

Ontario Christian School

Athletic Handbook



“Don’t let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity.”

1 Timothy 4:12

G O K N I G H T S !

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PURPOSE

The athletic program of OCS is an extension of the academic programs. Its main purpose is to help develop the physical, emotional, and scholastic advancement of the student, as well as, to allow those who are gifted in the different sports to excel. Participating on an athletic team is a privilege for those students who are interested and have the ability, commitment and the right attitude. Membership must be earned by the student through the maintenance of acceptable scholastic grades as well as irreproachable conduct in and out of class and on the playing field/court.

PHILOSOPHY

We believe that school athletics exists to benefit students and that dignity, worth, and self-esteem of the individual should be paramount in athletic activities. We believe that winning is an attitude resulting from optimum preparation, concentrated effort, and a deep commitment to excel. We believe that open communication and mutual respect among coaches, parents, and athletes provide the foundation for a successful program. With these important components pulling together, both student growth and program quality will be enhanced.

It is our goal as a school and as a program to provide athletes with a chance to enjoy, develop, and compete in the sport of their choice. We will strive to create an environment that is safe, healthy, and enjoyable for all. Most importantly, we want to see the formation of Christ-like characteristics in every athlete.

MISSION

Our school was founded to Honor God, and this is the main priority. As a member of an OCS team it is important to realize this priority and act on it. There is no question that a school reflects the personalities of their athletic programs. Those of us who have been fortunate enough to be involved as coaches, athletic directors, and administrators know what our athletic programs can do for our school. That brings a heavy responsibility for each of us – students, parents, coaches, administrators and fans – to demonstrate a positive Christian lifestyle as we share the fun and excitement of our full athletic program. We are reminded to keep things in perspective – God's honor is involved. We thank God for the variety of experiences made possible for us through the dedication and commitment of many people. Your commitment is also essential to a successful season. An athlete must live clean and play hard. We must win without boasting and lose without excuses, and we never quit!

ARTICLE I - ATHLETIC CODE

Section I – Athletic Packet

All required forms of the athletic packet must be completed in full and returned at the same time to your coach or the athletic office. The student is not eligible to try-out, practice or play games until the entire packet is returned completed.

The Athletic packet contains the following forms:

- ✓ Parent / Athlete Commitment Form (2 pages).
- ✓ "Athletic Policy Against Hazing Agreement" and "Steroid Use Policy Agreement."
- ✓ "CIF Southern Section Athlete's Code of Ethics Agreement."
- ✓ "Volunteer Driver Information" (*form not required for athletic participation*)
- ✓ "Car Pool Release of Liability Form" (*form not required for athletic participation*)
- ✓ "Sports Physical Form"
- ✓ "Emergency Card"
- ✓ *CIF transfer paper work filed (for students transferring to OCHS from another high school).
***Not included in the athletic packet (see AD for proper forms).**

Section II – Academic Eligibility (High School)

- A. The student must maintain a 2.0 average based on official transcript grades (no pluses or minuses) and have no failing grades to maintain eligibility for any extra-curricular and co-curricular activities.
- B. A student must maintain full time status (3 periods of classroom instruction) to be eligible for extracurricular activities.
- C. If the student does not maintain a 2.0 average or has a failing grade, a period of nine (9) weeks of probation will be enforced. During this probation period, the student can practice and participate in extra-curricular and co-curricular contests and activities. A student cannot have more than one probation period in any given school year. Students will be monitored on a year round basis and probation and ineligibility can also occur out of the season of sport.
- D. No probation period is available if a student fails two classes. Immediate ineligibility is enforced.
- E. After the probation period of nine weeks, a student that has improved grades to a 2.0 average, and has no failing grades, will be eligible.
- F. Ineligibility will begin the Friday following the end of the nine week period
- G. Students must be aware that the final grades of the second semester determine eligibility or probation for the following fall's first nine weeks.
- H. Freshmen and all transfer students will have probation determined based on the previous marking period prior to entering OCHS.
- I. Credits from other schools will not be used to reinstate ineligible students.
- J. Being excused from a class for athletic contests does not excuse a student from class-related work and assignments.
- K. Students ineligible because of learning disabilities can appeal to participate in extra-curricular and co-curricular activities through the following processes:
 1. Approved OCS diagnostic testing at the parent's expense (Woodcock-Johnson, for example).
 2. Established admission in special programs at previous schools.

