2011-12 Athletic Handbook

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Out-of-Door Athletic Department Philosophy

It is crucial to the success of our department that all coaches fully understand the Out-of-Door Academy philosophy regarding athletics. This philosophy will steer our decision-making and approach on a daily basis. If you grasp this philosophy you will serve as an asset to the department; however, coaches unwilling to endorse the philosophy will need to be addressed for the well-being of the department.

Athletics play an important part in the life of The Out-of-Door Academy and its students. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of our athletic program. Athletic participation also plays an important part in helping students develop a healthy self-concept as well as a healthy body. Athletic competition strengthens school spirit and helps students develop pride in their school. I want everyone involved in Thunder Athletics to be proud of who we are and what we do.

We encourage all students to participate in one or preferably more of the many varsity, junior varsity and middle school athletic teams that compete in the navy, silver and white as the Thunder. We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student’s educational experience. Such participation is always a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve the maximum benefit from his or her education.

While winning is of utmost importance to the program, good sportsmanship and the overall well-being of our student-athletes are paramount. Thunder Athletics will be conducted with “SPEED”, which is our acronym for Sportsmanship, Participation and Pride, Effort, Enthusiasm, and Discipline.

The Out-of-Door Academy expects student-athletes, coaches and parent spectators to represent themselves, their teams and their school with grace and goodwill on and off the field of competition. The Out-of-Door student-athlete has a responsibility to maintain high standards of personal integrity, leadership, athletic and academic accomplishment, and conduct. These qualities are difficult to maintain unless the athlete accepts his or her leadership responsibility and constantly portrays those high standards. It is a privilege to represent The Out-of-Door Academy and put on any uniform. That point will always be emphasized. The Out-of-Door coaches are the role models for student-athletes and should be the leaders in exercising self-control and displaying leadership. A coach should always be enthusiastic and prepared for each day’s practice and have a schedule of events to help all student-athletes reach their potential. Our coaches have a burning passion for their sport and the competency to run a quality program that competes and develops players on a consistent basis regardless of the talent pool on any given year. The Out-of-Door parent spectators should support our team in a positive way extending hospitality and courtesy to visiting schools and their fans. Be supportive of the coaching staff and encourage your son’s and daughters to maintain a persistent work ethic and a positive attitude, especially when things are not going well.

I fully expect that at the conclusion of a contest, an Out-of-Door Thunder team will be regarded by all present as a fiercely competitive team that was prepared, disciplined and hard-working while exhibiting class and sportsmanship throughout. That’s a Thunder team.
Athletic Offerings

Grades 7-12

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<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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<tr>
<td>Cheerleading (G)</td>
<td>Basketball (G/B)</td>
<td>Baseball (B)</td>
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<td>Golf (G/B)</td>
<td>Soccer (G/B)</td>
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<td>Cheerleading (G)</td>
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<td>Lacrosse (G/B)</td>
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Grades 1-6

Out-of-Door’s lower school athletics and physical education program is developmental in nature and encourages all students to enjoy and explore new talents as they participate in recreational athletics and activities. The program focuses on individual skill development with an emphasis on team play, responsibility, sportsmanship and having fun.

Physical Education Program-
Lower school students participate in year-long physical education classes during the school day. Activities include fitness instruction and team and individual sports and games. Instructors teach the importance maintaining healthy physical habits and the development of lifelong fitness-related activities.

Intramural Athletics Program-
Student-athletes may also participate in optional after school intramural programs where coaches develop a rotation of players to ensure participation for all student-athletes. Intramural programs for boys and girls include soccer, volleyball, basketball, flag football, lacrosse, softball, golf and tennis.

Athletic Department Inquiries

Please contact Noel Beaulieu, the Athletic Director at (941) 554-5998 for any general questions you may have regarding student eligibility, sports offerings, scheduling, summer camps, athletic procedures or policies, etc.

Please contact Carrie Collins, the Athletic Trainer at (941)554-5997 for any questions you may have regarding injury procedures.

Please contact the head coach for your sport if you a have a question regarding a team matter. A listing of the Thunder coaching staff and their contact information is available on the athletics web page.

Athletic Department Organization
The athletics department staff and coaches will perform as a team to ensure that all responsibilities are covered in order to run a quality program.

Student-Athlete Expectations

Student-athletes should recognize that it is an honor and a privilege to represent Out-of-Door Academy on the athletic field and should always maintain the highest level of sportsmanship and conduct on and off the field. More important than winning games or championships, we see athletics as a means to encourage excellence and, more importantly, a way to promote proper conduct, both in relation to oneself and in relation to others. The Out-of-Door Academy expects student-athletes, coaches and parent spectators to represent themselves, their teams and their school with grace and goodwill on and off the field of competition.

