



Handbook 2024-2025

ATHLETICS

**A WELCOMING, DIVERSE, AND SUPPORTIVE LEARNING
COMMUNITY EMPOWERING STUDENTS TO PURSUE THEIR
ACADEMIC, ARTISTIC, AND ATHLETIC PASSIONS.**



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Principles Of Good Practice For Member Schools

| National Association of Independent Schools

Interscholastic athletics can play an important role in the lives of children. The school's athletic program can be an essential part of the education of students, fostering the development of character, life skills, sportsmanship, and teamwork.

1. The school's athletic program embodies the mission, philosophy, and objectives of the school.
2. The school ensures that coaches have appropriate training and knowledge of the school's mission, philosophy, and objectives.
3. The school promotes equity in all aspects of its athletic programs.
4. The school's athletic program is considered to be an integral part of the school's curriculum.
5. The school is committed to the safety and the physical and emotional health of participants in the athletic program.
6. The school's athletic program values the dignity and worth of the individual in a context of common purpose and collective achievement.
7. Coaching is teaching; coaches are teachers.
8. The school ensures that coaches have an understanding of the developmental needs of the children with whom they work.
9. Coaches design and implement activities that improve the knowledge and skills of all participants.
10. Coaches have a strong collegial relationship with other educators and contribute to the school's understanding of the whole child.
11. The school educates parents about the philosophy, policies, and appropriate expectations of the athletic program.
12. The school defines and clearly communicates standards of conduct to players, spectators, coaches, and other teams.
13. The school works directly and candidly with other schools to prevent abuses in the following areas: recruitment, eligibility, transfers of student athletes, financial aid, and admission.

Introduction

Students at Oak Hall School are challenged with a rigorous academic program. In addition, they participate in a wide variety of extra-curricular activities from which they gain a valuable perspective about themselves and life beyond the classroom. Athletic competition and organized sports play an essential role in both physical education and school life. To provide these important experiences for its students, Oak Hall offers interscholastic competition through over 35 different teams from grades 6 through 12.

This handbook is organized to provide helpful information about Oak Hall's athletic program and the responsibilities and privileges of students who participate in athletics. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and athletic department policy should be brought to the attention of the Director of Athletics. Questions regarding a specific sport or team should be directed to the head coach.

Athletic Philosophy

- Athletics is an important and vital part of the total educational program at Oak Hall School.
- The athletic program and the academic program both serve the same purposes—to build character and to give each student qualities that will equip him or her for a productive life.
- Oak Hall believes in the scholar-athlete, the person who places academics first, but who participates in athletics as a valuable and necessary part of the learning experience in school.
- Oak Hall seeks to encourage as much participation as possible at each level of interscholastic competition. In middle school athletics, our policy is to keep “cuts” to an absolute minimum and to distribute playing time with participation as a goal. Ultimately, the overwhelming goal at the middle school level will be to provide opportunities that allow the student-athlete to gain skill as an athlete and develop personal confidence. For junior varsity, we continue to view participation as an important goal, but playing time begins to depend more on individual ability and effort than at the younger level. Our goals for varsity are more narrowly focused and fielding a competitive team is a high priority.

| Athlete/Parent/Coach Communication Process

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time. If at any time an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

1. Athlete meets with the coach to discuss the problem
2. Parents and/or athlete meet with the coach
3. Parents and/or athlete meet with the Director of Athletics

Student Eligibility

| FHSAA

Oak Hall School is a member of the Florida High School Athletic Association, which is the governing body of high school athletics in Florida. Questions pertaining to FHSAA rules and regulations should be directed to the Director of Athletics.

ACADEMIC ELIGIBILITY

1. Students in grades 6 through 8 must have a 2.0 GPA at the conclusion of each semester.
2. A student entering the ninth grade shall be eligible during the first semester of the ninth-grade year provided that it is the student's first entry into the ninth grade.
3. A student in grades 9-12 must have a cumulative high school GPA of a 2.0 or above on a 4.0 unweighted scale in all courses as required by the Florida Statutes at the conclusion of each semester to be eligible during the following semester.

