

Athletic Handbook



EST. 1957

Okinawa Christian School International

OCSI Mission Statement

Equipping students to walk with Jesus and impact the world for Him.

OCSI Athletic Department Mission Statement

To further the school's mission statement as well as compete inter-scholastically with a level of character, intensity, enthusiasm, integrity, and sportsmanship that is worthy and pleasing to God.

Athletic Director:

Laura Lynn lauralynn@ocsi.org

High School Principal:

Dan Pallmann danpallmann@ocsi.org

| Sport | Season | Contact Information |
|---|----------------------------|--|
| Cross Country 7th-12 grades Boys and Girls | Fall (Aug-Oct) | Coach: Grace Metz gracemetz@ocsi.org Assistant Coach: Laura Lynn lauralynn@ocsi.org |
| Volleyball 8th-12th Grade Girls | Fall (Aug-Oct) | Coach: Hannah Stroud Lusk hannahstroud-lusk@ocsi.org Assistant Coach: Marrisa Folz marissafolz@ocsi.org |
| Basketball 8th -12th Grade Boys and Girls | Winter (Oct-Feb) | Girls Coach: Brittany Mahaffie brittanymahaffie@ocsi.org Boys Coach: Frank Lopez franknorah@gmail.com Assistant Coach thomasmahaffie@ocsi.org |
| Cheerleading 8th-12th grade girls | Winter (Oct-Feb) | Coach: Deena Vardhini deenavardini@ocsi.org Assistant Coach: Sherra Packett sherrapackett@ocsi.org |
| Soccer 8th-12th Grade | Spring (Mar-May) | Girls Coach: TBA Boys Coach: TBA |
| Track & Field 8th-12th Grade | Spring (Mar-May) | Coach: TBA Assistant Coach: TBA |

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THE FUNDAMENTALS OF SPORTSMANSHIP

Gain an understanding and appreciation for the rules of the contest.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

Recognize and appreciate skilled performances regardless of affiliation.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for the officials.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

Display openly a respect for the opponent at all times.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded respect at all times. Be a positive representative for your school, team, or family.

Display pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

Communication Policy

This document is meant to facilitate the understanding of the policy of parent/athlete/coach communication for OCSI Athletics. Your athlete's Coach should present clear communication about your child's participation in his/her sport(s). In return, we ask that you follow the guidelines set forth in this policy.

COMMUNICATION THAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Expectations the coach has for your child as well as all the players on the team.
2. Locations and times of all practices and contests
3. Team requirements for participants (practices, code of conduct, special equipment, conditioning, etc.)
4. Conduct that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach
2. Notification, in writing, of any schedule conflicts well in advance
3. Notification, by email or text, if your child won't be attending school

Sports at OCSI will be very rewarding to your child. There may be times, however, when you have concerns about the way a situation is being handled. At these times, discussion with the coach is strongly encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child
2. Ways to help your child improve
3. The behavior of your child

Coaches make decisions based on the philosophy of the program and the situations that arise during game time. The goal of the coaches' decisions is to benefit the team as a whole, rather than a handful of individuals.

INAPPROPRIATE ISSUES TO DISCUSS WITH A COACH:

1. Playing time
2. Team strategy
3. Other student-athletes

If you feel that a conference needs to be set up to discuss a concern, the following steps should be followed to help promote a peaceful and timely resolution.

1. Encourage your child to speak directly with the coach as this will often times take care of the problem.
2. Call/email the coach to set up an appointment.
3. If the coach cannot be reached, contact the Athletic Director
4. Please do not confront a coach after a practice or a game.
5. If the meeting with the coach does not resolve the problem to your satisfaction, contact the Athletic Director.
6. If the meeting with the Athletic Director does not resolve the problem to your satisfaction, contact the Principal.

Okinawa Christian School International Athletic Program Participation

Student Participation

The goal of the athletic program is to offer the opportunity of participation to all students. Interscholastic athletics fosters competition and cooperation. It also represents an area of great potential for teaching dedication, perseverance, courage, poise and practicing the pursuit of excellence. However, no student is obligated to take part in athletics. Coaching staff have the authority to suspend or revoke the participation of an athlete when rules, regulations, or standards of the athletic program are not followed.

Selection of Teams

The head coach of each sport will determine the players on each team. The selection of a team will include, but is not limited to: skill level, knowledge of sport, attitude, and experience in the sport.

Okinawa Christian School International Athletic Program

Rules & Regulations

Athletic Suspension

The Athletic Director may suspend or place on probation for the duration of the term, duration of the seasonal activity, or the duration of the school year any student-athlete for a major infraction of the standards set forth in this athletic handbook. The Athletic Director empowers the coaching staff to enforce and maintain all policies and standards described in the Athletic Handbook. Communication will be maintained between the coaching staff, the Athletic Director, and the campus Principal when infractions warrant suspension from athletic activities.

