



# STUDENT ATHLETIC HANDBOOK

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WEST ORANGE HIGH SCHOOL

OCPS | 1625 BEULAH RD, WINTER GARDEN, FL 34787

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Dear Parents and Students,

Congratulations! We are pleased that you have decided to participate in the athletics program for West Orange High School. Participation on an athletic team will provide you with special opportunity to receive rewards and recognition and to develop self-pride. To be a successful athlete will require a strong commitment on your part, as well as much personal sacrifice and self-discipline. We have set high standards for our athletes, as you represent West Orange High School both in and out of school.

We want to emphasize to our students that being part of the athletic program and representing West Orange High School is a privilege, carrying with it a responsibility not only to yourself, but also to your team and the entire school. We encourage you to always give and do your best, whether in season or out of season. We expect our teams to model the appropriate behavior and tone for spectators. In Orange County Public Schools, sportsmanship and good manners are as important as winning.

Student athletes are striving to succeed in two demanding areas, academics and athletics. Student athletes have the responsibility of developing and working toward an educational goal as well as training in their sport. The athletic department encourages excellence in the classroom stressing STUDENT first in the student athlete.

Parents, coaches, and the athletic administration each have a different role in the athletic program. Parents should take an active and positive part in their child's athletic involvement. Should a parent have a question or concern about a coach's conduct or judgment, it is expected that these concerns will not be addressed during a game. To openly second guess or criticize a coach during a game is not only detrimental to the students, but also to the team and the program as a whole. The coaches make judgments and decisions based on what they believe is best for all parties involved. Team strategy, playing time, other players, etc., should be left to the discretion of the coach.

I anticipate our continued success with our Warrior family, coaching staff and student athletes and look forward to embarking on a tremendous year.

Go WARRIORS!

Lisa Montgomery, MS, ATC, CAA  
Athletic Director

## **Mission**

The mission of the Orange County Public Schools District is to educate and inspire every student to think, to learn, and to succeed.

West Orange High School is committed to increasing all students' ability to access and succeed in appropriate post-secondary pursuits.

## **Objectives**

### **General Objectives**

1. To establish guidelines and policies for the organization, administration, and supervision of interscholastic athletic programs
2. To develop, promote and support interscholastic activities
3. To provide athletes with high quality athletics program that complements, supports and enhances classroom instruction.

### **Specific Objectives**

1. To help the individual student develop a healthy self-concept as well as a healthy body
2. To teach teamwork through human relationships
3. To teach the importance of practice and preparation in reaching the individual's potential
4. To demonstrate the importance of extra effort and the value of determination
5. To teach the importance of playing by the rules
6. To develop strong character and leadership skills
7. To improve positive citizenship traits

## **Philosophy**

It is the philosophy of the West Orange High Athletic Department that co-curricular athletics serves both the mission of the school district and goals and commitments of West Orange High School.

Athletics provide a unique opportunity for students to engage in their school and work toward our mission outside the classroom. We are committed to creating positive environments where students work to develop ethics, sportsmanship, personal core values, and grace under pressure. During the respective athletic seasons our student-athletes learn leadership, personal responsibility, planning, goal setting, and conflict resolution. Through competition our players will develop decision-making, respect, and community responsibility. The list of educational opportunities is endless. Finally, our programs are committed to improving the health and fitness of our student body, attributes that will help them succeed throughout their lives.

West Orange Athletics is also a public symbol of our school's commitment to human and academic excellence. How our teams perform and carry themselves sends a message to our community, representing the work done at West Orange. With this in mind, our varsity

teams are committed to excellent performance within the bounds of exemplary sportsmanship and sound educational practices.

## **Sportsmanship**

West Orange High School and Orange County Public School's vision for sportsmanship is built on expectations that the entire school community will teach and promote the values of good sportsmanship. Students, coaches, administrators, board members, and spectators are expected to demonstrate the highest level of sportsmanship and respect for others. Not only is good sportsmanship necessary for a successful interscholastic activity, it is a character quality that contributes to successful life endeavors. Member schools of both organizations have a mission to provide a respectful and caring environment for today's youth that fosters the development of tomorrow's leaders.