1. The goal of the athlete should be fair, hard play.
2. The athlete will respect the officials and expect them to enforce all rules. The captains are the only players who are to discuss issues with the referees and will do so with respect to their authority.
3. The student-athlete will make his academic achievement his/her number one priority as a student at Out-of-Door Academy.
4. The student-athlete must maintain acceptable attendance levels in school.
5. The athlete will understand and adhere to the athletic department and school guidelines concerning the use of alcohol, drugs and tobacco set forth for all sports teams.
6. The team will acknowledge the success or failure of an opponent in good spirit.
7. Varsity players may be expected to compete over holidays and vacation times. Coaches must communicate clearly and ahead of time the expectations regarding holiday sports events.
8. Fighting, profanity, trash-talking, taunting opponents or uncontrolled emotional outbursts are unacceptable conduct. This includes disputes between teammates, talking back or making faces toward coaches or teammates. Stomping feet, throwing fists, slinging bats,
kicking basketballs are all examples of unacceptable behavior in which disciplinary action will follow.

9. Students who exhibit unacceptable behaviors may be suspended from athletic competition for a period of time up to removal from the team and may face school disciplinary action.

10. If the act occurs during an athletic contest, the student should be removed immediately.

11. The student will be allowed to return to the contest at the discretion of the coach and administrator in charge. If no administrator is present and the head coach is satisfied that no further unsportsmanlike conduct will occur the student may return to the contest.

12. If a second act of unsportsmanlike conduct occurs during the same contest the student shall be removed for the duration of the contest and will not be allowed to participate for an undetermined amount of time depending on the severity of the offense.

13. Unexcused absences from practice will result in: 1st Offense-benched for at least the first half of the next contest. 2nd Offense-benched for at least the entire next contest. 3rd Offense-at the coaches’ discretion may result in the athlete’s removal from the team.

14. Students ejected from a contest will be required to pay the $25 fine out-of-pocket assessed to the school by the FHSAA.

15. Removal from a Team- An athlete may be asked to leave a team for a number of reasons including academic problems, behavioral problems in the classroom or on the playing field, habitually missing practices, or use of alcohol, tobacco, or drugs. However, before any student-athlete is removed from a team, there shall be a meeting between the student, a parent, the head coach, and Athletic Director.

16. Quitting a Team- There may be certain conditions under which it is no longer feasible for an athlete to continue as a member of a team. The reasons are many and will be taken into consideration by the coach when dealing with the individual. The Athletic Department policy toward an athlete dropping out of a sport is to ascertain the reason for leaving the team by meeting with both the athlete and the head coach. While a student will be permitted to quit a team, he/she will not be allowed to change from one sport to another in the same season. If a student quits a team, they will not be able to participate in the next sports season until the completion of the season from which they quit.

**Athletics Department Team Rules**

Team rules should be clear and consistently enforced. All Out-of-Door sports teams adhere to the following team rules:

1. Academic Standing: In addition to the FHSAA guidelines the following ODA rule has been set for eligibility: A student who receives an F or 2 D’s during a quarter will be deemed to have placed their athletic eligibility in jeopardy. In this case, a meeting with the athletic director and head of upper school will take place. Depending on the outcome of the meeting a suspension of up to two weeks may be enforced. At the end of the suspension the situation will be re-evaluated to see if any further actions are needed.

2. Alcohol, Tobacco, and Illegal Drugs: A student-athlete who possesses or uses alcohol, tobacco, or illegal drugs is considered to have violated the guidelines of the athletic department. This violation may result in the temporary or permanent removal from athletics. It may also jeopardize their standing in the Out-of-Door Academy community.
3. Student-Athlete Conduct: Students who have displayed unsportsmanlike conduct or inappropriate behavior during a practice or contest are required to meet with the athletic director and head coach. Any athlete who is ejected from a game by contest officials will have a joint meeting with the head coach and athletic director. In addition, the athlete will be ineligible to compete in the next number of contests as dictated by the FHSAA regulations governing the sport. Students ejected from a contest will be required to pay the $25 fine out-of-pocket assessed to the school by the FHSAA. Based on the offense, the athletic director and coach may increase the suspension or penalty beyond that required by the FHSAA up to removal of the athlete from the team.

4. Absenteeism: Absences from practices detracts from the success of the team. In the event that an athlete misses practice without prior approval from the head coach, he/she will be penalized in the following manner: 1st Offense-benched for at least the first half of the next contest. 2nd Offense-benched for at least the entire next contest. 3rd Offense-at the coach’s discretion may result in the athlete’s removal from the team. Coaches reserve the right to alter this policy based on the severity of the absence(s).

5. In addition, each coach may set additional team rules as needed for his/her sport. The athletic director must first approve additional rules and a copy kept on file in the athletic office. Rules must be given to the athletes in writing and must apply to all team members equally. Coaches may not set aside any school, athletic department or FHSAA rules.