Attendances/Absences/Tardies

Academic Attendance Student athletes must be present for at least 1/2 of the academic day to be eligible to participate in practice and competitions.

Athletic Attendance Student-Athletes are expected to be dressed and on time for all practices and competitions and remain for the duration of the practice or competition. It is the student athlete's responsibility to notify the coach if he/she must miss a practice or competition. By becoming a student athlete at OCSI you are making a commitment to the program. ***An unexcused absence from a game may result in suspension or loss of playing time in the next scheduled game.**

As with any other activity, please be aware that excessive tardiness or absences will result in a loss of practice/instructional time. This loss of time could subject the student athlete to loss of playing time or even dismissal from the team. Sport-specific drills and conditioning may be required for **any** tardy or absence at the **discretion of the Athletic Director.**

Classroom Behavior

Student-Athletes must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect.

Responsibilities of an OCSI Student Athlete

All student-athletes have the responsibility to play to win, give their best effort, strive for excellence, and exhibit good conduct at all times in a manner that is a positive example to team members, fellow students, and the community. The fact that an individual has chosen to participate in interscholastic athletics is indicative that the student has taken into consideration the rewards, and pleasures attained from participation, in addition to the responsibility of following rules, regulations, and meeting the demands of being a student-athlete. Representing the OCSI Athletic Program coincides with the expectations of the principal, coaches, teachers, parents, community, and most of all, by fellow teammates and classmates. As student-athletes, you are always on display.

The responsibilities of a student-athlete include, but are not limited to, the following:

- The student-athlete will strive for excellence in all activities at all times while being a member of the OCSI Athletic Program.
- The student-athlete will faithfully abide by all rules set forth in the athletic handbook.
- The student-athlete will abide by the practice schedules and complete workouts each day.
- The student-athlete will personally notify his/her coach when unable to attend practice and will miss practices only under extreme circumstances.
- The student-athlete will abide by the coaches directions, instructions, and decisions.
- The student-athlete will be responsible for the proper care of all issued clothing and/or equipment.
- The student-athlete will be required to pay for any clothing and/or equipment that is lost, damaged or destroyed. Issued clothing should not be worn outside of athletic participation (practice/competition).
- Most importantly, the student-athlete will represent OCSI to the best of his/her ability to set an example to the community of the values and expectations taught at OCSI.

Student-Athletes will be expected to:

- Respect coaches, teammates, teachers, staff, administrators and classmates.
- Follow directions the first time they are given.
- Refrain from unsportsmanlike conduct of any manner.
- Comply with the OCSI Student Handbook.

The OCSI Athletic Program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to students who have the desire to participate. The athletic program is a vital part of education. The rules, regulations, and standards set forth in this handbook are designed to provide for the efficient operation of such a program. The student-athlete will be held accountable and responsible for all policies contained within this handbook and for any additional expectations set forth by OCSI.

Dress Code

All student athletes will be required to follow the OCSI approved dress code found in the student handbook. Student athletes may not wear their jerseys to school. For safety reasons, student athletes are not allowed to wear jewelry of any kind during athletic competition. Student athletes will also be required to maintain a hairstyle suitable for athletic competition. Suitable may be defined as

- (1) not impairing vision
- (2) suitable in length as to not create a safety hazard
- (3) not promoting disunity (shaved insignias, symbols, alternative colors).

Dropping/Quitting a Sport

It is the philosophy of OCSI that student-athletes should finish what they begin. An athlete may not quit a sport once the team has been established via cuts, team list, etc. The following procedures should be followed in order to drop/quit a sport:

- Examine the situation before a decision is made.
- Talk to the coach to see if a solution can be reached.

If the decision to quit is made by a student-athlete, the student must check out of the sport through the Athletic Director.

- All clothing/equipment issued to the student-athlete must be returned in the same shape as it was when it was issued to the athlete. Payment for any lost or damaged clothing and equipment will be required. This matter must be resolved before a student-athlete begins participating in his/her next sport.

Drug and Alcohol Use

It is the philosophy of OCSI Athletics that our interscholastic and extracurricular programs shall be drug and alcohol free. The basis for this is founded upon and by the following:

1. Use of drugs and alcohol is illegal for school age students.
2. Abuse of these products has been shown to create short and long term health and safety risks.
3. Students using these products may not be capable of fulfilling commitments and responsibilities toward themselves, teammates, and school.
4. Use of these products can diminish the student's mental and/or physical performance.

5. Student-athletes should be positive role models who demonstrate pride and honor to their school, community, and family.
6. Student-athletes will be held responsible and accountable for their behavior and choices they make.

Eligibility/Grades/Tutorials

The OCSI coaches and administration shall determine each student's eligibility according to the following:

- A student is eligible to try-out if he/she was passing ALL courses at the end of the last grading period, prior to try-outs for each sport.
- During the season all student-athletes' grades will be checked for eligibility. A student-athlete must maintain passing grades in ALL classes at the end of any grading period during a season. A student-athlete that fails any classes will participate in practice, but not competition until the next mid-term. If the student is passing all courses at mid-term, they may return to competition play.