Interscholastic athletics are an integral part of our school's total curriculum. Students are expected to model good sportsmanship and in general to promote self-discipline, poise and compliance with the "Rules of the Game." Student-athletes are expected to exhibit behaviors that are exemplary and exceptional at all times. We must always remember that as WOHS students, we represent more than ourselves. We represent our school and our community. Students in all sports are expected to make a continuing effort to place emphasis on the ideals of good sportsmanship and to inculcate those values into their sports programs and their athletes.

## **Student Conduct and Character**

Anyone associated with the West Orange School Athletic Department is a representative of the school, and the following guidelines must be practiced:

- Student-athletes' conduct and language must be a positive example of character and reflect positively on the school and the community as a whole.
- Cleanliness, neatness of appearance, good manners, and definite respect for others are qualities that should be evident in all West Orange High School student-athletes.
- Players will devote themselves to being true student-athletes.
- The good of the team and West Orange High School is first and foremost.
- Attendance: Student-athletes who are absent from school because of illness cannot practice or participate in any contest on that day. Attendance of four class periods must be achieved in order to participate in any contest on the day of.
- All student-athletes will care for the administered equipment as though it was their own personal property. If items are lost or stolen, the student-athlete is responsible for the replacement.

All student-athletes will obey and practice the specific rules of their teams as given by the coaching staff.

- Game officials deserve courteous respect from athletes and coaches. Coaches must realize that officials do not lose the game or contest. They are there for the purpose of ensuring both teams a fair contest.

## Interscholastic Athletic Teams

Season	Sports	Teams	Levels
FALL	Bowling	Boys/Girls	Varsity
	Cheerleading-Spirit	Coed	Varsity, Junior Varsity
	Cross Country	Boys/Girls	Varsity, Junior Varsity
	Football	Boys	Varsity, JV, Freshmen
	Golf	Boys/Girls	Varsity
	Swimming	Boys/Girls	Varsity, Junior Varsity
	Volleyball	Girls	Varsity, JV, Freshmen
	WINTER	Basketball	Boys/Girls
Cheerleading-Competitive		Coed	Varsity, Junior Varsity
Soccer		Boys/Girls	Varsity, Junior Varsity
Weightlifting		Girls	Varsity
Wrestling		Coed	Varsity, Junior Varsity
SPRING	Baseball	Boys	Varsity, Junior Varsity
	Beach/Sand Volleyball	Girls	Varsity
	Flag Football	Girls	Varsity, Junior Varsity
	Lacrosse	Boys/Girls	Varsity, Junior Varsity
	Softball	Girls	Varsity, Junior Varsity
	Tennis	Boys/Girls	Varsity, Junior Varsity
	Track & Field	Boys/Girls	Varsity, Junior Varsity
	Volleyball	Boys	Varsity, Junior Varsity
	Water Polo	Boys/Girls	Varsity, Junior Varsity
	Weightlifting	Boys	Varsity

## **Athletic Guidelines and Procedures**

In order that the above objectives may be best implemented, the student-athletes, coaches, and parents must make a commitment to the adherence of the following guidelines and procedures:

- All student-athletes and parents must sign and return the last sheet of this document indicating that they have read and agreed to abide by these guidelines and procedures. This must be on file with the Athletic Director before participation is granted.
- There are no good excuses for missing practices! However, to be excused from a practice or game the student-athlete or his/her parents must speak to the Head Coach before that practice or game takes place. Failure to do so will result in team discipline, as prescribed by the Head Coach.
- Be on time! This means being dressed and prepared to practice by the starting time. Failure to be on time and/or dressed out properly will result in team discipline, as prescribed by the Head Coach.
- If a student-athlete is injured, the following prescribed plan for treatment will be followed:
  1. Make sure Head Coach/Athletic Trainer knows on the day of the injury
  2. See the West Orange High School Athletic Trainer
  3. See the Team Physician as soon as possible
  4. If necessary, get a second opinion – after consulting with the Athletic Trainer and Head Coach
- \*Note – Athletic Trainer and Head Coach will outline practice activity. Injuries are no excuse for missing practice.
- Practice ends when the Head Coach or his/her designee dismisses the student-athletes.
- Practice time is practice time! Student-athletes and/or parents needing to speak to coaches or student-athletes need to do this outside of practice time.
- Student-athletes should be picked up within ½ hour of the end of a practice or a game.
- Off-season workouts and strength training are an integral part of any successful athletic program. All student-athletes are encouraged to take part in off-season workouts and strength training in order to improve their individual skill and strength levels. These workouts and training sessions will be sanctioned by the Athletic Director and overseen by the Head Coach of that particular sport.