FHSAA Eligibility Rules

Please understand that the guidelines below are general statements only. Complete eligibility requirements are contained in Article 9 of the FHSAA Bylaws in the FHSAA Handbook, which is in the Athletic Director’s Office or available online at FHSAA.org. See the Principal, Athletic Director or Coach if you have any questions or need further explanation of details and exceptions. In order to be eligible to participate in interscholastic sports, the Florida High School Athletic Association requires that all student-athletes:

1. Must be regularly enrolled and in regular attendance at your school. If you are a home education student or attend a charter school that is not a member of the FHSAA, you must declare in writing your intention to participate in athletics to the school at which you are permitted to participate prior to the first day of practice. (FHSAA Bylaw 9.2)

2. Must maintain a cumulative 2.0 grade point average on a 4.0 unweighted scale. (FHSAA Bylaw 9.4)

3. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4.7)

4. Must participate at the school in which you first enroll, or at which you first take part in an official FHSAA athletic practice, at the beginning of the school year. (FHSAA Bylaw 9.2)

5. Once you begin the school year at a school, you cannot be eligible at any other school during that school year. There are exceptions: see FHSAA Bylaw 9.3 in the FHSAA Handbook. (FHSAA Bylaw 9.3)
6. Must not have enrolled in the ninth grade for the first time more than four years ago. (FHSAA Bylaw 9.5)

7. Must be less than 19 years 9 months old to participate in high school; 16 years 9 months old to participate in junior high school; and 15 years 9 months old to participate in middle school. (FHSAA Bylaw 9.6)

8. Must get signed permission to participate from your parents or guardian on a form provided by the school. (FHSAA Bylaw 9.8)

9. Must undergo a preparticipation physical evaluation and be certified as being physically fit for participation in interscholastic athletics. (FHSAA Bylaw 9.7)

10. Must be an amateur. This means you must not accept money, gift or donation for participating in a sport. (FHSAA Bylaw 9.9)

11. Must display good sportsmanship and follow the rules of competition before, during and after every contest in which you participate. If not, you may be barred from participation for a period of time. (FHSAA Bylaw 7)

12. Must not provide false information to your school or the FHSAA to gain eligibility. (FHSAA Bylaw 9.1.2.2)

If you are declared or ruled ineligible for violation of any one or more of these rules and you do not agree with the decision, you have the right to request that your school file an appeal on your behalf. If you violate one or more of these guidelines because of an unforeseeable, unavoidable condition or event which places a severe burden upon you or your family and are declared or ruled ineligible because of that, you have the right to request that your school file a request for an undue hardship waiver of the rule or rules on your behalf. See your principal, athletic director or coach if you believe one of these two situations applies to you.

**Parent-Spectator Conduct Expectations**

Being a parent of a high school interscholastic athlete can be a great experience and participation with their son or daughter should be an enjoyable activity. Their support is very important to their athletes and the school community. To make this experience the most rewarding for all concerned, the following code of conduct is in place for Out-of-Door Academy parents. Head coaches are encouraged to share this with parents in parents meetings or in a letter/handouts:
1. Parents have an important role in displaying good sportsmanship as their habits and reactions reflect directly upon the reputation of their school and community. Show respect for the opponent in every way possible and maintain self-control at all times.

2. Positively support ODA in every manner possible, including the content of cheers and signs. Set a good example for visiting athletes and fans.

3. Give support to those participating in and/or conducting the athletic event, especially the game officials.

4. Be supportive of the coaching staff in front of your son/daughter. Nothing can injure teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If parents have concerns, they should see the coach or the athletic director. He or she will listen and appreciate the parents concern and confidentiality and the coach will return a timely response.

5. Parents should be part of an athletics parent network. Whether you are part of a booster club or not, very special relationships can be fostered over the careers of athletes by socializing with other parents. The socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about remaining positive at all times.

6. Understand the school’s stance on winning and losing. It shall be our staff’s goal to pursue excellence in the school’s athletic program, through motivating students to achieve to the best of their ability. Winning, under a positive goal-oriented environment, can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a “Winning is the Only Thing” philosophy cannot become the controlling force. Too much is sacrificed when that philosophy is dominant. While the physical victory may not always be attained we can always secure the moral victory.

7. College Scholarships: Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child’s athletic success be measured by the number of offers he or she may receive. The Out-of-Door Academy coaching staff will help athletes and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers; however, we must realize that not every student-athlete is talented enough to receive this opportunity. Furthermore, coaches should not recommend a school at which the athlete cannot potentially be successful.

8. The Out-of-Door athletic policies and conduct expectations should be supported by the parents of the student-athletes. In the event that a parent proves detrimental to the reputation of the school or the team, then a meeting with the athletic director should be arranged.