In addition, OCSI expects student-athletes to be top academic students. Each student-athlete must realize that he/she is a "student" first and an "athlete" second. The student-athlete must give sufficient time and energy to his/her academic courses to insure acceptable grades to meet the above requirements for participation. Student-athletes that do not maintain passing grades or who are missing assignments may be subject to suspension from athletic competition at any time. Coaches may check student-athlete averages at any time within a grading period. Student-athletes will be required to attend tutorials if their Progress Report shows a 75 or below in any subject.

Only student-athletes in grades 9-12 are eligible to participate in "Far East" competitions.

Game Conduct/Sportsmanship/Practice Conduct

The OCSI Athletic Program stresses exemplary behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated. Student-athletes should be positive role models for students and the community. Student-athletes will be respectful to other contestants, fans, and to all coaches and officials. Technical fouls, penalties for unsportsmanlike or flagrant conduct, and ejections will be reviewed, and further disciplinary action may be assessed. Conditioning and exercises that build strength, stamina and endurance may be assigned for conduct that is not consistent with team rules.

Military Base Dress Code

Team participants and spectators from OCSI are expected to abide by the civilian requirements of the military dress code when on any military base. The OCSI dress code does fall within the requirements of the military dress code. However, the military dress code does not allow for "active" sportswear to be worn in some of its facilities (commissaries, shops, restaurants, cafeterias, etc). "Active" sportswear is

athletic clothing that has been used for working out/playing sports in prior to entering a facility other than a gym. This means that players may not wear their uniforms to the food court after a contest. They either need to have changed clothes or be wearing clean sweats over their uniform.

Military Base Privileges

All team participants and spectators from OCSI on a military base (for a scheduled contest) are allowed to buy meals at the food court, but under no circumstances (with the exception of explicit, written permission from the Base Commander) are allowed to buy anything in the commissary, shoppette or any other shops. The United States SOFA (Status of Forces Agreement) prohibits non-military personnel from using these facilities unless given explicit, written permission from the Base Commander. Neither is it acceptable to ask those with military privileges to buy items for non-military personnel.

Necessary Documentation/Fees

Prior to participation, a student-athlete must have the following on file:

- Medical History and Examination form
- Medical exams are valid for 12 months from the date of the doctor's signature.
- If the medical form will expire within the season, a new Medical Form must be turned in prior to try-outs.
- Okinawa Christian School International Athletic Handbook acknowledgement form.
- Athletic fee of ¥5,000 per sport must be paid to the cashier after a student-athlete has been placed on a team.

Okinawa Athletics & Activities Committee (OAAC) Guidelines

Dual Participation By An Individual Student Athletes

Individual dual (two sports) participation in a sports season is disallowed in all league sports.

Minimum Of Ten (10) Practice Days

High school teams shall not participate in any contest until they have practiced a minimum of 10 practice days.

Ejection From A League Contest

Student Athlete

If a student athlete is ejected from a contest for bad behavior or negligence of rules, this ejection is also extended to the next regular league contest. (Note: For cross country, it is extended to the next meet.)

Coach

Coaches will have the same expectations and consequences as student athletes when sent out of a contest. If a coach is ejected from a contest for bad behavior or negligence of rules, it is also extended to the next regular league contest. (Note: For cross country, it is extended to the next meet.)

Illness or Injury Participation

Any student-athlete that is injured during the course of the season or has an illness of a minor nature and is unable to participate due to this injury or illness must continue to follow all expectations, rules, and regulations, if the student-athlete wishes to remain a part of the team. The student-athlete will not participate but will be required to attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions can result in dismissal from the team. Athletes learn from each practice session, whether they are actually working out or simply observing

Sunday Participation

In order to maintain the Christian witness of OCSI, participation in or practicing for co-curricular activities on Sunday is not permitted. Sunday travel to and from events is permitted at the Principal's discretion, but is not required of students whose families object on grounds of conscience.

Thunder And Lightning Policy

During outside practice, if a coach is able to see lightning, practice will be delayed for 30 minutes from the last seen lightning. During an outside game it is up to the referees to stop the game and remove players from the field unless the coach feels there is danger. In the case where the coach feels it is dangerous, remove the players immediately after telling the referees of the decision made.

OCSI ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

I understand the policies and procedures of the OCSI Athletic Department, I am also aware of the consequences for violating these policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach or Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

_____ **Printed Names of Parent / Guardian**

_____ **Parent / Guardian Signature** _____ **Date**

I understand the policies and procedures of the OCSI Athletic Department, I am also aware of the consequences for violating these policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach or Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

_____ **Student Athlete**

_____ **Student Athlete Signature** _____ **Date**