Section III – Academic Eligibility (Middle School)

- A. Students receiving one 'F' or two 'D' grades during the grade check will be placed on a three week restriction.
- B. Students receiving one Fault will be placed on a three week restriction.
- C. Students receiving a third Fault will be placed on permanent restriction.
- D. During the restriction period the student-athlete may have no interaction with the sport in which they are engaged, which includes all practices, home and away games, and any other team function.
- E. Grades are checked every four and a half weeks and restrictions begin immediately following this meeting.

Section IV – CIF/League Requirements

The Ontario Christian High School athletic teams are part of the Christian League governed by C.I.F. (California Interscholastic Federation). There is a complete “bluebook” of rulings, to which the school must adhere, covering duties of schools, eligibility, recruiting, coach requirements, appeals, and regulations for each sport. The Ontario Christian Middle School athletic teams are probationary members of the Christian School League and are governed by the league’s Constitution and By-laws.

Section V – Expectations

As an athlete competing for and representing Ontario Christian Schools you will be expected to:

- A. Commit yourself to the standards of an OCS student as outlined in the both the student handbook and this athletic handbook.
- B. Be positive in your participation with diligence and fairness. Sportsmanship is reflective of your commitment.
- C. Strive for success in the classroom and in your extra curricular activity. Be a leader in both areas.
- D. Respect those in authority whether coach or official.
- E. Exercise loyalty by completing necessary schoolwork as well as being dependable to your coaches and fellow students.
- F. Demonstrate an exemplary attendance record in class as well as practices and games.
- G. Treat visiting schools as guests.
- H. Accept defeat graciously and show modesty and humility in victory.
- I. Present a clean cut and positive image as an athlete or pep-squad member
- J. Be responsible for all equipment checked out to you. Destruction or loss of equipment will be the students’ financial responsibility.
- K. Understand that each sport and activity requires complete dedication and be committed to be present at all scheduled contests and practices. Therefore it would be in the best interest of athletics that all family vacations be scheduled so the individual participant and team do not suffer. If the above happens, the head coach at his discretion has the authority to penalize the player.
- L. Be responsible for any and all class time missed. Responsibility includes coming to school with assignments completed, and tests that were given, need to be taken in a timely manner (Day of event or before school the next day).
- M. Adhere to the behavior requirements and fault system as outlined in the student handbook.
- N. Refrain from the use of all tobacco products, alcohol, or illegal substances at anytime during the year (365 days per year) both on and or away from campus.

Section VI – Consequences

- A. A deviation from the above expectations could result, at the discretion of the coach and approval of the administration, in the following:

FIRST OFFENSE

Student will be suspended from participation in 1/3 of the total games for the season of sport. Student is expected to continue practice during that time and must be in attendance at home games or contests.

SECOND OFFENSE

Student will be dropped from athletics for one (1) calendar year.

THIRD OFFENSE

Student will be dropped from all athletics for the remainder of career at OCS.

- B. Included in behavior eligibility is the school's discipline system. When a student reaches the three-fault level, the student may be suspended from athletic activities for up to three weeks. At the four-fault level eligibility is terminated.

Section VII - Conditions for reinstatement

- A. It is expected the student will not return to competition unless the student exhibits a sincere heartfelt repentance with a commitment to change, and that the family will establish a written plan with the administration and coach that will restore relationships, state the consequences of the infraction, and ensure that the student will not be a repeat offender or a detrimental influence on others.
- B. If violation occurs from tobacco use, the student will (during probation period) demonstrate service of two hours with the American Lung Association, and write a 1,000-word report on the harmful effects of smoking with information received from the Lung Association.
- C. If violation occurs from alcohol, the student and a parent or approved designate must attend a minimum of two AA meetings, (or similar approved organization), and write a 1000 word report on the harmful effects of alcohol use.
- D. If the violation occurs from drugs, the student and a parent or approved designate must demonstrate contact with a rehabilitation program or counseling related to drugs for a minimum of two meetings. Also required is a 1,000-word report on the harmful effects of drugs.
- E. If violation occurs in the area of inappropriate behavior, the student and parent will meet with the coaches, athletic director and administration to address the problem. The student must also write a 1,000-word report on appropriate Christian behavior and attitudes.