## **Eligibility Requirements**

Before practice begins, each coach is responsible for making sure a certificate of physical fitness (FHSAA EL02 Form), issued by a licensed physician that is current for this school year, is acquired from each student-athlete. Parents must also sign the FHSAA release from liability form (FHSAA EL03 Form) and an Impact Concussion form. Both the EL02 and the EL03 will be kept on file, at the school, with the Athletic Trainer, for one calendar year. Each coach will distribute the Athletic Handbook to each student-athlete and review the handbook with the team and parents before the first contest of their season. The last page of this handbook is to be signed by both the parents and the student-athlete, and be on file. Each coach is responsible for being aware of and enforcing the student-athlete's academic eligibility.

The Athletic Office will inform coaches of students who are ineligible. The FHSAA, OCPS, and West Orange High School eligibility rules are as follows:

- All unweighted semester grades are used to determine Grade Point Average (GPA)
- Minimum cumulative GPA is 2.0
- 60% is the minimum passing grade
- Students must earn at minimum 6 credits per year
- Once determined ineligible, the student is ineligible for the entire next semester
- Individual teams may have their own eligibility policy as long as they are more stringent than the state and the FHSAA
- Ineligibility means that a student-athlete may not compete in an FHSAA sanctioned event
- Student-athletes must complete all obligations to a sport before being allowed to participate in any other sport (included in this obligation is a mandatory meeting with the Head Coach, should an athlete decide not to continue participation with a team)

## **ATTENDANCE REQUIREMENTS**

### **9.2.1 Student May Only Participate at the School He/ She First Attends Each School Year.**

A student must attend school, and is immediately eligible to (HB7029) participate in the interscholastic athletic programs sponsored by the school he/she attends each school year, which is either: (s.1006.20(2)(a), Florida Statutes)

- (a) The school where the student first attends classes; (i.e., establishes school residency)
- (b) The school where the student first participates in athletic activities on or after the official start date of that sport season before he/she attends classes at any school; (i.e., establishes school residency) or
- (c) The school the student transfers to after previously attending another school. (HB7029)

## **Attendance Exceptions**

### **9.2.2.1 Home Education Student.**

A legally registered home education student may participate at one of the following: (s. 1006.15(3)(c), Florida Statutes)

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend, including a charter school, according to the controlled open enrollment provisions pursuant to s. 1002.31 F.S. (HB 7029) or
- (c) A charter/lab or private school that will accept the student for participation; or
- (d) A home education cooperative to which the student belongs.

### **9.2.2.2 Charter School Student.**

A student who attends a charter school that does not sponsor an interscholastic athletic program in one or more sports may participate in the sport or sports not sponsored by the charter school at either of the following

schools: (s. 1006.15(3)(d), Florida Statutes)

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend, including another charter school, according to the controlled open enrollment provisions pursuant to s. 1002.33, F.S. (HB 7029)
- (c) Another charter/lab school that will accept the student for participation.

### **9.2.2.4 Non-member Private School Students.**

A student who attends a private school shall be eligible to participate in an interscholastic or intra-scholastic sport at a public high school, a public middle school, or a combination public school that the student is zoned to attend or the public school the student could choose to attend according to the open enrollment provisions pursuant to 1002.31, F.S., provided: (HB 1109 & 1006.15 (8), F.S.)

- (a) The private school in which the student is enrolled is not a member of the FHSAA; and
- (b) The private school does not offer the sport in which the student wishes to participate (HB 7029)
- (c) The private school enrollment consists of 125 students or fewer.

#### **9.2.2.5 Florida Virtual School – Full Time Program (FLVS-FT) Students.**

A student of the Florida Virtual School full-time program may participate in any interscholastic extracurricular activity at:

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend, including a charter school, according to the controlled open enrollment provisions pursuant to s. 1002.31, F.S. (HB 7029).