Exceptions to item 3 may be made for tenth graders who do not have a cumulative GPA of 2.0 at the conclusion of their ninth grade year or at the conclusion of the first semester of the tenth-grade year provided the following requirements are fulfilled:

- They have a 2.0 GPA in all courses taken during the semester of ineligibility.
- They sign an academic performance contract with Oak Hall; and
- They sit out the semester of ineligibility.
 - If all of the above provisions are met, the student may regain their eligibility.

Oak Hall Additional Academic Requirements

Oak Hall reserves the right to impose higher academic and discipline standards than those listed above. Students on academic or discipline probation may be restricted by the school from participating in athletics. (See Academic Warning & Academic Probation in the Middle School or Upper School handbook).

Limit of Eligibility

- Each student shall have four consecutive calendar years of eligibility from the date he or she first enrolls in the ninth (9th) grade.
- Four years from the date he or she first enrolls in the ninth (9th) grade, he or she will become ineligible for further interscholastic athletic competition.
- Students may participate in interscholastic athletics one year as eighth graders, one year as seventh graders, and one year as sixth graders.

Age

- A student who reaches the age of 19 prior to July 1 shall become permanently ineligible.
- A middle school student who reaches the age of 16 prior to September 1 shall become permanently ineligible.

Attendance Requirements

A student will be eligible at the first school in which he/she attends classes each school year or at the school in which he/she participates in an athletic practice prior to the beginning of the school year. The student will be eligible at that school as long as he/she remains enrolled and meets all other eligibility requirements. Please see information on transfer students for information regarding the change of school.

Home School

Oak Hall School allows home education students to participate in athletics under the following provisions:

1. Each team has a maximum number of players allowed on the roster. No team can have more than 14 percent of home school athletes on the roster.
2. A formal application is submitted to the school.
3. The student meets applicable guidelines necessary for admission to Oak Hall

School.

4. A registration fee per sport (to be determined annually by administration) is paid.
5. A yearly athletic fee is required.
6. Meet the provisions of the FHSAA to include:
 - g. Student is registered as a home education student with the Alachua County School Board or with the superintendent of the county in which he/she resides.
 - h. OHS is notified of intent to participate before the beginning date of the season for the sport in which he/she wants to participate.
 - i. Meets the same standards of acceptance, behavior, and performance as the school requires of other participating students.
 - j. Certify to the school at the interim and the end of each semester that he/she has the minimum GPA required for participation.
 - k. Satisfies all other FHSAA eligibility requirements.
 - l. Approved by FHSAA office each year using a form provided by the association.

| Transfer Students

Transfer students' eligibility is immediate with certain limiting conditions:

1. Mid-season transfers may immediately join a team if the team has not reached maximum size, the coach determines the student has skill and ability, and they have not already participated in the same sport at another school during the same school year.
 - Every student who changes or transfers schools at any time after beginning the 9th grade will be required to sign an affidavit attesting that the student was not athletically recruited to attend Oak Hall School. The affidavit must be signed by the student, parents/legal guardians, the Head of School, Director of Athletics, and notarized. This must be done each and every change that occurs in school designation regardless of when the change occurs, including the summer period or the reason for the change (including physical relocation). Oak Hall School cannot permit interscholastic athletic competition for the student until the affidavit has been signed, notarized, and registered with the FHSAA Office.

Required Forms/Ticket To Play

The “Ticket to Play” form is a required form for student-athletes that is used to ensure our student-athletes are eligible to play and have been medically cleared to participate in athletics. Completion of this process is required for student-athletes to ensure they are eligible to play and have been medically cleared to participate in athletics.

Go to the Athletic page on Oak Hall’s website and follow the simple steps listed under “2024-2025 Ticket to Play” to gain athletic eligibility for the 2024-25 school year. Students may NOT participate in open facility, conditioning, tryouts, practices, or athletic competitions without a completed Ticket to Play.

It is strongly suggested that you do not wait until the first day of practice to submit your Ticket to Play.

International Students, Foreign Exchange Students, Immigrant Students, or Home Education Students need to make an appointment with the Director of Athletics to secure eligibility.

