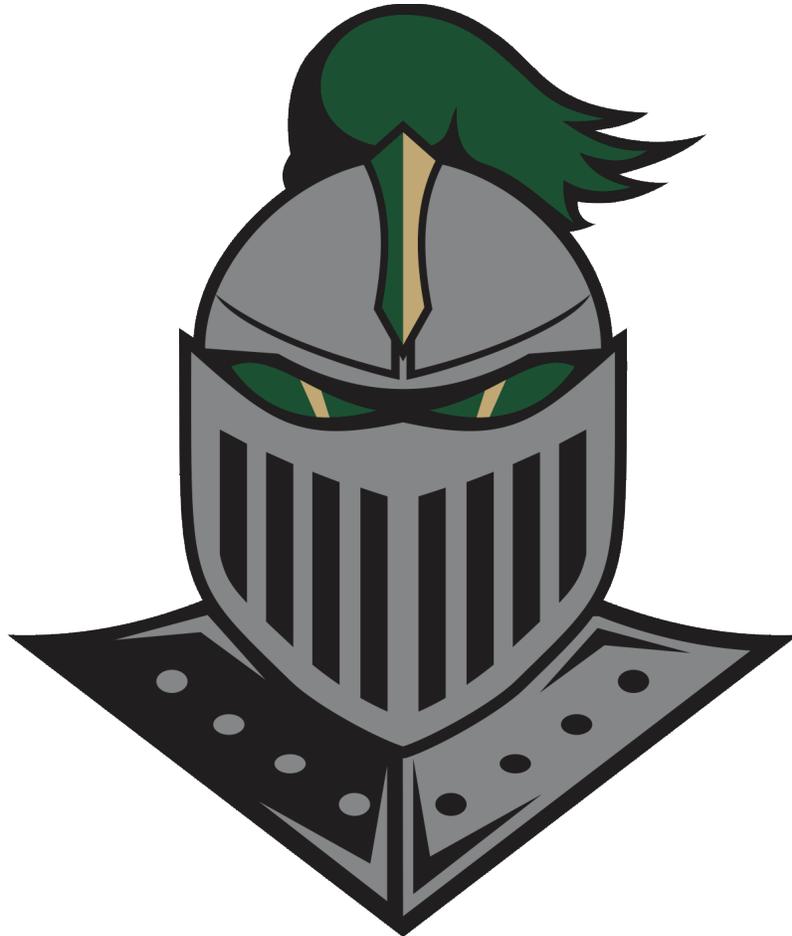


2019-2020
Oakland Christian School
Athletic Handbook



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OAKLAND CHRISTIAN SCHOOL ATHLETIC HANDBOOK

Introduction

Athletics play an important role in developing healthy bodies, growing in wholesome, interpersonal relationships, developing maturity in handling pressures and living with the reality of success and failure. As a means to take advantage of these benefits, Oakland Christian School offers a wide variety of sports for its students.

The following handbook explains to each athlete and parent our view of athletics, the various sports offered, eligibility, practices, game attendance and other important information.

Oakland Christian School's Philosophy of Sports

Participation on an O.C.S. athletic team is a privilege earned through hard work, commitment and dedication to the team's common goals. In view of the biblical principles and standards of this school, athletes are expected and encouraged to maintain a Christ-like attitude and show a high level of sportsmanship in every endeavor of life. The Bible tells us that how we think in our heart – so are we. In order for us to have a Christ-like attitude and to show that attitude to others, we must intentionally put God's Word in our heart, think positive thoughts and perform positive actions. Athletes, parents, friends, coaches and fans all have an opportunity to reflect Christ through athletics.

Objectives of Oakland Christian School Athletics

Physical training and athletics are invaluable. They are tools to apply important principles found in the scriptures. I Timothy 4:8 tells us that we must never lose focus of the deeper meaning of athletics in life. We are here to honor God and to be His representatives to the world around us. Our objectives for athletics are as follows:

- A. Portray Christ in all things.
- B. Train the student to seek the direction of the Holy Spirit in all actions and thoughts.
- C. Teach the following Christ-like characteristics:
 - 1. Commitment to Christ, the school, coach and team
 - 2. Love and sacrifice
 - 3. Humility to and praise for the Lord in all things (Romans 12:3; Colossians 3:23)
 - 4. Enthusiasm – heartily as unto the Lord
 - 5. Diligence (Galatians 6:9)
 - 6. Obedience to authority (Hebrews 13:17)
 - 7. Responsibility for decisions, actions, attitudes and communication (Romans 14:12)
 - 8. Determination to set and meet goals (Philippians 3:13, 14)
 - 9. Meekness and leadership through service (Matthew 20:26,27)
 - 10. Self-control (Galatians 5:22, 23)
 - a. in actions –“whatsoever you do, do all to the glory of God” (I Corinthians 10:31)
 - b. in words (Proverbs 21:23)
 - 11. Dependability – (steadfast)

- 12. Ability to make wise decisions (James 1:5)
- D. Exceed the academic and social standards of the school
- E. Embrace the knowledge, skills and an understanding of the rules needed to participate in your chosen sport.
- F. Prepare both physically and mentally prepared for practice and games

Grade-Level Goals and Objectives

Middle School (6th, 7th, 8th grade)

- 1. Emphasize skills and fundamentals
- 2. Learn teamwork – rules, regulations, discipline and good sportsmanship
- 3. Encourage as many students as possible to participate
- 4. Grant everyone at this level the opportunity to play in games, provided they attend games, practices, are academically eligible and display a proper attitude.