#### **9.2.2.7 Students in Dual Enrollment and Early Admission Programs.**

A student who attends a dual enrollment or early admission program operated by a community college or a university may participate at the school the student would attend if:

- (a) The school awards credit toward graduation for the work the student completes at the community college or university; and
- (b) The community college or university officially issues grades on the same schedule as the school's semester; and
- (c) The student has not met the graduation requirements as specified by the school's or the school district's progression plan for high school graduation; and
- (d) The student does not participate in the intercollegiate athletic programs of the community college or university; and
- (e) The student meets all other FHSAA eligibility requirements (no form or letter is required.)

#### **9.2.3 Attendance Within First 10 Days of Semester Required.**

A student must attend classes within the first 10 (ten) school days of a semester. Otherwise, the student will not be eligible until:

- (a) The student has made up all class work missed during his/her absence; and
- (b) The student has attended one school day for each school day missed.

#### **9.2.4 Ineligible Student Cannot Change Schools to Become Eligible.**

A student who is deemed ineligible for a period of time cannot change schools and become eligible. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility.

## **TRANSFER REGULATIONS**

**9.3.2 Transfer Eligibility.** A student who transfers from one school to another during the school year may seek to immediately join an existing team if the roster for the specific interscholastic or intrascholastic extracurricular activity has not reached the activity's identified maximum size, provided the coach for the activity determines that the student has the requisite skill and ability to participate. The student may not be declared ineligible because the student did not have the opportunity to comply with the qualifying requirements (HB 7029) and provided the student qualifies under one of the following:

**9.3.2.3 Transfer After Starting A Sport.** A student may not participate in a sport if the student participated in the same sport at another school during that school year, unless the student meets one of the following criteria (HB 7029):

- (a) Dependent children of active military personnel whose move resulted from military orders.
- (b) Children who have been relocated due to a foster care placement in a different school zone.

(c) Children who move due to a court-ordered change in custody due to separation or divorce, or the serious illness or death of a custodial parent.

(d) Authorized for good cause in district, private or charter school policy.

**9.3.3 Qualifying Transfer Student Becomes Eligible on Sixth Day of Attendance.** A transfer student who qualifies under one of Bylaws 9.3.2.1, 9.3.2.2, 9.3.2.3, will be eligible for competition on the sixth school day of attendance at the new school if:

(a) The school has received and evaluated the student’s official sealed transcript provided by his/her former school; and

(b) The school has determined that the student meets all eligibility requirements.

**9.3.4.1 Students Under Expulsion.** A student who has been expelled by a school district or school shall not be considered eligible at any member school during the length of the expulsion. If the student who chooses not to attend an alternative school, if offered by the school district or school, shall be ineligible to represent a member school for the next two consecutive “full” semesters. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility.

**9.3.5.1 Student Who Transfers After FHSAA State Championship Series in a Sport Begins.**

A student who transfers to any school after the FHSAA State Championship Series in a sport begins will not be eligible to participate in that sport through the conclusion of that state championship series.

**9.3.5.1.1 Student Who Participated in a State Championship Series in Another State.** A student who attends a member school after having participated in a state championship series in a sport in another state is ineligible to participate in that sport for that school year.

## ACADEMIC REQUIREMENTS

**9.4.1 2.0 GPA Required for Academic Eligibility.** A high school student must have a cumulative 2.0 grade point average on a 4.0 un-weighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester

(s. 1006.15(3) (a) 1, Florida Statutes). Final grades previously earned by the student from another school shall not be converted using the scale in Bylaw 9.4.2.

**9.4.1.2 Academic Eligibility/Ineligibility is for a Semester.** A student who is academically eligible at the beginning of a semester will continue to be academically eligible for that entire semester. Likewise, a student who is academically ineligible at the beginning of a semester will continue to be academically ineligible for that entire semester, except as provided in Bylaw 9.4.5.1.2. The student’s academic eligibility for each successive semester will depend upon his/her cumulative GPA at the conclusion of the previous semester.

**9.4.1.3 Attendance During Previous Two Consecutive Semesters Required.** A student cannot be academically eligible if he/she has not attended school and received grades for all courses taken during the previous two consecutive semesters.

**9.4.1.4 Exception – First Semester of High School Attendance – Ninth Grade.** A first-year high school student, entering the ninth grade for the first time, is academically eligible during his/her first semester of high school attendance. The student, however, must have the cumulative 2.0 GPA at the conclusion of his/her first semester of high school attendance to be academically eligible to participate during his/her next semester of attendance.