Parent Information Meetings

1. The athletic department will host three parent information meetings at the beginning of each sports season: fall, winter and spring. The first part of the meeting will be held in the Thunderdome and will cover general information. The second part of the meeting will involve the parents going to different classrooms on campus to meet with the coaching staff for their sport. The coaches should be prepared to distribute practice and game schedules, team rules, etc. Also at the individual team meetings, the Team Parents will present sign-up sheets for various volunteer opportunities.
Coaches’ Conduct Expectations

1. The coach must demonstrate professional competence and respect for his/her position at all times.

2. The coach must illustrate their leadership role as a professional in authority, dress and grooming. The use of alcohol, drugs and tobacco is strictly prohibited while working.

3. Coaching stipends are contracted prior to the season and are strictly confidential. The ODA athletic leadership will continually strive to improve coaching stipends on an annual basis.

4. The coach will maintain a professional relationship with athletes and their parents, keeping the child’s welfare top priority.

5. Coaches should never criticize another coach or team.

6. The coach should never try to sway a student to pick one activity or sport over another. If an opinion is asked for, give an honest assessment, and take the time to openly converse with the other coach involved.

7. The coach must portray the highest ideals of ethical conduct, sportsmanship, fair play and values. His/her athletes will most likely reflect this attitude.

8. The coach should show support of other athletic programs both at the middle school and high school level. Furthermore, head coaches should look for innovative ways to strengthen their sport within the lower school program.

9. The coach should show respect for the officials and handle any questionable occurrences in a professional, composed and sportsmanlike manner. Remind others that we need to show appreciation for and encourage officials; after all, these people are willing to support interscholastic sports in clear view of the public eye.

10. The coach should always show respect and courtesy toward opponents.

11. The coach should understand that the athletes on his/her team are always considered students first and should stay aware of their academic status and performance.

Team Placements

1. Every effort will be made to place all students who come out for a sport on a team appropriate for their skill level in that sport. It is the desire of the athletic department to not cut anyone from a team. However, if the number of students going out for any one team is more than feasible to field that team then placements or individual arrangements may need to be made. Hopefully, this is a rare case and every effort will be made to accommodate all of those who would like to participate.

2. When necessary try-outs for team placement will be at least three days. At the end of the try-out period, students will meet one on one with the head coach to discuss their team placement.
3. If a student misses a try-out period because of overlapping seasons, or family vacations for fall sports, the student will be allowed to try-out as soon as possible. These situations should be rare and students should make every effort to be at practice for the first scheduled date. Students who will miss a try-out period MUST contact the Athletic Director BEFORE the scheduled team try-outs take place. Students who cannot begin tryouts on the first day due to overlapping sports commitments will be given three days to try out for the team.

4. It may be necessary through the course of the season to ask a student to move from the JV squad to the varsity squad. Student-athletes who move up before the season is over may be eligible for district playoffs. JV athletes may be asked to join the varsity team for the district tournament to help with practices and to gain varsity experience.

Playing Time Expectations
Thunder coaches will periodically meet with student-athletes on his or her team to ensure that the expectations for playing time are clearly defined:

1. Middle School Teams
An attempt will be made to play all players in good standing every game. Issues of safety will always be considered when deciding if a student should play. Unexcused absences from practice will affect playing time. If a coach has a player who is not in good standing because of unexcused absences from practice or behavioral problems, the coach will let the player know before game time that their playing time will be affected because of this. Any concerns about playing time should be discussed with the coach. A player who excessively misses practices may be removed from the team.

2. Junior Varsity Teams
The goal of the junior varsity team is to prepare the student athlete to compete at the varsity level. It is the desire of the athletic department to have all athletes participate in every contest at the JV level as long as they are in good standing with the team. This does not however guarantee equal playing time for all athletes. The Head coach will make all final decisions on playing time.

3. Varsity Teams
At the varsity level we are competing for State Championships and the coaches will coach every game with this in mind. When possible, varsity coaches will play as many players as feasible. Athletes on varsity teams should not however expect playing time every game.

Middle School Students on JV or Varsity Teams

1. If a middle school student would like to try-out for a varsity or JV team, they must notify the Athletic Director at least two weeks before the try-out period. The Athletic Director along with the Middle School Dean and Head of the Upper School will focus on the long term and short term interests of the individual player and team.

2. The following will be taken into consideration:
   • Possible impact on the student's academic performance.
• Possible impact on the student's social interactions.
• Will the student receive significant playing time on the high school team?
• For contact sports, is the physical size of the student a factor in the safety of the student?
• Does the student possess the maturity to be on a team with older students?

3. After the Athletic Director, Middle School Dean, and Head of the Upper School give approval, parents will be asked to meet with the Athletic Director to discuss the issue. If the student makes the high school team, the head coach will meet with the student to discuss their role on the team and maintaining academic responsibilities.

4. 6th grade students are not permitted to play on Out-of-Door teams located on the Lakewood Ranch campus.