All Oak Hall athletes must complete a Ticket to Play. NO exceptions will be made to this policy for the Athlete to be in compliance with the rules of the FHSAA and not jeopardize his/her eligibility.

| Athletic Fee

The Athletic Fee provides financial support for all athletic teams and purchases trophies and awards presented at award ceremonies. The Oak Hall Board of Directors directed that all student-athletes who participate in the athletic program are required to pay an annual fee of \$250.00 regardless of how many sports are played.

No student may participate in the sport until these financial obligations are met and the electronic signature authorizing the payment through FACTS has been provided on the Athletic Clearance site. Families with financial hardship should contact the Director of Athletics. It is not the goal of the athletic department to remove playing opportunities due to financial hardship.

Conduct

Student Conduct: As members of athletic teams, students are high-profile representatives of Oak Hall School. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

1. Fighting
2. Profanity

3. Possession of, use of, or being under influence of alcohol, tobacco, or drugs.
4. Unsportsmanlike conduct
 - a. Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly.
 - b. If the act occurs during an athletic contest, the student will be removed from the contest.
 - c. A student who strikes, curses, or threatens an official, coach, or opponent during a game or at any other time because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or the Head of School, shall be ineligible to participate in interscholastic athletics for a period of up to six weeks.
 - d. A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct cannot participate in any contest for one week or, if no contests are scheduled during that week, the next two contests.
5. Rude or disrespectful behavior.
6. Taunting opponents or officials.
7. Destruction of property.

Students who exhibit any of the above behaviors may be suspended from athletic competition for a period of time as per FHSAA regulations or Oak Hall administration. Additionally, the student may face school disciplinary action.

Oak Hall annually competes for the Fred E. Rozelle Sportsmanship Award sponsored by the FHSAA. Any contest ejection immediately disqualifies Oak Hall from consideration for the award. For this reason and others, all matters of sportsmanship will be dealt with in an extremely serious manner.

| Spectator Conduct

1. Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. Fans are reminded that their sportsmanship and behavior reflect upon the reputation of Oak Hall School.
2. A Spectator should...
 - a. Demonstrate good sportsmanship.
 - b. Respect, cooperate, and respond enthusiastically to cheerleaders.
 - c. Censor fellow spectators who display negative behavior.
 - d. Respect the property of the school and the authority of school officials.
 - e. Never heckle, jeer, or distract members of opposing teams.

- f. Never criticize the athletes or coaches for the loss of a contest.
- g. Accept the decisions of the officials.
- h. Refrain from being a second guesser.

| Hazing or Any Form of Initiation

Oak Hall School has a zero-tolerance policy on hazing. Athletes found responsible for hazing or leading initiation activities; for failing to report such hazing and initiation activities of which they have knowledge; or for retaliating in any way against any other student who reports such hazing or initiation activities, are subject to removal from participation on their team for a period up to and including the duration of their time at Oak Hall School.

| Bullying/Cyber-bullying/Retaliation

Oak Hall School has a zero-tolerance policy on bullying, cyberbullying and retaliation. Athletes found responsible for bullying, cyberbullying or retaliation; for failing to report such bullying or cyberbullying; or for retaliating in any way against any other student who reports such bullying or cyberbullying, are subject to removal from participation on their team for a period up to and including the duration of their time at Oak Hall School.

Use Of Athletic Facilities

1. The sport in season has priority for use of facilities.
2. Students are not permitted to use any facility without direct supervision and permission of the head coach or other Oak Hall faculty member.
3. Please contact the Director of Operations for all non-Oak Hall athletic team questions regarding facilities.

Summer Participation

The FHSAA does not regulate athletic activities with the exception of football during the summer. The summer is defined as the day following the last scheduled day of classes for OHS until the first permissible date of fall athletic practices. OHS students may participate on summer teams, conditioning, camps, or practices with a current Ticket to Play and policies regarding open facility guidelines, off-season conditioning, and off-season participation are not relevant. Football may have practices and

conditioning but may not wear helmets or pads or engage in physical contact in any activity sponsored by or under the supervision of OHS during the summer.