**9.4.1.8 Students in Dual Enrollment or Early Admission Programs.** Students who participate in Dual enrollment programs or early admission programs must have the cumulative 2.0 GPA as required in Bylaw 9.4.1 to be academically eligible.

## **9.5 LIMIT OF ELIGIBILITY**

**9.5.1 High School Student Has Four Years of Eligibility.** A student is limited to four consecutive calendar years of eligibility from the date he/she begins ninth grade for the first time. This does not imply that the student has four years of participation. After four consecutive years, the student is permanently ineligible, unless clear and convincing evidence of a hardship, as defined in Bylaw 10.4.4 has been accepted by the Executive Director or his/her designee.

## **AGE**

**9.6.1 High School Age Limit** A student may participate at the high school level until the day he/she reaches the age of 19 years 9 months if the student has not exceeded his/her four-year limit of eligibility. The student becomes permanently ineligible at the high school level on the day he/she reaches the age of 19 years 9 months. Beginning with students entering grade 9 in 2014-15, and thereafter, a student who reaches the age of 19 on or after September 1st, and who has not exceeded his/her four-year limit of eligibility, may participate in interscholastic athletics during that school year, unless clear and convincing evidence of a hardship, as defined in Bylaw 10.4.4 has been accepted by the Executive Director or his/her designee.

**9.6.1.1 Student Who Reaches Age Limit during the State Championship Series.** A student who reaches the age of 19 years 9 months during a FHSAA State Championship Series in which he/she is participating may complete that state continues to meet all other eligibility requirements. The student, however, will not be allowed to participate in any other sport that begins after he/she has reached the age of 19 years 9 months.

## **AMATEURISM**

**9.9.1 General Principles.** A student may not participate in an athletic activity of this Association unless he/ she is an amateur. An amateur is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived from the activity.

**9.9.2 Forfeiture of Amateur Status.** A student-athlete forfeits amateur status in a particular sport for one year by:

- (a) Competing for money or other monetary compensations;
- (b) Receiving any award or prize of monetary value which has not been approved by the FHSAA;
- (c) Capitalizing on athletic fame by receiving money or gifts of a monetary nature;
- (d) Signing a professional playing contract in any sport or hiring an agent to manage his/her athletic career;
- (e) Competing under an assumed name.

**9.9.3 Permissible Awards, Gifts, or Other Compensation.** A student-athlete will not forfeit his/her amateur status for accepting:

- (a) Symbolic awards such as school letters, medals, trophies, ribbons, plaques, pins, keys, or ribbons of small monetary value purchased from an established awards company;

- (b) Rings, sweaters, jackets, or award blankets provided that they are presented by the school which they represent and do not exceed the value of the purchase price from an established awards company;
- (c) Remuneration of “essential expenses” for any game in which he/she participates as a player; limited to meals, lodging, and transportation;
- (d) A college scholarship offer.

## Extra-Curricular Standards

In order to participate in extracurricular/co-curricular activities or athletic programs, students must adhere to school board policies, school-based criteria, and applicable law. A student may not be eligible to participate in extracurricular/co-curricular activities for certain disciplinary offenses. It is important for students to understand that the behavioral expectations placed upon them by the school can extend beyond the classroom and school campus. The school board has the authority to withhold participation privileges from students. In addition, schools reserve the right to remove any student for any offense of the Code of Student Conduct which substantially disrupts the school or community.

The Juvenile Justice System has committed to working in conjunction with school officials toward maintaining standards of behavior for all students including those who participate in extracurricular/co-curricular activities. With this in mind, any student who has been formally charged with a felony or similar offense by a prosecuting attorney shall be excluded from participation in extracurricular/co-curricular activities for a minimum of one calendar year.

Any student who has committed a Level III hazing offense shall be excluded from participation in extracurricular/co-curricular activities for a minimum of one calendar year. Any student who has committed a Level IV hazing offense shall be excluded from participation in extracurricular/co-curricular activities for the remainder of their enrollment at OCPS.

Students suspended from participation shall not be permitted to participate in any event related activities, dress out for the event, or travel to the event with the team or group. An event is defined as a game, activity, or contest. A tournament experience is considered to be a single event, even though a tournament consists of more than one game, activity, or contest.