Junior Varsity (primarily grade 9, 10 and 11)

- 1. J.V. teams are the last stepping-stone for preparation for varsity teams
- 2. Build on fundamentals and sharpen skills
- 3. Emphasize playing time in relationship to student’s ability and skills
- 4. Increase the number of games and practices
- 5. Instill the students’ need to be more responsible, disciplined, and dedicated
- 6. Encourage participants to attend camps, open gyms and off-season conditioning.

Varsity

- 1. Represents the most-skilled athletes in that sport
- 2. Impose try-outs and cuts
- 3. Select players based on their athletic skill, attitude and dedication to the sport
- 4. Recognize that the goal of winning the game becomes a higher priority on the varsity level
- 5. Base playing time on skill level with attitude, desire, commitment being very important
- 6. Accept that more is expected from our varsity players:
 - a. example to younger players
 - b. academic leadership
 - c. positive attitude
 - d. commitment to school
 - e. spiritual leadership
- 7. Participate in team camps
- 8. Encourage players to attend other camps, open gyms and off-season conditioning

Athlete’s Contract-High School

As an athlete, commitment to the team is of utmost importance. Without this commitment, the team cannot develop to its fullest. The following are expectations of a high school student-athlete:

- 1. All players are expected to have 100% attendance starting with the 1st day of practice. We believe in the phrase “practice is important,” and it is especially true in athletics. Athletes cannot improve in any sport or any aspect of life without hard work and practice.
 - a. Excused absences:
 - i. Physical illness
 - ii. Family Emergencies - Death in the Family, Medical Emergency, etc.

- iii. Approved School Activities – with coach approval
 - iv. Doctor Appointment – If prearranged and approved by the coach.
 - v. If an athlete will be absent from a practice, it is the athlete's responsibility to personally inform the coach. Continued unexcused absenteeism may result in suspension from the team.
2. All prospective high school players must discontinue participation in contests for an outside club team, in the same sport, prior to the MHSAA start date for contests in that sport's season, if they choose to participate and have been selected to participate on the Oakland Christian School High School team.
 3. Making a high school junior varsity or varsity team does not guarantee playing time in games or matches.
 4. Parents must recognize that playing time, position, and strategy are determined by the coach. Positions and playing time will be determined by ability, attitude, adherence to team and school rules, and effort, as determined by the coach.

Parent/Guardian Code of Ethical Conduct & Expectations

The purpose of the Parent Code is to develop parental support and positive role models in all Oakland Christian School athletic activities. In the tradition of excellence, the purpose of all athletic activities at Oakland Christian School is to promote the physical, mental, social, emotional, and spiritual well-being of each student athlete. **Parents/Guardians are an integral part of this process.**

As an Oakland Christian School parent/guardian, I agree to

- *Follow the OCS "Pillars of Honor"
- ***T**each, **E**nforce, **A**dvocate, and **M**odel good sportsmanship
- *Be a positive role model for my student, the school and the community
- *Display a positive attitude and behavior
- *Show respect for all participants, officials/judges and coaches
- *Assist in providing for student safety and welfare at all times
- *Know and follow the guidelines in the Athletic Handbook

Inappropriate behavior on the part of the parent or guardian could lead to suspension or complete removal of the parent from home and away contests. Inappropriate parent behavior may lead to suspension or removal of their son or daughter from the OCS athletic teams.

Playing time, positions and team strategy

Playing time, the role an athlete plays and the team strategy are at the discretion of the coach. Questions about players' positions, other student athletes and team strategy are inappropriate and will not be entertained by the coach, athletic director, or school administrators. At the high school level, questions about playing time are also inappropriate. Questions about what the athlete can do to improve should be directed to the coach.

Question or Grievance Procedure

It is Oakland Christian School's policy that grievances should not be addressed before, during or immediately following any practice or athletic contest. Coaches are instructed to refrain from these discussions.

If a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue or complaint, the following steps should be followed:

1. Wait 24 hours before approaching a coach.
2. Request a meeting with the coach.
3. If your problem is unresolved, arrange an appointment with the Athletic Director.
4. If your problem is still unresolved, arrange an appointment with the school Principal.

Oakland Christian School Pillars of Honor

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and must promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to:

Christ-Like Behavior

God Honoring – Honor God with everything I do.

Noble – Seeing the excellence or worth in others and in self.

Dedicated – Compete as a representative of Jesus Christ.

Virtue – Participating in the fullness of life while authentic in action, character and deed.

Courage – Confronting the opponent or difficulty with the confidence that I am prepared to succeed.