Open Facilities Program/Off-Season Conditioning

Coaches may open the gymnasium and other athletic facilities for recreational activities or conditioning to students without being in violation of FHSAA Bylaws under the following guidelines:

1. The facility is open to all students who are bona fide students at Oak Hall for participation. Opening facilities for a select group of students to practice individual skills for a specific sport is a violation of this policy.
2. Coaches may not provide coaching or instruction in the skills and techniques in any sport by any school personnel. Coaches may not involve the use of sport specific equipment (i.e. starting blocks, hurdles, rebounders, ball machines, bats, balls, rackets, etc.). Their presence may be in a supervisory capacity only.
3. Participation is voluntary and is not required directly or indirectly for membership on a team.
4. No sport specific tasks, skills, or drills may be taught to or assigned to students to perform during open facility activities.
5. Conditioning includes: Weight Training and the use of free weights and stationary apparatus; Cardiovascular condition is distance and interval training; Plyometrics is the use of pre-set conditioning programs.
6. The students must have a current completed Ticket to Play.

Off-Season Participation

During the off-season, high school coaches, prospective coaches, or any individual involved in any respect may not be involved with a non-school team in a sport unless the team meets the following requirements and is approved by the athletic administration of the school.

FHSAA

1. Team must be affiliated with an outside agency promoting athletic participation opportunities.
2. Participation must include competition in the published scheduled events of the outside agency.
3. Student-athletes and coaches, where applicable, are not permitted to wear any portion of a school's athletic uniform.
4. All fees or assessment for participation must be documented.
5. Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.
6. OHS can make gym and other athletic facilities available for this purpose provided that a fully executed rental agreement is provided and available upon request.

Team Meeting

All coaches are required to have an informative team meeting once the roster is set. The meeting should be used to distribute information regarding practices, game schedules, food, travel, etc.

Practice Schedules And Times

Athletic practices can begin as early as 3:45 p.m. and all practices must be completed by 10 p.m. Most practices should not exceed 2 hours for varsity and 1-1/2 hours for all other levels.

- On non-school days, practices may not exceed 3 hours in length and contain no more than 90 minutes of intense exercise. Conditioning and weight room activities shall be considered practice.
- During the first 7 days of practice, no two-a-day practices are permitted, and practices should not exceed 18 hours in length for the week and student-athletes cannot participate in more than 6 consecutive days of practice. Conditioning and weight room activities shall be considered practice.
- Only on non-school days may two-a-day practices be held. Two-a-day practices may begin on the 8th day of practice and may not exceed 5 total hours of practice time with no one practice exceeding 3 hours of total practice time. Consecutive days of two-a-day practices are not permitted. Practices

- should not exceed 24 hours in length for the week and student-athletes cannot participate in more than 6 consecutive days of practice. Conditioning and weight room activities shall be considered practice.
- On non-school days when only a single practice is held, a one hour “walk-through” practice may be scheduled when no protective equipment or sport related equipment is permitted. The “walk-through” practice must be scheduled with at least one hour of continuous recovery time between the end of the first practice and the “walk through” or vice-versa.
- For Cross Country, a student-athlete must participate in a minimum of 10 practices on 10 separate days before participating in competition.
- No Sunday meetings of players or practices are permitted.

Game Schedules

To access Athletic Schedules, please follow the below procedure:

1. Go to www.oakhall.org
2. Click on the link to “Athletics” and then “Athletic Calendar”
3. Schedules can also be found on specific team bands

ALL Schedules are SUBJECT TO CHANGE. This is particularly true at the MS, Freshman, and JV levels where games are still being added!

| Band App

Each team has their own Band & communications on the Band app. After rosters have been set, families will receive an invite to their child’s team’s band. Team information will be posted on your child’s team band.

Please set your alerts so you are notified when information has been posted.

| Parent Pickup

A coach or designated adult will remain with athletes until all are picked up after practices and games. Please respect the time of our coaches by picking up your student-athlete immediately following practices and/or games. If you are not able to transport your student-athlete home, please make other arrangements prior to the event.