When School Board Policy permits, and with permission of the coach or sponsor, students under suspension from participation may participate in tryouts, practices, or meetings while waiting for a sanction to be completed.

However, coaches and sponsors may prohibit students from participating in tryouts, practices, or meetings when they deem such action is appropriate.

It is beyond the scope of this policy to identify every possible action on the part of a student that may be deemed as undesirable by a coach or sponsor. Therefore, coaches and sponsors may impose appropriate disciplinary consequences for acts not specifically identified in the *Summary Table of Infractions and Consequences*. Furthermore, nothing in this policy shall prohibit coaches from dismissing or removing a student from a team or group when coaches or sponsors conclude such action is warranted.

## Extra- Curricular Summary Table of Infractions and Consequences

**LEVEL 1 - FALSE IDENTIFICATION or TOBACCO PRODUCT USE** – If a student is found to have possessed or used **False Identification**, or possessed or used **Tobacco Products**, then the student shall be suspended from a number of events ranging from: **2 Events to All Events for 1 Calendar Year.**

**LEVEL 2 - DRUG/ALCOHOL VIOLATION** – If a student is found to have possessed, used, or been under the influence of **Drugs, Alcohol, Controlled Substances, Intoxicants, Substances Capable of Modifying Mood or Behavior, or Prescription Medication** without a physician’s prescription, then the student shall be suspended from number of events ranging from: **20% of Events to All Events for 1 Calendar Year.**

**LEVEL 3 - ARREST BY LAW ENFORCEMENT** – If a student is **Arrested** for committing an off campus, misdemeanor, or delinquent act, then the student shall be suspended from a number of events ranging from: **0 to All Events Pending School Administrative Review.**

**LEVEL 4 - ARREST BY LAW ENFORCEMENT** – If a student is **Arrested** for committing an off campus felony, then the student shall be suspended from a number of events ranging from: **50% of Events to All Events for the Duration of the Student's Enrollment in Orange County Public Schools**

**LEVEL 5 - FORMAL CHARGES FILED** – If a student is **Formally Charged** with committing an off campus felony, misdemeanor, or a delinquent act, then the student shall be suspended from a number of events ranging from: **All Events for 1 Calendar Year to All Events for the Duration of the Student's Enrollment in Orange County Public Schools.**

**LEVEL 6 - CHARGES CONFIRMED** – If a student is found by a court of competent jurisdiction to have committed an off campus felony, misdemeanor, or a delinquent act, then the student shall be suspended from a number of events ranging from: **All Events for 1 Calendar Year to all events for the duration of the Student's Enrollment in the Orange County Public Schools.**

## **Bullying and Harassment**

In accordance with Section 1006.147, Florida Statutes, titled “Bullying and Harassment Prohibited,” and School Board Policy (ADD), titled “Safe Schools,” the School Board of Orange County, Florida is committed to protecting its students, employees, and applicants for admission from bullying, harassment, or discrimination for any reason and of any type. The school board believes that all students and employees are entitled to a safe, equitable, and harassment-free school experience. Substantiated allegations of bullying, harassment, or discrimination will not be tolerated and shall be just cause for disciplinary action. Any student who alleges bullying or harassment by another student may use the school’s student grievance procedure or may complain directly to the principal or designee.

## **Hazing**

In accordance with Section 1006.135, Florida Statutes, titled “Hazing at High Schools with Grades 6 – 12 Prohibited” and School Board Policy (JIC), titled, “Code of Student Conduct,” OCPS is committed to protecting its students from any hazing activities at any time in school facilities, on school property, and off school property if the misconduct is connected to participation or membership of a club or organization of a school. Hazing will not be tolerated and shall be just cause for disciplinary action. Any student, employee, parent/ guardian or third party who has knowledge or engages in hazing, may report it directly to the principal or designee. The reporting of any act of hazing may be made anonymously. Hazing is defined as any action or situation that endangers the mental or physical health or safety of a student at a school with any of grades 6-12 for purposes including, but not limited to, initiation or admission into or affiliation with any organization operating under the sanction of a school with any of grades 6 through 12.