Uniforms and Equipment

1. A large portion of the athletics budget goes toward purchasing team uniforms. New uniforms are purchased on a rotating basis so that every team receives new uniforms every 4th year when possible and necessary.

2. Athletic uniforms and equipment are the property of The Out-of-Door Academy and should be cared for in a responsible manner by coaches, student-athletes and parents. Please read washing and drying instructions to avoid fading and/or shrinking uniforms. A good rule is to always wash in cold water and hang dry.

3. Athletic uniforms and equipment will be issued by the Athletic Department to each Head Coach at the beginning of each respective season. The Head Coach will sign-off on receipt of all equipment and then distribute the equipment to the student-athletes who will then be responsible for that uniform and any equipment. Student-athletes should turn in their equipment immediately following the season. **Student-athletes will be charged for uniform or equipment pieces that are lost, stolen or damaged and additionally, no grades will be released, nor any athletic awards received until all items which are the property of Thunder Athletics are returned and/or all financial obligations are met.**

Locker Room Rules, Responsibilities and Procedures

• Each coach is responsible for the action of members of his/her squad from the time they report to the locker room for practice until they leave the building after practice.
• It is the coaches’ responsibility to be present at the time that the student-athletes are to report for practice, games, meets, home or away, and stay until the last student-athlete has left.
• The coach shall see that lights and showers are turned off, the doors are locked, equipment is secured and the room is left as neat as possible.
• Rough-housing and throwing towels or other objects is prohibited in the locker room. Hazing of other student-athletes is not allowed and this policy must be explained to all players by the coach.
• No one, except coaches and assigned players, is allowed in the locker room.
• No GLASS containers are permitted in locker rooms.
• The use of any camera, cell-phone camera, or any other photo-capture or recording device is expressly prohibited in any locker room.

Weight Room Rules, Responsibilities and Procedures
• The use of the Weight Room shall be controlled by the Strength and Conditioning Coach. Both out-of-season and in-season coaches may supervise the weight room when the Strength and Conditioning Coach is unavailable.

• **No student or student-athlete is allowed to use the Weight Room without proper authorized supervision.**

• Shirt and shoes are required at all times

• Nobody in the weight room alone / Lifters must work with a partner

• Replace all weights on racks and wipe down equipment immediately following use

• Know your limits! Work with the Strength and Conditioning Coach in determining your limits

• Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury

• Warm-up with proper stretching exercises

• Report any injuries or any broken machines immediately to the supervisor

• Remember, strength training and conditioning is not only a supplement to other athletic programs, but also a highly-skilled activity itself

• No GUM, No FOOD, No SPITTING allowed in the Weight Room

### Gymnasium Rules, Responsibilities and Procedures

• All keys to the Gymnasium, Locker Rooms, Weight Room, Equipment Room, Coaches’ Offices and other Athletic Facilities will be issued to the appropriate personnel by the Athletic Director.

• All personnel will return their keys to the Athletic Director on the final day of the school year, unless permission has been granted for summer use of athletic areas.

• Coaches are not to give keys to student-athletes at any time.

• If keys to any of the athletic areas are lost or stolen, the coach should report this to the Athletic Director immediately.

• No student or student-athlete should utilize the gymnasium in which to eat, drink, loiter or for any other purpose other than in the participation or observation of a supervised activity or event for which its usage is intended.

• No Gum is allowed in the Gymnasium.

### Practice Schedules and After School Academic Assistance

1. All coaches must submit a practice schedule for their team to the athletic office.

2. Coaches must notify the athletic office prior to any changes in practice times.

3. All practices shall begin no earlier than 3:30 pm. The only exceptions to this policy are as follows: 1) Varsity and JV cheerleading practice will be held from 3:30-4:30 p.m.; 2) Middle school volleyball and basketball practices will be held from 3:30-4:30 p.m.; 3) Various off campus practices may receive approval for earlier start times due to transportation and facility availability factors.

4. Middle school teams are limited to a total of four practice-contest days per week.

5. No Sunday meetings of players or practices are permitted by the FHSAA.

6. In the event that a student-athlete needs to attend a review session or receive extra academic assistance, the coaches are expected without exception to be supportive. Athletic practices generally begin at 3:45 p.m. so that students will have the opportunity to seek out academic assistance. Student-athletes are expected to try and work out a time with their teacher that does not conflict with athletic practices; however, if this is not
possible then the student is approved to miss practice for academic reasons. Student-athletes should give the coach prior notification of absence from practice in order to receive academic assistance.

**Transportation**

1. All student-athletes are required to ride the school bus to away contests unless prior approval has been given by the athletic director. Students are not allowed to ride with other students unless prior approval has been given by the athletic director. The athletic director will only grant permission for a student to drive themselves to contests under special circumstances and written permission will be required from the parents.

2. All requests for bus transportation must be submitted to the athletic director two weeks prior to the first contest. Requests must include time of departure, time of return, game time and destination.

3. Only players, coaches and managers are permitted to ride school transportation. All coaches and players are to ride the bus to and from a contest unless prior approval has been received by the athletic director.

4. Students must provide a note from a parent when picked up from a contest by a parent.

5. The Out-of-Door Academy school bus will only be used to transport students.

6. Coaches who transport students in their personal vehicles must have written permission from a parent and then signed by a school official.

7. Prior to bus departure, the head coach is required to check off all the team members who are traveling with the team and submit a copy of the list to the US office. The head coach is also required to check that all players who have medical alerts are properly equipped with emergency devices.

**Dual Sport Athletes**

1. A player committed to one sport may not quit during the season to participate in another sport.

2. Students may participate in two sports simultaneously if both coaches agree and a manageable schedule of events is on file in the athletic office.

3. No coach shall try to discourage any athlete from participating in any one sport to concentrate on another sport.

4. A player who quits a team may not play another sport until that season is complete.

**Multi-Activity Students**

At The Out-of-Door Academy we encourage students to explore a variety of interests. From time to time, a student who participates on an athletic team will also have the desire to simultaneously participate in another school activity such as a play, the band or a student council event.

1. Coaches want to do their best to accommodate students who participate in activities outside a sport during the season.

2. Attempt to work with the instructor of the other activity to arrange a schedule that is manageable for the student and satisfactory for the instructors. Work together as professionals for a solution.
3. In the event that a solution cannot be reached regarding a plan for the student to participate in both activities, set up a meeting with the instructors of both programs and the Athletic Director to discuss.

4. From time to time, at the discretion of the coach and the activity instructor, the student will be unable to participate in both activities and will need to make a choice. Coaches should support the student’s choice regardless of what it is.

Weather Constraints

1. No outdoor practices or games are to be conducted when lightning is visible. Players are to be taken onto a covered area until the lightning subsides. The athletic trainer will have access to a lightning detector to monitor the situation.

2. Wet fields are a danger to your athletes. Be sure your field is safe before allowing players to return to practice after a storm.

3. Cancellation of games or practices due to inclement weather should be made by 1:00 pm if possible.

4. The athletic director will have the final decision on cancellation of games and practices.

5. Coaches will be notified of any cancellation and, in turn, coaches should notify their athletes. All cancellations, practices or games, will be posted on the sports web page.

6. All coaches in outdoor sports are required to carry a lightning detector at all times.

Student Dress Code

1. Students must travel to and from away games in team uniforms, warm-ups, shirts and ties, or school dress code. The entire team must be dressed alike according to the coaches’ instructions.

2. Students are to look neat and clean in appearance at all times. All shirts must be tucked in and pants or shorts worn at the natural waistline.

3. Students are not permitted to wear jewelry, bandannas, head bands or skull caps during practices or games.

4. Girls are not permitted to wear excessive make-up or revealing clothing.

5. If any team would like to request the opportunity to wear special shirts or team shirts to school for special designated games to be determined by the team and coaches, a Captain from that respective team needs to personally make that request ahead of time to the Dean of Students for approval. It is understood that adherence will be kept within the school dress code policies outlined in the Student and Family Handbook.

School Attendance

1. Students must be in attendance for no less than half of the entire school day in order to engage in practice or participate in a contest unless the student has a medical appointment and provides written documentation of the appointment or has parental permission, and attends more than one-half of his/her classes.
2. School sponsored field trips are considered an excused absence from school.

3. Students who show poor school attendance patterns may be suspended or removed from teams due to academic/attendance standing.

**Student-Athlete Homework Responsibilities**

1. Students who return from a contest later than 8:30 pm will be given one day to make up all homework; however, coaches should encourage student-athletes to try their best to complete the work in order to stay on track with the rest of the class.

2. Students are required to take all scheduled tests and quizzes.

3. Students who arrive at school before the completion of study hall are required to complete all homework assignments.

**FHSAA Academic Eligibility**

The Out-of-Door Academy’s academic standards for participation in athletics are more strict than those of the FHSAA, however, the FHSAA eligibility requirements are as follows:

1. Students in grades 9-12 must have a 2.0 GPA to remain academically eligible.
2. Students in grades 7-8 must be regularly promoted from the previous grade and must maintain satisfactory grades.
3. Students in grades 7-12 must carry a normal class load and maintain a 2.0 GPA.
4. In the event that a student’s classroom behavior is unsatisfactory, a student may be denied the privilege of playing on a sports team.
5. In addition to the FHSAA guidelines, the following ODA rule has been set for eligibility:

   A student who receives an F or 2 D’s during a quarter will be deemed to have placed their athletic eligibility in jeopardy. In this case, a meeting with the Athletic Director and Head of Upper School will take place. Depending on the outcome of the meeting, a suspension of up to two weeks may be enforced. At the end of the suspension, the situation will be re-evaluated to see if any further actions are needed.