Attendance For Student-Athletes

1. Official Absences

- Official absences are due to school-sponsored events (athletic competitions, field trips, etc.). All other absences are considered unofficial.
- Any student who is absent from school for greater than 30 minutes in a school day must provide documentation of a medical situation (signed by a provider who is not a parent of said student), legal responsibilities, or have notified the school of anticipated or extended absence at least one week in advance.

2. Unofficial Absences

- Excused absences are those necessitated by medical situations, legal responsibilities, or anticipated or extended absences. Please provide corresponding documentation to the Upper School office so the absence may be recorded correctly.
- Unexcused absences refer to absences other than the above. The Dean's office reviews all unexcused absences for possible disciplinary action.
- Any student that has an excused absence may not participate in any extracurricular activities, including athletics.
- Student-athletes are expected to be at all practices and games unless absent from school. Student-athletes on any team level may not miss an Oak Hall practice or game due to a club sport practice or game, or other non-Oak Hall afterschool extracurricular events. Student-athletes may be dismissed from a team due to excessive absences and/or excessive tardiness.

Weather

In the event of inclement weather, the Director of Athletics will make a decision by 3 p.m. concerning the cancellation of practices or home games and notify the coaches of these teams. Cancellation decisions for away games are made by the opponent's Director of Athletics. Updates will be posted on each team's BAND app by 3 p.m.

Every effort will be made to play games as long as the weather does not jeopardize the safety of athletes, coaches, and spectators.

Early Dismissal

Students are responsible for all missed work due to early dismissals. Students are required to follow the following guidelines:

1. Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.
2. Turn in all work normally due for all classes prior to departure.
3. Make-up any missed test or quiz the next available make-up test day. Students must not put these off any further and missed practice time may result in order to fulfill academic responsibilities.

Transportation

1. Only athletes, coaches, and managers are permitted to use school transportation.
2. Bus transportation will not be provided for any varsity teams playing in Alachua County.
3. Oak Hall School will provide transportation to all pre-season, regular season (with the exception of out-of-town tournaments at the Middle School, Freshman, and Junior Varsity levels and all out-of-state tournaments for any level), and post-season athletic contests. Teams will be charged for transportation for any of the exceptions noted above, as well as summer camp programs.
4. When the school cannot provide transportation, parents will be notified ASAP.
5. Oak Hall School buses are equipped with seat belts for the students use. It is strongly encouraged that seat belts are worn at all times while the bus is in motion.
6. Students may ride home with their parents or another party from away contests provided the individual coach does not adopt a policy that requires team travel from away contests. Students riding home with individuals other than their parents must provide written permission from their parent.
7. Coaches will post on BAND with approximate return times to Oak Hall School once they leave away competitions. Please assist coaches by being on time to pick up your child. Coaches are required to stay at the school until all students are picked up. Please be considerate.

Lodging

Oak Hall will reserve and pay all costs deemed necessary for hotels during district, regional, and state competitions. Student-athletes are responsible for their own meal costs and costs of lodging for regular season tournaments with the exception of the aforementioned.

1. Parents may not purchase individual rooms for their athletes.
2. Parents may be asked to stay in separate lodging if the coach feels that an environment exclusively made up of players and coaches is necessary.
3. Parents are responsible for making lodging reservations. The athletic department will not make provisions for parents.

Athletic Trainers

Oak Hall School contracts with the College of Health and Human Performance at the University of Florida to provide athletic training services to our athletes. Students wishing to see trainers must:

1. Report to training room no later than 10 minutes after school or 45 minutes prior to his/her team's meeting time.
2. Report to Training Room immediately after practice has been dismissed.