## **Sex Discrimination**

In accordance with Title IX of the Education Amendments of 1972, and School Board Policy (JB), titled “Equal Educational Opportunities,” OCPS is committed to protecting its students, employees, and applicants for admission from sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. OCPS believes that all students and employees are entitled to a safe, equitable, and harassment-free school experience. Substantiated allegations of discrimination will not be tolerated and shall be just cause for disciplinary action. Any student who alleges sex discrimination by another student may use the school’s student grievance procedure or may complain directly to the Title IX Coordinator.

## **Unsportsmanlike Conduct**

A student who commits an act of malicious and hateful nature toward a contest official, an opponent or any other person attending an athletic contest shall be guilty of unsportsmanlike conduct. Such acts may include, but are not limited to, profanity, striking or threatening a contest official; physical contact with an opponent which is beyond the normal scope of competition; spitting on a contest official or opponent; directing gender, racial or ethnic slurs toward a contest official, an opponent or any other person attending an athletic contest; or other such acts deemed to be unacceptable conduct according to the principal of the member school the student attends or this Association. Students who are found to have committed unsportsmanlike conduct will be ineligible to participate in interscholastic athletic competition for a penalty period up to one or more calendar years.

## **Social Media Policy**

Playing and competing for West Orange High School (WOHS) is a privilege. Student-athletes at WOHS are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your School and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Instagram, Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at WOHS in one form or another. Student-athletes should be aware that third parties - - including the media, faculty, colleges and universities, future employers and FHSAA officials - - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and West Orange High School. This can also be detrimental to a student-athlete's future employment options, whether it's in college sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- ❖ Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- ❖ Photos, videos, and comments that are of a sexual nature. This includes links to websites of an explicit nature and other inappropriate material.
- ❖ Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- ❖ Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

Content online that would constitute a violation of the School and FHSAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).

## **Multiple Sports Participation**

The West Orange Athletic Department supports the concept of participating in more than one high school sport. High school coaches should not establish expectations "out of season" which

would prohibit or restrict a student's participation in another sport which is "in season". A student athlete who wishes to participate in more than one sport in the same season (fall, winter, spring) must have prior approval of both coaches. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a "primary" sport if necessary.

### **Quitting Rule and Policy**

It is the philosophy of the West Orange High School Athletic Department that the beginning of a new sports season should not conflict with an in-season coach and/or athlete from bringing a current season to a successful conclusion. Every effort will be made to assure that in-season coaches and athletes will continue to practice and compete in an atmosphere free from the potential distractions presented by the beginning of a new sports season. It is with the interests of all sports that the following policy has been formulated.

An athlete is expected to practice with his/her team until the conclusion of the final interscholastic competition. An athlete who quits prior to the conclusion of the sports season will not be permitted to practice for another sport until the current sport concludes its season. In those sports where entire teams qualify for the post-season (District level and above play), an athlete who quits may not begin to practice for another sports until the team is eliminated from further competition.

In those sports where individuals rather than teams qualify for post-season play, an athlete who quits prior to the conclusion of the season will not be permitted to practice until the conclusion of the regular season schedule. When a team has completed its season, as defined above, athletes are to be released to practice for the next sports season. If an athlete is needed by a coach for practice purposes, and the athlete and the coach both agree, he/she may remain until the athlete's services are no longer needed. If an agreement cannot be reached between the two affected coaches, the Athletic Director will make the decision.

### **Activity Conflict**

This policy should be adhered to in the event of a conflict between activities for a student participant. All students participating in extra-curricular activities should be advised of the procedure that will be followed in the event of a conflict. This should occur sometime prior to the actual season or activity. The sponsors, advisors and coaches shall meet with the Athletic Director and/or principal to identify any anticipated conflicts prior to the three dates listed below. Once this meeting has been held, sponsors, coaches, advisors, etc., are to meet to resolve the identified conflicts while adhering to the guidelines of this policy.

Sub-District, District, Region and State Semi-Final or State activities or competitions are given priority. If two similar events occur on the same date, the participant will perform/compete in the event which has the greatest importance toward the team grade, individual event or outcome. Considerations should be given as to how the loss of the individual will affect the group or team

concept and the total function of the program before a decision is made. Regularly scheduled contests or performances take precedence over any kind of practice session. Conflict decisions should be made by sponsors, advisors and coaches (whenever possible) before involving students in the process.