**Limit of Eligibility**

1. Each student shall have four consecutive years of eligibility beginning with the date he/she first enters the 9th grade. Four years from the date he/she enters the 9th grade a student shall become ineligible for all interscholastic sports.

2. Students in grades 7 and 8 may participate for one year only in each grade.

**Admissions Policies and Recruitment**

If a student from a school other than The Out-of-Door Academy approaches a coach about attending ODA, the coach should answer any general questions about the school and then direct the student to contact the Admissions Office. No student should be encouraged to transfer schools for athletic reasons. If the student has questions about the athletic program they should be directed to contact the Athletic Director.

1. The FHSAA has strict guidelines for the recruitment of student-athletes. Outlined below are the general principles of the FHSAA recruiting policy to which The Out-of-Door Academy coaching staff will strictly adhere. Please take time to read the FHSAA handbook and become familiar with the rules.
2. Recruiting is the use of undue influence and/or special inducement by anyone associated with a school in an attempt to encourage a prospective student to attend or remain at that school for the purpose of participating in interscholastic athletics.

3. Undue influence is the use of direct or indirect communication by anyone associated with a school with a prospective student-athlete in an attempt to solicit or encourage the enrollment of a prospective student-athlete in that school. No one associated with the school may request a third party to solicit or encourage the enrollment of a prospective student-athlete in that school.

4. Undue influence includes:
   - Initiating or arranging telephone or written contact such as questionnaires, cards or letters, with the prospective student-athlete or his/her family for the purpose and intent of soliciting or encouraging enrollment of the student in a school.
   - Visiting a prospective student-athlete to encourage enrollment.
   - Providing transportation to a prospective student-athlete to visit a school or meet anyone associated with the school.
   - Attending grade school, junior high, or middle school games for the purpose of evaluating and recruiting specific student-athletes.

Transfer Students

1. Students will be eligible in the school in which he/she first enrolls each school year or at the school at which he/she becomes a candidate for an athletic team by engaging in a practice that begins prior to the start of the school year.

2. Transfer students must complete a recruiting waiver prior to participation.

3. Transfer students are not permitted to participate at their new school until they have been enrolled in the new school and have been approved by the athletic director.

Senior Night/Player Recognition

1. It is the responsibility of each varsity head coach to recognize each senior player at one home event each year. Coaches shall submit the dates to the athletic director in writing three weeks prior to this event. The athletic department/team parents will present a special gift for presentation at the senior recognition game.

Varsity Letter Awards

Student-athletes will receive a varsity letter for the first varsity team on which they participate and meet the qualifications for. From that point on, pins will be awarded to recognize their participation on varsity teams. Student-athletes must meet certain criteria in order to earn a varsity letter.

1. Student-athletes may not exceed two more than two unexcused absences from practices.
2. Student-athletes must attend all contests. Absence is only permitted in the event of illness, religious holidays, or family commitments approved by a parent and the head coach such as weddings, funerals, or bar mitzvahs.

3. Student-athletes must be a member of the team for the entire season. Students who do not meet the criteria may receive certificates of participation only. Students injured during the season may still be eligible to earn a varsity letter provided they have continued to attend all practices and games.

Individual Awards

1. Teams have three individual awards for the Annual Sports Awards Banquet:
   - Most Improved Player: This award is given to the player, in the opinion of the coach, whose growth in the sport has been the greatest through the season. Keep in mind that this may not always be the player with the least amount of experience at the start of the season.
   - Most Valuable Player: This award is for the player who, in the opinion of the coach, has contributed the most to the success of the team through their outstanding athletic ability, performance and sportsmanship.
   - Coaches’ Award: This award is given to the player who, in the opinion of the coach, embodies the Out-of-Door Academy Athletic Department philosophy. Teamwork, character, leadership, perseverance, and a positive attitude are keys to this award.

Annual Awards Ceremony

At the conclusion of the school year there will be an awards banquet ceremony for all three sports seasons. While the focus of the ceremony will surround the varsity teams, the junior varsity and middle school teams will also be honored. Student-athletes and coaches are required to attend this event and parents are strongly encouraged to attend. Student-athletes must be dressed in ‘special occasion’ dress code as set forth in the Student and Family Handbook. Students not dressed in the appropriate dress code will not be allowed to attend the event.

The coaches are required to submit to the Athletic Director the names of their team members to receive any awards. Some awards will be voted on by various entities including, but not limited to coaches, administrators, and Thunder Athletic Club executive members.

Thor Award: Beginning in the 2008-09 school year, the athletics department began recognizing student-athletes who participated on a varsity team during all three sports seasons with the prestigious Thor Award at the year-end sports ceremony.

Required Medical Forms
The following medical forms must be completed by all 7th through 12th grade students and returned to the upper school office prior to participation in practices or games in August. Medical forms are available at [www.oda.edu](http://www.oda.edu): go to ‘Athletics’ then ‘Participation Forms’ on the left hand column.

1) FHSAA **Pre-Participation Physical Evaluation Form**: doctor’s signature required.
2) FHSAA **Consent and Release from Liability Form**
3) Out-of-Door **Health History Form**
4) Additional Out-of-Door **Health History Information Forms**: Allergy, Asthma, Diabetes and Seizure (complete all that apply)
5) Out-of-Door **Emergency Contact Information Form**
6) Out-of-Door **Authorization for Non-Prescription Meds. Form**

**Injury Procedures**

1. All coaches are required to attend the CPR/First Aid classes offered by Out-of-Door Academy once per year.
2. Injured athletes need to have top priority during games or practices…. safety first.
3. If no trainer is present, the coaches are responsible for getting care for the injured athlete.
4. If the extent of the injury is beyond your ability, call the infirmary immediately.
5. When evaluating an injury, it is better to be cautious. Do not move the athlete unless you are fully confident it is safe to do so. Coaches should not hesitate to call emergency services regarding serious incidents.
6. Always wear gloves when body fluids are present.
7. Any student who suffers a loss of consciousness during practice or contest may not resume participation until receiving written clearance from a physician.
8. The infirmary should notify parents of all injuries.
9. Coaches are required to fill out accident reports for all injuries within 24 hours of the occurrence.
10. Coaches should learn who the parent physicians are on their team in case of emergencies.

**Upper School Fitness Requirement**

1. All students in grades in grades 10-12 will be required to play one after school team sport or participate in one after school fitness program per year. A student who is actively engaged in a sport outside of school may apply for a waiver, the outcome of which will be determined on a case-by-case basis and proper documentation must be supplied
verifying the name of the organization and time commitment involved. Any student with a medically based limitation may also apply for the waiver.

2. Students will only receive credit for the fitness requirement if they put forth acceptable effort throughout the season and maintain an acceptable attendance record. At the conclusion of the sports season, the head coach will submit a roster of players who have received credit for his or her team. Students who quit or are expelled from a sports team will not receive credit for their fitness requirement. Students who are unable to participate due to injury may be granted credit for the fitness requirement provided that the coach approves legitimacy and the student continues to attend practices and games on a regular basis in a support role.

3. In the event that a student fails to earn their fitness requirement for one school year, they will be required to participate in two team sports or participate in two after school programs the following school year. Credits for the fitness requirement are necessary for graduation from Out-of-Door Academy. In some cases, a student may participate in a pre-approved activity to earn their fitness requirement. Prior approval by the athletic director must be given and program documentation must be supplied.

Thunder Athletic Club

1. The TAC’s mission is to provide volunteer assistance to the Athletic Department through school-approved fundraising and athletic events. Fundraising proceeds are targeted at non-operating or special athletic department needs and projects for both upper and lower campuses.

2. All funds raised by the Thunder Athletic Club are distributed evenly to the sports teams by the athletic director and advancement office, who will take capital requests from the head coaches in each sport.

3. Membership applications for the TAC can be found on the athletics web page. The membership package includes a season pass to all home regular season athletic events.

4. The athletics department is very appreciative of the efforts of our TAC volunteers who have raised funding for recent athletics needs such as: team uniforms, travel warm-ups, golf bags, sports awards ceremony awards, video software, volleyball net system, soccer quick goals, agility equipment, weight room equipment, athletic training equipment, tennis hitting machines, gymnasium banners, score clocks and much, much more.

NCAA Rules and College Recruiting

If an athlete would like to try and participate in athletics while in college, they should schedule an appointment with both the head coach of their team and the Athletic Director at the start of their junior year. Although college athletics are very competitive, a student with good grades and superior athletic ability may have a chance to participate at this level. The NCAA allows college coaches to write letters to perspective athletes during their junior year. No phone contact can be made until after the student’s junior year. However, Athletic Directors and coaches can have unlimited contact with college
coaches at any time. PLEASE NOTE: A student-athlete must be registered with the NCAA Clearinghouse before they can speak with a college coach or accept an athletic scholarship. To do this, see the college counselor.

Team Photographs

1. All players must be in full uniform when team and individual photos are taken and managers and coaches are to be present in the photo. Coaches are responsible for making sure all team members are present and are responsible for making sure the photo is shot in a professional manner.
2. Only players, coaches, and managers are allowed in the team photo.
3. Coaches shall wear the coaching shirt provided by the school, team uniforms, or school dress for photos.
4. Every effort will be made to insure that all players are present for the team picture.
5. Parents will be sent an order form to purchase individual and team photos. This form is also available on the athletics web page.