ARTICLE II - PRACTICE/GAME

- A. If a student misses games or practices due to conflicting activities that are also school supervised and mandatory (example: concerts, field trips, etc.) There will be no penalty.
- B. If a student misses games or practices due to conflicting activities that are school supervised but voluntary (example: clubs, trips, student council) then the student will miss a portion of the next game.
- C. If a student misses games or practices due to emergencies, funerals, or weddings it will be handled by individual coaches according to the circumstances of each case. When these situations arise, please let the coach know about them as early as possible. Communication between home and the coach is key.
- D. If a student misses games or practices for reasons that are not school sponsored (example: trips, vacations, shopping, just to have some fun) then the penalty will be imposed as follows: Miss game/practice--miss half of next game.
- E. If a student is ineligible or has two absences as described above; he/she will not be eligible for team or all-league awards.
- F. An athlete must stay out for his sport the entire season after one third (1/3) of the season has passed. To quit before that time without good reason is not advisable, but to quit without good reason after one third of the season would be improper and not acceptable. It would let our school and teammates down. Similarly, if there is a good reason to ask an athlete to leave a team because of attitude, behavior, attendance, or other issues – the consequence will be the same as quitting a team – the student must sit out the next sport.
- G. A student must be at school half of the day to practice or play in an extra curricular event.

ARTICLE III – AWARDS

Note: Article III only applies to Ontario Christian High School athletes and programs

Section I - Athletic Monograms

- A. All Ontario Christian High School monograms (letters only) shall be considered the property of the school until the student withdraws or graduates at which time it becomes the property of the individual.
- B. Any athlete not complying with the rules and standards set down in the Athletic Handbook may be forced to relinquish all or any awards won at the discretion of the administration.

- C. All athletic monograms are subject to approval by the Athletic Director prior to presentation. Names of prospective monogram winners accompanied by the recommendation of the head coach must be submitted to the Athletic Director prior to presentation.
- D. Only after a student of Ontario Christian High School has been officially presented with the monogram, may it be worn.
- E. No student shall be permitted to wear on the campus of OCHS or at any function, any athletic emblem which has not been officially presented or awarded by the Athletic Department.
- F. An athlete who has been suspended from participation for any reason at any time during the C.I.F. season-of-sport including C.I.F. competition will not qualify for any monogram or postseason award given by OCHS.
- G. An athlete not meeting the requirements may be awarded a monogram upon the special recommendation of the head coach (extenuating circumstances must clearly be shown).
- H. Monograms shall be awarded in the following sports, based on the following:
 - 1. BASEBALL/SOFTBALL: Participation in one-half of total innings.
 - 2. BASKETBALL (Girls' or Boys'): Participation in one-half of quarters in season.
 - 3. CROSS-COUNTRY: A total of fifteen points in meets including League Tournament Finals and C.I.F. Prelims/Finals.
 - 4. FOOTBALL: Participation in special teams every game, started a game, or played 16 quarters in regularly scheduled games on offense and or defense.
 - 5. GOLF:
 - a. Participation in one-half matches in the season (or)
 - b. Placing in League Tournament Finals or C.I.F. Prelims/Finals.
 - 6. SOCCER: Participation in one-half of games in the season.
 - 7. TENNIS
 - a. Participation in one-half matches in the season (or)
 - b. Placing in League Tournament Finals or C.I.F. Prelims/Finals.
 - 8. TRACK AND FIELD (Girls' or Boys'):
 - a. A total of 11 or more points in meets (or)
 - b. Placing in League Tournament Finals or C.I.F. Prelims/Finals.
 - 9. VOLLEYBALL: Participation in one-half of games in the season.
 - 10. MANAGER AWARDS:
 - a. Recommendation of the head coach (or)
 - b. Special contribution to the sport
- I. If any member of a team is injured in regular practice or in a contest after the beginning of the regular season and is unable to participate in activities as a result of this injury, a monogram may be awarded that individual at the discretion of the coach and approved by the Athletic Director. The individual so mentioned would need to "complete" the C.I.F. season-of-sport in a team-related activity.
- J. Championship awards shall be presented to the members of a team, which have won a league championship. The members are permitted to wear a championship patch in accordance with league standards.
- K. The Ontario Christian Athletic Department reserves the right to modify or suspend the above criteria to cover special cases submitted to them for consideration. The Athletic Department reserves the right to establish the requirements for all football letters and special awards.

Section II - Athletic Monogram Regulations

- A. Winners of varsity monograms may wear the letter on either an official school jacket or sweater. No other insignias are permitted
- B. Each athlete who is a first year varsity letter person will receive:
 - 1. A varsity monogram.
 - 2. A pin indicating the sport (first year only). A service bar will be awarded for each additional year on varsity.
- C. Those varsity letter persons who are selected first team all-league team members will receive an all-league patch from the league. C.I.F. participant patches & All-C.I.F. first team members may purchase patches for themselves. Each athlete so selected by C.I.F. may wear an official approved patch on his/her jacket or sweater.
- D. Each athlete who serves as captain of a varsity sport will receive a captain's pin.

- E. Each athlete who is a letter person on a varsity league championship team may wear an approved patch on his/her jacket or sweater, purchased by the athlete.
- F. A varsity letterperson may display on his/her varsity monogram the rate in each sport in which a varsity letter has been worn at Ontario Christian High School. An athlete who has won a letter in a varsity sport at another high school may wear a service bar for that letter on his/her monogram awarded by Ontario Christian High School.
- G. Only the athlete who earns it may wear an athletic letter.
- H. A monogram for a team manager shall be the same as for a letterperson except that the letters "MGR" will be woven in.
- I. Name lettering on jackets is to be kept within limits of reasonable acceptance. Failure to comply with the provisions of this code may be deemed sufficient grounds to demand the return of all monograms.

Section IV - Athletic Passes

Any athlete who adheres to this code and earns eight varsity Letters in combined sports will receive a 5-year pass to any home athletic contest. If he/she receives ten Varsity Letters in combined sports he/she will receive a 10-year pass. If he/she receives twelve Varsity Letters, he/she will receive a lifetime pass to all home athletic contests. The Athletic Director will issue these passes to you.

ARTICLE IV – EQUIPMENT/UNIFORMS

- A. Equipment and uniforms are issued at the beginning of each sport season from the coach. The replacement costs of the items, depending on type, sport level, and quantity, will vary between \$30 and \$400. The athlete is financially responsible for all equipment checked out.
- B. The athlete will use the items for their intended purpose (for practice and contests). Items are not to be used for non-school related activities or events without the permission of the athletic director.
- C. The athlete will receive credit on items turned in only if they were items that were checked out to either him/her.
- D. The athlete will treat all items as though they are personal property. They will not be abused, and the athlete will maintain the security of the items. Athletes are responsible for lost and/or stolen equipment and uniforms.
- E. Any athlete found possessing athletic equipment and or uniforms that have not been checked out will face disciplinary action and may lose the right to a letter award or athletic participation.
- F. The athlete will check in equipment with the same person from whom the equipment was checked out. Equipment is not to be given to a coach/teacher for checking in or for safekeeping.
- G. Equipment is to be returned to the same person from whom the equipment was issued within seven (7) days of the end-of-sport season. If you do not finish the season, you are still responsible for turning in the equipment within seven (7) days of dropping the sport.
 - 1. An athlete will be notified when and where to return equipment and uniform items. Notification will be given in the school bulletin, by the coach, by the equipment person, and/or by written notice.
 - 2. The athlete will have seven days to return the equipment or pay the charge.
 - 3. Equipment returned after payment of charges to OCS will result in a refund of the charges.
- F. Any athlete who has not cleared the charges for replacement of checked out equipment will:
 - 1. Be denied participation in letter award ceremonies
 - 2. Be denied participation on other athletic teams
- G. Equipment is not to be exchanged between athletes without a change recorded on a charge card. Do not exchange issued equipment since you are responsible financially for the actual equipment checked out to you.
- H. OCS is not responsible for an athlete's equipment or uniform items left in lockers/dressing areas following the conclusion of the sport season. Equipment and uniform items are to be turned in by the athlete within seven days of the C.I.F. end-of-sport season. The athlete is responsible for his/her equipment, not anyone else.

ARTICLE V – TRANSPORTATION

Transportation to and from athletic contests will be by OCS school vehicles, unless otherwise specified by your coach. You must ride on the school vehicle to and from the athletic contest destination. The only exception is parents who complete and turn in a “Car Pool Release of Liability Form” for the return trip from a game. The waiver must be turned into the athletic director prior to the day of the contest.

All school vehicles must remain clean! Your stewardship responsibility is to ensure that the OCS vehicles remain clean to and from each athletic event. Riding home with parents does not relieve you of that responsibility.

Riding to a game or meet on a school vehicle is not designed for loud talking and singing, shouting, boisterous laughing, or ‘rough housing’. There can be absolutely no standing or walking around on the bus while it is moving. Instead, you should try to prepare yourself mentally and spiritually for the upcoming contest. Take time to conform your thinking to God’s will and you will reap positive benefits from your preparation. When boys and girls are riding on the same vehicle, they will not be allowed to sit together.