### **Athletic Injuries**

Injury assessment is defined as the comprehensive evaluation of an injury beginning when the injury occurs continuing through the healing process until the injured area has been rehabilitated to its fullest extent. The initial evaluation involves accurately recognizing the nature, site, and severity of the injury. By following the set of protocols listed in the WOHS Athletic Training Handbook, the WOHS medical team and its support staff will be able to facilitate the proper injury care and greatly reduce the school's healthcare liability. Make sure you tell your coach and/or athletic trainer about any sports injuries that happen at practice and/or competition.

### **Chain of Command**

Communication is an integral component of any successful program. Concerns and/or questions should follow an orderly chain of command. Players must first speak to their Coaches. The Head Coach must take his/her concerns to the Athletic Director. If any Player, or Assistant Coach cannot resolve the matter with the Head Coach, the Head Coach will request a conference with all parties. The Athletic Director will communicate to Principal. If the problem cannot be resolved the AD will request a meeting with the Principal and involved parties.

### **Practice**

Athletic participation requires commitment from coaches, student athletes and parents. If an athlete misses three practices during a season, a coach has the right to remove the athlete from the team. Athletes must also recognize that being late to practice is unacceptable. Frequent tardiness is grounds for reduced playing time and eventually removal from the team.

### **Uniforms and Equipment**

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach within seven days of the last game/competition. A student will be charged for the replacement/damage cost of the uniforms and grades will not be released until all obligations are met.

## **Lockers**

All OCPS parking areas and lockers are the property of the school system. School authorities have the right to inspect any lockers in order to protect the health, safety, and welfare of students. Individual student locker searches will be conducted if school personnel have reasonable suspicion of a violation of the law or of the Code of Student Conduct

## **Weight Room**

No student shall use the weight room facilities without adult supervision. Students are urged to request assistance from the weight room supervisor or coaches when planning and initiating a workout regimen. The weight room has regularly scheduled after school and summer hours, please check with your coach or the athletic director for hours of operation.

## **Transportation**

All team members are expected to ride with the team to and from contests, games and competitions. Busses are arranged for all teams. With prior permission of the coach, parents may drive their child home after a contest by signing the parent authorization form. Students are not permitted to ride home after contests with other students, parents and/or friends. Exceptions: For some Away Varsity contests athletes may be asked to meet at the opponent's venue at a pre-determined time. In some instance, a private vehicle form may utilized from the district.

## **Hotels and Travel**

Whenever you stay in a hotel you are responsible for all charges incurred in the room, minus the room charge. These charges include things such as telephone calls, room service, valet, gift shop, etc. You must pay for these incidentals before checking out. If you fail to pay your incidentals and the team has to take care of them, *you will be charged the amount of the charges as the school/district sees fit.*

Absolutely no persons, other than authorized school and team personnel, are allowed in your hotel room at any time! Arrange to meet your parents and friends in the hotel lobby. You will be given a curfew.

Do not take anything from the hotel room, any damages reported by hotel management will be charged to the guest of that room. Athletes must dress in a respectful and presentable manner at all times, including return bus trips during away competition.

## Lettering in a Sport

The following is the criteria West Orange High School has set for any student-athlete regarding earning a letter for a specific sport season:

- A student-athlete must complete the entire season to be eligible.
- The awarding of the letter will be based on the following requirements:
  1. Participation in 50% of the contests
  2. Attendance at 90% of practices
- The sequence of awards is as follows:
  1. 1st letter –corresponding letter, and sport pin
  2. 2nd letter –bar/chevron pin or sport pin in different sport
  3. 3rd and 4<sup>th</sup> letter – bar/chevron pin
- Special awards will be determined by the coaches and the Athletic Department, and presented at the individual sport banquet led by the Head Coach of that particular sport.
- All student-athletes in our Freshmen and JV programs will receive a certificate
- Additional criteria may be required by the head coach.

# 2020-21 WEST ORANGE STUDENT ATHLETIC HANDBOOK



## ACKNOWLEDGEMENT OF UNDERSTANDING

I, the undersigned, have read and acknowledge the policies and procedures set forth by the West Orange Athletic Department. I understand all expectations and requirements of a student athlete at WOHS.

Please fill out this form and return it to your Head coach.

Sport(s) You Participate: \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Full Name: