aid processor (FAST).

No athlete may accept financial assistance from any other person, business or organization unless it is received from one upon whom the student-athlete is naturally or legally dependent or it is received through established and continuing program to assist students administered by the state of Florida.

- Financial assistance must be totally unrelated to a student's athletic interest, potential or performance.

TRAVEL POLICY

- While OCS utilizes several buses to transport our athletes, on occasion it may be necessary or desirable to arrange transportation utilizing private vehicles.
- Parents may only transport their own children unless they have been cleared to drive by OCS administration via a driver's license check and background check.
- Athletes who have their own cars may be able to drive to contests as long as the coach has written parental permission. **AT NO TIME** will an athlete be allowed to transport another athlete when the team is leaving officially as a group from OCS.
- When playing a local opponent, a coach may instruct the team members to meet at the site of the contest later in the day. The implication is that the athletes may go home after school as is their normal habit and meet the team at the site of the contest. How the athlete arrives at the contest is not the responsibility of the athletic department or OCS. *This will only be done for contests that are within the greater Orlando area.*
- Athletes may travel home with parents, or may be allowed to ride home with a teammate if his/her parents give permission to the team's coach. Please understand that it may be the team policy to ride the bus home together.

IMPORTANT CONTACT INFORMATION

- Athletic website: www.orangewoodchristianschool/athletics
- Athletic department: 407-215-0991
- Kenne Brown, athletic director – kbrown@orangewoodchristian.org; ext. 245
- Patti Kemp, assistant athletic director- pkemp@orangewoodchristian.org; ext 246
- Athletic fax: 407-215-0988
- Upper school offices (7th – 12th grades): 407-339-0223 – 1300 W. Maitland Blvd.
- Lower school offices (K – 6th grades): 407-767-5664 – 1221 Trinity Woods Lane

HOME SCHOOL FEES

- \$ 400 varsity sport (per sport; per season)
- \$ 300 freshman/JV sport (per sport; per season)
- \$ 300 middle school sport (per sport; per season)
- \$ 200 elementary sport (per sport; per season)

SPORTS PARTICIPATION FEES

- 4th/5th grade girls volleyball: **\$100**
- Middle school tennis: **\$100**
- Middle school cross country: **\$100**
- Middle school volleyball: **\$100**
- Middle school basketball: **\$100**
- Middle school baseball: **\$100**
- Middle school softball: **\$100**
- Middle school soccer: **\$100**
- Middle school football: **\$200**
- All cheerleading: **\$100**
- Varsity cross country: **\$150**
- Varsity golf: **\$150**
- Varsity tennis: **\$150**
- *Boys weightlifting: \$100 (pending)*
- JV/Varsity basketball: **\$150**
- Varsity soccer: **\$150**
- 9th/JV/varsity volleyball: **\$150**
- JV/varsity baseball: **\$150**
- Varsity softball: **\$150**
- *Girls lacrosse: \$200 (pending)*
- JV/varsity football: **\$250**