

OEHS General Athletic Rules and Statements

Mission Statement for Oswego East Athletics

The Oswego East Athletic Department develops student-athletes who are disciplined, hardworking, respectful, resilient, and dedicated to the E.A.S.T. way; displaying excellence in the classroom, on the playing field, and in the community.

Eligibility / Attendance

* In compliance with IHSA State By-Laws, students MUST be passing 25 hours (5 academic classes) each week, semester, year in order to remain eligible for IHSA contests. **Any student ineligible 4 consecutive times in a season may be removed from the team.** Our focus is on academics; therefore we do reserve the right to remove athletes who are consistently struggling with their academics in order to focus more on grades. **At the end of EVERY WEEK the grades are established. If the athlete is not passing 5 classes at the END OF THE WEEK he/she is ineligible to participate in events the following week.**

The following is the high school policy set by the administration governing students who are absent from school and their participation in after-school activities (athletic or non-athletic)

1. Students are to attend all classes during the regular school day.
2. A student who is absent from school the entire day may not participate in any school activity that day. This refers to students who are ill, injured, truant or unexcused by the administration. (Exceptions)
 - (a) Students who miss a full day of school may participate if the absence is due to: funeral, college visitation, family emergency, medical appointments or any absence approved by administration.
 - (b) Students must have a note when they return and turn it in to the attendance office/coach before the activity. If the absence occurs on a day prior to the non-school day (i.e., Saturday or School Holiday) the student must present an explanation of his/her absence in writing to the coach
 - (c) Students with an out-of-school suspension **OR** multiple day assigned in-school suspension are ineligible to participate in any school activity until the first day of attendance following the suspension.

*Any athlete in any program that has multiple unexcused absences may be removed from that sport for the remainder of the season. Circumstances can be discussed on a case by case basis with the program coach in advance. Communicate as early as possible when it comes to missing practice, games and/or events. **It is the responsibility of the athlete to contact the coach in advance if the athlete is going to miss any or all of a team function.**

*Competitive high school athletics normally practice or play 6 days per week. Athletes are expected to be at all events, including those that occur over holidays, breaks, etc (i.e. Thanksgiving, Winter Break, Spring Break). Missing events for any reason (including other school events, illness, vacations, etc) can impact playing time, position, etc.

Transportation - High school athletics require travel to and from events on district approved transportation. **All team members are expected to travel to and from events together on the bus.** A travel release form can be requested for rare family emergency or special events. These forms must be filled-out and signed by a parent and then approved by the athletic department in advance of the event.

***Reasons an athlete might need to sit out of a game**

Reasons may include, but are not limited to Code of Conduct Violation, School Suspension, Injury, Return to Play (Concussion Protocol), Eligibility (Not passing 5 classes on a weekly basis) and/or Coaches Decision.

***Abide by the CODE OF CONDUCT** – Can be found in the registration information for each sport. Suspensions vary by violation

Expectations of the Parents

Communication / Feedback

We wish for each to have a positive experience in which to learn good leadership skills, develop positive team relations and provide a positive learning environment to grow as athletes. However, there may be times when team members/parents become frustrated. Please encourage them to talk to their coaches first. **At no time will team members or parents be persecuted for bringing concerns to the attention of a coach in an appropriate manner and at an appropriate time.** Encourage and support all athletes on the team. We ask that all your comments are communicated in a positive manner.

* We ask parents to please respect and follow the Communication Protocol

All will wait 24 hours before contacting a coach if there is an incident or concern; unless there is a serious injury/incident. Emotions often run high during a game, practice, competition or event, and a 24 hour minimum waiting period gives both parties an opportunity to reflect on the issues at hand. Any concern should include factual information. Only your son/daughter will be discussed during the meetings.

Protocol for communication with coaches...

- 1 – Have your son or daughter talk to the coach first
“Have you talked to the coach about this?”
- 2 - Contact the level coach to set up a meeting with head coach, level coach, son or daughter and yourself
- 3 – Meeting with Athletic Director, head coach, level coach, son or daughter and yourself

Appropriate concerns to discuss with coaches:

1. Situations involving your child
2. Ways to help your child improve
3. Your child's attitude, work ethic, and eligibility
4. Concerns about your child's behavior

Issues that are not appropriate to discuss with coaches:

1. Playing time of any student-athlete
2. Team strategy or play calling
3. Other student-athletes

Role of a Sport Parent:

1. Participation in sport should be viewed as a privilege not a right
2. Your child can learn valuable life lessons such as sportsmanship, teamwork, responsibility, commitment and overcoming adversity by participating in sport
3. Positive behavior in the stands begins with you
4. Separate your self-esteem and ego from your child's performance and sport
5. Help your child realize the importance of focusing on **effort** and **attitude**
6. **Psychologically**, You have more influence on your child's performance than you may believe

Sport Parent Assessment Tool on our OEHS 8to18 Athletics Website:

<https://s3.amazonaws.com/pubtemp/live/content/oswegoeast/documents/Sport%20Parent%20Self-Assessment.pdf>

* During events, please allow the team to prepare and perform without interruption. We need the athletes' full attention to prepare and perform to our best ability. Your child needs to make sure he/she has everything he/she needs before the event. Parents should not be talking to/coaching the players during an event. Respect the officials, coaches, athletes and administration for all teams. OEHS needs to be role models of good sportsmanship.

General Rules / Statements

* Our teams are taught to focus on working hard and performing to the best of their ability. The way other teams perform should not dictate how our athletes feel about their performance.

***WARNING**

The potential for injury is inherent in all interscholastic athletic activities. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can and will happen. Although serious injuries are not common in supervised high school athletic programs, it is impossible to eliminate the inherent risk. Parents and students must be willing to accept the risks associated with inter-scholastic sports participation.

*All injuries that occur, including head injuries, will be looked at and evaluated by our training staff and if need will be directed to a medical doctor. Protocols are in place to protect the players' safety and welfare.

***Return to Play (Concussion Protocol)** – Can be found in the registration information for each sport

***Fees** - Pay \$75 for each sport. Max of \$150 a year (3rd sport is free)

*As an OEHS athlete/parent, I recognize that my failure to follow the guidelines set forth will impact my participation in this program. I understand my commitment is to my studies first and then to my sport. I understand I must sacrifice the ME for the WE in order for our teams to reach the success we all wish to enjoy. I understand that being an athlete is a PRIVILEGE and that I am representing myself, my team, my school and my community 24 hours a day, 7 days a week, 365 days a year.

Go EAST...Go WOLVES...Go BLUE!