Students removed from a contest by a trainer and referred to a physician, or any student receiving physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note to the athletic trainer from that physician clearing him/her to return without restriction to athletic competition.

| Team Designations

- Varsity - Middle School and High School students
- Junior Varsity - Middle School and High School students
- Middle School - Middle School students (6th through 8th grade only)

Note: Oak Hall School will always try to fill a team at all levels. Due to the number of athletes who sign up to participate, some teams will not be able to be fulfilled.

| Playing Time

There are many benefits to be gained by participation in athletics at the high school level. Student-athletes learn discipline, to perform under stress, teamwork, sacrifice, commitment, effort, accountability, sportsmanship, confidence, leadership and to play

within the rules. Although there are many measures of success in the minds of each athlete, perhaps the most emotional is “playing time” during contests. If an athlete has a question about the amount of playing time he/she is getting, he/she should be encouraged to discuss it with the coach. Being a member of a team at Oak Hall School does not guarantee “playing time.” The playing time of each participant is the sole prerogative of the coach of the sport in his/her discretion and judgment; however, there are some guidelines:

MIDDLE SCHOOL

The objectives of the middle school program are improvement through participation and the development of basic skills. Coaches will teach basic rules and strategies of the game. The objectives of middle school athletics are to develop sportsmanship, individual skills, team skills, conditioning, and a love of the game through participation by all team members. This does not imply equal playing time for all. Playing time will vary according to the level of competition and readiness for competition. There is no guarantee that every athlete will play in every game. Middle school teams are intended to prepare student athletes for JV/Varsity play. It is expected of middle school players to be on time, work hard, and maintain a positive attitude.

JUNIOR VARSITY

The JV team is to be a transition between the middle school and varsity levels. It is to allow for continued development of skills and a greater understanding of the game, and sportsmanship. Playing time will vary according to the level of competition and the player’s readiness for competition. There is no guarantee that every athlete will play in every game. JV teams are intended to prepare student-athletes for varsity play. It is expected of JV players to be on time, work hard, and maintain a positive attitude. The determination of which players will play on the JV team will be made by the varsity and JV coaches.

VARSITY

The objective of the varsity level is to exhibit impeccable sportsmanship and excellence. Varsity athletics are highly competitive and advanced, focused on winning games but doing so in a way that builds character, leadership, and camaraderie. At this level, the athlete will be scrutinized more thoroughly on his character, ability, attitude, and skills. The most qualified athletes will be selected for the varsity team. Playing time will be entirely at the discretion of the coach. There is no guarantee that every athlete will play in every game.

Coaches will communicate with players about their roles, coaches’ expectations, and general playing time expectations. The determination of which players will play on the

varsity team will be made by the varsity coaches.

Team Selection

- Tryouts are open to all academically eligible students who have a completed Ticket to Play.
- No student will be cut from a team until the third day after the official start of practice.
- Students who cannot begin practice on the first official practice date due to overlapping sports will be given three days after the conclusion of their season to try out for a team.

| Fall Sports

- Boys Golf: This program is a Varsity level team. This team will maintain a roster up to 10 athletes. Note: Practices are held off campus.
- Girls Golf: This program is a Varsity level team. This team will maintain a roster up to 10 athletes. Note: Practices are held off campus.
- Girls Cross-Country: This is program that is comprised of Varsity, Junior Varsity, and Middle School Teams. The Varsity team will maintain a roster up to 15 runners. The Junior Varsity and Middle School teams will maintain a roster up to 20 runners.
- Boys Cross-Country: This is a program that is comprised of Varsity, Junior Varsity, and Middle School Teams. The Varsity team will maintain a roster up to 15 runners. The Junior Varsity and Middle School teams will maintain a roster up to 20 runners.
- Girls Volleyball: This is a girls-only program that is comprised of Middle School, Junior Varsity, and Varsity level teams. Middle School, Junior Varsity, and Varsity teams will maintain a roster up to 15 players.
- Football: This program maintains competitive Middle School and Varsity level teams. Both squads will maintain a roster up to 60 players.
- Girls Swimming and Diving: This program is a Varsity level team. This team will maintain a roster up to 40 athletes. Note: Practices are held off campus.
- Boys Swimming and Diving: This program is a Varsity level team. This team will maintain a roster up to 40 athletes. Note: Practices are held off campus.
- Sideline Football Cheerleading: This program maintains competitive Middle School

and Varsity level teams. Both squads will maintain a roster up to 30 athletes.

Winter Sports

- Competitive Cheerleading: This program is a Varsity level team. This team will maintain a roster up to 40 athletes.
- Boys Basketball: This is a program that is comprised of Middle School, Junior Varsity, and Varsity level teams. Middle School, Junior Varsity, and Varsity teams will maintain a roster up to 15 players.
- Girls Basketball: This is a program that is comprised of Middle School, Junior Varsity, and Varsity level teams. Middle School, Junior Varsity, and Varsity teams will maintain a roster up to 15 players.
- Girls Soccer: This program maintains a competitive Varsity level team. This team will maintain a roster up to 25 athletes.
- Boys Soccer: This program maintains a competitive Varsity level team. This team will maintain a roster up to 25 athletes.

Spring Sports

- Girls Lacrosse: This program maintains a competitive Varsity level team. This team will maintain a roster up to 35 athletes.
- Boys Lacrosse: This program maintains competitive Middle School and Varsity level team. Both teams will maintain a roster up to 35 athletes.
- Baseball: This program maintains competitive Middle School and Varsity level teams. Both squads will maintain a roster up to 25 players.
- Softball: This program is a Varsity level team. This team will maintain a roster up to 20 players.
- Boys Tennis: This is a program that is comprised of Junior Varsity and Varsity Teams. The Junior Varsity team will maintain a roster up to 20 players. The Varsity team will maintain a roster up to 12 players.
- Girls Tennis: This is a program that is comprised of Junior Varsity and Varsity Teams. The Junior Varsity team will maintain a roster up to 20 players. The Varsity team will maintain a roster up to 12 players.
- Girls Track & Field: This program maintains competitive Middle School and Varsity level teams. Both squads will maintain a roster up to 40 athletes.
- Boys Track & Field: This program maintains competitive Middle School and Varsity level teams. Both squads will maintain a roster up to 40 athletes.

Equipment And Uniforms

- Uniforms are the property of Oak Hall School.
- School colors are burgundy, gold, and white. Black/Gray are not an official color of OHS and may not be the dominate color in any team or spirit wear. All uniforms and spirit wear must be approved by the Director of Athletics.
- Students must pay for any lost or damaged equipment and uniforms. Grades, transcripts, and diplomas may be held until all uniforms are turned in or paid for if lost or damaged.

Athletic Lockers

Athletic lockers are available for varsity athletes. Athletes should see the Director of Athletics for a locker and lock assignment.

Multi-Sport Athletes

Oak Hall School supports and encourages student-athletes to participate in multiple sports, even when seasons overlap. To ensure a balanced and fair approach, the following guidelines are established:

- **Priority During Championship Season:** Athletes must prioritize the sport that is in its championship season. They are not permitted to miss games or key events of the championship season for a sport that is just starting.
- **Practice Participation:** Athletes may participate in practices and games for both sports during overlapping seasons provided their academic performance remains satisfactory. Coaches and athletes should coordinate to manage practice schedules effectively.
- **Sport Selection:** Athletes must designate their primary, secondary, and tertiary sports. This helps in planning and prioritizing their commitments and ensures clarity for coaches and the athlete.
- **Coaches' Collaboration:** Coaches are required to work together to support the well-being of the athlete, ensuring that training schedules are coordinated and manageable, and that the athlete is not overburdened.
- **No Penalties for Late Starts:** If an athlete chooses not to start the next sport season early due to commitments to their current sport, they will not be penalized or cut from the team. All athletes should feel secure in their

participation without fear of repercussions for honoring their commitments.

- Equal Opportunity: All athletes must be given the opportunity to try out for any sport, regardless of their participation in other sports or the timing of tryouts.

By adhering to these guidelines, Oak Hall School aims to foster an environment where student-athletes can thrive in multiple sports while maintaining academic excellence and overall well-being. The collaborative efforts of coaches and the understanding of these policies by athletes and their families are crucial to the successful implementation of this policy.

Dress Code

Dress Code Policy – **ONLY on Spirit Days**, athletes may wear team jersey/uniform tops or team t-shirts/polos. **NO** other tops may be worn unless they are approved as normal school day wear. Athletes must wear Oak Hall dress code approved pants, shorts, skirts, etc. **No** team sweatpants, team skirts, athletic shorts, etc., may be worn at any time. **No hooded athletic wear, such as tops, jackets, sweatshirts with a hood, are not permitted to be worn any school day, including Spirit Day.**

Note: Any jersey that is a tank top, racerback cut, or singlet style may **NOT** be worn without a t-shirt or long-sleeve shirt being worn under the jersey/uniform.

Game Uniforms

- Oak Hall provides game uniforms for all levels. Uniforms will be handed out at the beginning of each season and should be returned at the end of the season. Any uniforms not returned at the end of the season will result in parents being billed for a replacement uniform via their FACTS account.

Practice Clothing

- Coaches may require team members to purchase practice clothing bearing the school name and sport.
- All practice clothing will be ordered through the athletic office and paid for by the student.
- Students are not permitted to wear clothing that is revealing or has references to alcohol, tobacco, drugs, profanity, or other offensive symbols.

Honors And Awards

VARSITY LETTERS

Students who meet the following criteria will receive a varsity letter:

1. Student must not have excessive unexcused absences from practice.
2. A student must attend all contests. Absence is permitted only in the event of illness, religious holidays or events, or family commitments (weddings, etc.).
3. Player must be a member of the team for the entire season. A student who does not meet this criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Upon the completion of the first varsity sport, the student will receive the letter with a pin representing that sport. If the student participates in another varsity sport, he/she will receive a pin for each sport that he/she meets the criteria for. If a student letters in a sport for more than one year, a bar will be rewarded after the original pin is received.

JUNIOR VARSITY LETTERS

Students who meet the following criteria will receive a junior varsity letter:

1. A student must not have excessive unexcused absences from practice.
2. A student must attend all contests. Absence is permitted only in the event of illness, religious holidays or events, or family commitments (weddings, etc.), or other scheduled school events.
3. A player must be a member of the team for the entire season. A student who does not meet this criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a junior varsity letter providing that they have continued to attend all practices and games.

Upon completion of the first junior varsity sport the student will receive a junior varsity letter. For each sport completed after the first or if the student competes in the same sport for two or more years, he/she will receive a star pin for each sport in which he/she meets the above criteria.

MOST VALUABLE ATHLETE AWARD

Oak Hall School will award a female and male high school student the Most Valuable Athlete Award each school year. This award will be selected by Oak Hall's varsity coaching staff. These individuals should have made significant contributions to the

Oak Hall Athletic Program. They should be a multi-sport athlete who participates in a minimum of two sports throughout the same school year. They should possess outstanding athletic ability when compared with other athletes competing during the year. The recipients will be announced during the Upper School Awards Convocation and will receive a plaque.

EAGLE ATHLETIC AWARD

Oak Hall School will award a female and male senior athlete the Eagle Athletic Award. This award is given to an athlete that has excelled athletically and has also represented the schools core values of scholarship, leadership, and service. The recipient must have played a minimum of two varsity sports their sophomore, junior, and senior year while graduating with a minimum of a 3.5 GPA. The recipient should demonstrate traits of leadership within the team of participation and be a good citizen, showing dependability and exemplary character in all school environments. The recipient will be announced during the Upper School Awards Convocation and will receive a plaque.

| End of Season Celebration

All teams are required to have some type of end-of-season gathering. This gathering can be informal or formal. Coaches and players families should decide on what type of celebration they would like.

Student Managers

Student managers are valuable assets to our athletic teams.

- 1.** Students desiring to serve as managers for teams should contact the head coach of that team.
- 2.** Student managers are required to meet and follow all rules and regulations pertaining to interscholastic athletics.
- 3.** Student managers may earn varsity letters by meeting the same criteria as team members.

Fundraising

No individual team fundraisers are permitted. Teams are encouraged to work with the Booster Club in their annual Athletic School Fundraiser to support their discretionary fund accounts.

| Oak Hall Booster Club

The Booster Club is a support mechanism for athletics which sponsors the Athletic Fundraiser annually. Funds generated from this effort are distributed to teams in a fair and equitable manner to support their discretionary spending accounts, help the school by supporting a school-wide initiative benefitting athletics, and provide funding for club operations and approved requests.

For more information on the booster club, contact the Director of Athletics.