

# Athletics Handbook

Olympia High School



Academics • Arts • Athletics

Guy Swenson  
Principal

Lauren Bradley  
Athletic Director



## Letter to Parents

Dear Student-Athlete, Parents, and Guardians:

Welcome to Olympia High School Athletics. Interscholastic athletics is one of the most visible and important of the co-curricular activities a school offers. Participation in high school athletics should contribute to the overall development of a young person. Olympia High School wants to ensure that every student-athlete is given a well-organized, well-administered program in order to assist in his or her growth and maturity, while also engaging in a competitive athletic program.

Participation in athletics is a privilege. Olympia High School wants to provide a program of excellence where the expectation is that our student-athletes will represent themselves, their families, and their community in a positive way.

Olympia High School is governed by the rules and regulations of the Florida High School Athletic Association, The Florida Department of Education, and Orange County Public Schools.

All student-athletes will be held accountable for the Olympia High School Athletic Code of Conduct in and out of season, as well as their specific team policies and regulations that govern their specific sport. If you have any questions or concerns regarding the athletic program please feel free to contact our athletic department.

Sincerely,

Director of Athletics

*Lauren Bradley*

## **Vision**

Building a legacy of learners where success is measured by commitment, results, and leadership  
Athletic Program Vision: For student athletes to serve as leaders on our campus and to be a top competitor in athletics and in the arts every year.

## **Mission**

Our mission is to provide an educational experience that extends to students, faculty, administrators and staff. All members of our school are engaged as life-long learners to improve skills and knowledge in an atmosphere of trust, effort and results.

Athletic Program Mission: To consistently compete for championships while displaying the highest level of sportsmanship, integrity, ethical behavior, and integrity.

## **Philosophy**

At Olympia High School, we consider athletics an integral part of the educational experience. Athletics provides opportunities that will help students develop physically, mentally, and emotionally. We view the competition of athletics as a healthy educational and physiological activity because it challenges each student to excel, to discover his or her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

**Guy Swenson, Principal**

**Lauren Bradley, Athletic Director**

**Barry Walters, Athletic Trainer**

## **Principles of the Athletic Program**

### **Respect**

Respect the game and the members of the game in the sport in which you are competing.

### **Integrity**

Display character in every area of your program

### **Community Platform**

Develop a culture that allows fans, faculty, spectators, and participants to feel part of something special

### **Recognition**

Our school values recognition of our students, faculty, parents, and community for their talents and contributions

### **Sportsmanship**

Olympia High School and Orange County Public Schools are committed to the practice of sportsmanship, ethical behavior and integrity.

## Athletic Sports Offered

SEASON	MEN	WOMEN
FALL	<b>Bowling</b> <b>Cross Country</b> <b>Football</b> <b>Golf</b> <b>Swimming and Diving</b>	<b>Bowling</b> <b>Cheerleading</b> <b>Cross Country</b> <b>Golf</b> <b>Swimming and Diving</b> <b>Volleyball</b>
WINTER	<b>Basketball</b> <b>Soccer</b> <b>Wrestling</b>	<b>Basketball</b> <b>Cheerleading</b> <b>Soccer</b> <b>Weightlifting</b>
SPRING	<b>Baseball</b> <b>Lacrosse</b> <b>Tennis</b> <b>Track and Field</b> <b>Volleyball</b> <b>Water Polo</b> <b>Weightlifting</b>	<b>Competitive Cheerleading</b> <b>Flag Football</b> <b>Lacrosse</b> <b>Softball</b> <b>Tennis</b> <b>Track and Field</b> <b>Water Polo</b>

### Academic Eligibility for Athletes

- Students are required by Orange County Public Schools to maintain a 2.0 GPA to be eligible for interscholastic athletics. Grades can only be calculated at the end of the semester.
- It is the responsibility of the coach to monitor grades and player eligibility, as well as the student athlete and parent.
- The athletic office will determine eligibility after rosters have been submitted for every sport.

### Drugs/Alcohol/Substance Abuse Policy

- Refer to the Olympia High School Athletic Code of Conduct

### FHSAA ([www.fhsaa.org](http://www.fhsaa.org))

As a coach and student athlete you should be aware of the rules and policies involving your sport. The FHSAA provides detailed information regarding rules, policies, procedures, and information critical to your sports season.

- Fines- Head Coaches are responsible to pay any fines assessed to their teams. It will come out of your respective team budget. If the coach was assessed a fine personally then that coach is required to pay that fee on their own with no assistance from the school.
- Abide by all FHSAA and OCPS rules and regulations.
- Read the FHSAA manual for your sport and be knowledgeable.
- Attend all meetings, workshops, and online requirements for your sport.
- Student athletes who receive a fine per the FHSAA will be suspended until an investigation has been completed and will be responsible for any fines assessed to them.

### Game Admission/ Fees

- Staff Members- Free + 1 guest will be admitted (please show proper ID)

- Varsity Football- \$6
- Varsity Sports-\$5
- Junior Varsity and Freshman Events with more than one game/match-\$5
- Single Junior Varsity and Freshman games/matches- \$5
- All Sports Pass- \$75 for single pass/ \$150 family pass (this allows entry to all home sporting events at Olympia High School with proper ID)
- All district, regional, and state entry fees will be determined by the FHSAA

### **Hazing- WILL NOT BE TOLERATED**

Hazing is defined as an act that subjects a student to potential harm and is affiliated with initiation into a student organization or team. Hazing may involve an act committed against a student or a situation in which a student is coerced into committing an act. Coaches are responsible for maintaining control of their teams and will be relieved of their duties if hazing takes place within their program.

These are a few examples of hazing

- Being yelled at, cursed, or sworn at
- Being publicly harassed
- Being expected to act as a personal servant to an older group member
- Being forced or coerced to eat certain foods
- Being forced or thrown into a toilet, pond, ocean, or other body of water
- Being pressured to be shaved, tattooed, or pierced
- Being forced or coerced to participate in drinking contests
- Being forced or coerced to participate in an activity that causes physical harm (ex: pass out)
- Being forced or coerced to destroy or vandalize property
- Being forced or coerced to inflict pain on yourself or others

Harassment/ Intimidation- To engage in a course of action directed at a specific person that causes substantial emotional distress and/or creates an unpleasant or hostile situation by uninvited or unwelcome physical or verbal contact.

Bullying- Showing repeated behavior toward another person that causes that person to be afraid on school property or off school grounds.

\*Definitions taken from the 2013-2014 OCPS Code of Student Conduct

### **Inclement Weather Procedures**

Inclement weather is an inevitable part of athletic events. Outdoor activities will be monitored using Telvent and through observation by athletic trainers, the AD, and administration.

- In the event lightning becomes an issue, it is critical that we move both teams and coaching staffs to a safe, designated area per our EAP policy.
- All coaches are required to abide by the safety measures put in place via our EAP program.
  - This document will be included
- The safety of our student athletes is paramount and our top priority- error on the side of caution.

### **Injuries and Insurance**

Injuries should be reported immediately to the head coach of the student athlete and the athletic trainer. The trainer will then fill out an incident report. If you are practicing or competing during a holiday break have proper paperwork with you and fill out if necessary and turn it in upon return.

- Report any and all incidents that require medical attention regardless of how major or minor.

### **Levels of Play/ Player Development**

- Freshman- At this level of high school athletics, athletes and their parents should expect the following
  - Developing fundamental skills
  - Providing fair practice opportunities for all participants
  - Having the coaching evaluation of an athlete's attitude, skills, and team role determine game time
  - Learning the rules of the game
  - Developing an orientation toward team appreciation
  - Demonstration of sportsmanship and fair play
  - Develop an ambition to compete at the next level
  - Prioritizing skill and character development over winning
- Junior Varsity- This is considered a transitional level for high school athletics, athletes and parents should expect the following
  - 1- Reinforcing and refining fundamental skills
  - 2- Having the coaching evaluation of an athlete's attitude, skills, and team role determine game time
  - 3- Demonstration of sportsmanship and fair play
  - 4- Developing game strategy
  - 5- Developing individual player roles within the team
  - 6- Emphasis on player conditioning and development
  - 7- Developing the ambition to achieve at the next level
  - 8- Prioritizing skill and character development over winning
- Varsity- This is the highest level of competition in high school athletics; athletes and parents should expect the following.
  - Developing a high level of proficiency in the skills of the sport
  - Having the coaching evaluation of an athlete's attitude, skills, and team role determine game time
  - Develop sophisticated strategy, game analysis, and other advanced aspects of the sport
  - Defining an individual's specific role within the team
  - Fostering maximum commitment within to the team
  - Understand the value and physical aspects of the sport
  - Understanding the concept of sacrifice for the good of the team
  - Winning within the rules of sportsmanship and fair play through intense competition

### **Parent/Coach Communication**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position we are better able to accept the actions of the other and provide greater benefit to the child. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child.

- **Communication You Should Expect From Your Child's Coach**
  - 1- Philosophy of the coach
  - 2- Team and program expectations
  - 3- Location and times of practices and games

- 4- Team requirements (Ex: fees, off-season workouts)
- 5- Procedure should your child be injured during competition
- 6- Team policies and discipline procedures
- **Communication Coaches Should Expect from Parents**
  - 1- Concerns expressed directly to the coach
  - 2- Notification of any schedule conflicts well in advance
  - 3- Specific concerns in regards to a coach's philosophy or expectations
  - 4- Medical or physical limitations of your child
- **Appropriate Concerns to Discuss With Coaches**
  - 1- The treatment of your child, mentally and physically
  - 2- Ways to help your child improve
  - 3- Concerns about your child's behavior
- **Issues Not Appropriate to Discuss With Coaches**
  - 1- Playing Time
  - 2- Team Strategy
  - 3- Play calling
  - 4- Other Student Athletes
- **IF YOU HAVE CONCERNS TO DISCUSS WITH A COACH, THIS IS THE PROCEDURE YOU SHOULD FOLLOW**
  - 1- Call and set up an appointment to speak with the head coach directly.
  - 2- If the coach cannot be reached, call the Athletic Director and a meeting will be set.
  - 3- Please do not attempt to call or confront a coach before, during, or immediately after a competition. Meetings of this nature do not promote resolution.
  - 4- If a resolution is not met with the head coach, contact the Athletic Director.
  - 5- Every effort should be made to resolve the problem before addressing concerns elsewhere.

### **Risk Factor in Sports**

When choosing to participate in athletics a student athlete is assuming there will be risks and possible injury involved. Student athletes and their families are encouraged to understand the risks involved in their specific sport(s) and to take every preventative measure possible to avoid risk of injury. Have knowledge of the game and make choices that promote a healthy experience in sports.

### **Sportsmanship**

The concept of sportsmanship is an expectation of all coaches, athletes, spectators, and fans. Opponents, game officials, and opposing coaches should be treated with respect at all times. Olympia High School reserves the right to warn, place on probation, or suspend any player, team, coach, or spectator that do not adhere to standards of proper sportsmanship. Spectators who do not exhibit proper sportsmanship may be asked to leave the competition and/or be prohibited from future competition. Athlete ejections come with sanctions/fines from the FHSAA and all fines will be the responsibility of the parent of the student athlete to pay.

### **Sports Physicals**

All students must have the following paperwork turned in before he/she can participate in Olympia High School athletic activities. Sports physicals must be completed and verified before a student can participate in ANY activity (pre-season conditioning, etc... is included)

- Doctor signed OCPS physical
- OCPS residency form
- FHSAA EL3 form
- FHSAA EL3CH form
- EMT cards
- Proof of insurance

### **Student Athlete Behavior**

Student athletes are expected to adhere to the same OCPS Student Code of Conduct Policies that governs Orange County Public Schools. Student athletes may also be required to abide by specific policies put in place by the head coach of their sport.

- Represent yourself properly and take pride in being a TITAN
- Understand that people know who you are and care about what you do
- Put academics first and your role as an athlete second
- Follow all rules, policies, and procedures in and out of season
- Abide by all FHSAA rules and the Olympia Athletic Code of Conduct
- Display good sportsmanship at all times
- Attend all practices and contests unless excused by the head coach

### **Student Attendance Guidelines**

Attendance at school is critical to academic success in the classroom. Students must be present at school and adhere to the guidelines below in order to participate in practice or competition.

- Student athletes must be in school for a minimum of 4 consecutive hours in order to participate in practice and games
- It is the head coaches responsibility to make sure student athletes are following proper protocol regarding attendance for the school day
- Student athletes with excessive sign-ins, sign-outs, tardy violations, and absences may be subject to disciplinary action by their head coach, the AD, or dismissed from the team
- Student athletes should be in class- please do not allow student athletes to hang out in your classroom

### **Expectations of Student-Athletes**

- Treat teammates with respect
- Treat opponents with respect: shake hands prior to competition and/or after a competition
- Respect judgment of officials, coaches, and abide by the rules of the game
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest
- Accept the responsibility and privilege of representing your school, your community, and your team. Display positive public action at all times
- Display positive sportsmanship at all times

### **Expectations of Parents, Student, and Other Fans**

- Realize that purchasing a ticket provides the privilege to observe an athletic competition and support high school athletics, it is not a license to verbally assault others or be generally obnoxious
- Respect decisions made by contest officials
- Be a role model by supporting teams in a positive way, including the content of cheers, signs, and

chants

- Respect coaches, fans, and participants
- Be a FAN, not a FANATIC

*THE OLYMPIA HIGH SCHOOL ATHLETIC DEPARTMENT AND SCHOOL ADMINISTRATION RESERVES THE RIGHT TO CHANGE ANY AND/OR ALL OF THE ABOVE LISTED PROCEDURES. COACHES WILL BE NOTIFIED IN WRITING REGARDING ANY PROCEDURAL CHANGES IF THEY TAKE PLACE.*