Trustworthiness

Trustworthiness – Be worthy of trust in all I do.

Integrity – Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular or personally costly.

Honesty – Live and compete honorably. Do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability – Fulfill commitments. Do what I say I will do.

Loyalty – Be loyal to my school and team. Put the interests of the team above personal glory.

Teamwork – Joining efforts together in a common cause in agreement and cooperation.

Respect

Respect – Giving proper honor to people in positions of authority while learning how God works through them to provide protection while building character.

Attentive – Showing the worth of a person by giving sincere attention to their words.

Class – Live and play with class and be a good sport; be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Disrespectful Conduct – Conduct myself in a manner that does not demean individuals or the sport with any type of disrespectful conduct.

Respect for Officials – Treat game officials with respect.

Responsibility

Importance of Education – Be a student first, and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not

have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

Role-Modeling – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field.

Consistently exhibit good character and conduct yourself as a positive role model.

Teachable – Open to improve and refine existing talents.

Self-Control – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Decisive – The ability to effectively finalize difficult decisions in the way that is right using energies to fulfill the expectations of those who are counting on you.

Healthy Lifestyle – Safeguard your health; do not use any illegal or unhealthy substances or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game – Protect the integrity of the game. Play the game according to the rules.

Fairness

Fair and Openness – Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

Reliable – Giving consistent, positive effort when in a role.

Faithful – Looking at decisions from the viewpoint of each person involved.

Just – Blameless and loyal in what you say or do.

Discretion – the ability to intentionally use words, actions and attitudes that result in positive growth.

Caring

Concern for Others – Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Teammates – Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Satisfaction – Showing positive contentment regardless of the circumstances when walking with God and team.

Service – Devoted to work with and help others.

Flexibility – Remaining open to adopt and change when conditions require it.

Athletic Affiliation

MIAC – Oakland Christian School is a member of the Michigan Independent Athletic Conference. The MIAC determines the league schedule for our varsity and junior varsity teams. Varsity players have the ability to earn all-conference honors through the MIAC.

MHSAA – Michigan High School Athletic Association is an organization that has established a state code of rules and regulations for high school level of competition.

NCSAA – National Christian School Athletic Association provides opportunities for our teams and athletes to be recognized nationally.

Athletic Team Offerings for Oakland Christian School.

Fall

1. High School
 - a. Boys' Cross Country
 - b. Girls' Cross Country
 - c. Girls' Cheerleading
 - d. Boys' Football
 - e. Girls' Golf
 - f. Boys' Soccer
 - g. Girls' Volleyball
2. Middle School
 - a. Boys' Cross Country
 - b. Girls' Cross Country
 - c. Boys' Football
 - d. Boys' Soccer
 - e. Girls' Volleyball

Winter

1. High School
 - a. Boys' Basketball
 - b. Girls' Basketball
 - c. Boys' Bowling
 - d. Girls' Bowling
 - e. Girls' Cheerleading
2. Middle School
 - a. Boys' Basketball
 - b. Girls' Basketball
 - c. Girls' Cheerleading

Spring

1. High School
 - a. Boys' Baseball
 - b. Boys' Golf
 - c. Girls' Soccer
 - d. Girls' Softball
 - e. Girls' Tennis
 - f. Boys' Track
 - g. Girls' Track
2. Middle School
 - a. Boys' Baseball
 - b. Girls' Soccer
 - c. Girls' Softball

Athletic Forms

Prior to participation, a participant must be registered and payment made. Registration is not complete until a physical and concussion form are received. Registration is completed through FamilyID.com. Documents should be given to the athletic office. There is a drop box outside the athletic office. Documents given to coaches are not considered turned in until the athletic office has received them.

Eligibility

Athletic Eligibility

1. MHSAA Guidelines - OCS is a member of the Michigan High School Athletic Association and participates in the Michigan Independent Athletic Conference. A student is required to maintain eligibility under their codes. For the complete list of MHSAA guidelines, student-athletes are encouraged to view www.mhsaa.com.
 - a. A current Physical Exam Form, signed by a physician after April 15th of the previous school year, is required to be on file with the school as a prerequisite for

practice and game competition. Forms can be obtained from the office or athletic web page.

- b. Students in grades 10-12 who have transferred to OCS must have clearance from the athletic department before participating in games or scrimmages. Practice is permitted.
 - c. A student is not eligible if they reach their (19th) birthday before September 1st of the current school year.
 - d. Transfer students must be enrolled in school prior to the fourth Friday after Labor Day or the fourth Friday of February in order to be eligible on the subsequent eligibility day.
 - e. **High School** participants may not compete in athletic competitions of other teams of the same sport currently in season on the MHSAA calendar. Players may compete on additional non-school teams of non-season sports. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests during the school season while not representing their school.
 - f. Athletes should check with the athletic department before receiving prizes in non-OCS events.
 - g. Senior are the only students allowed to compete in all star competitions. They lose eligibility in the sport once they participate in the all star competition.
2. Oakland Christian Guidelines
- a. Students must have a completed Athletic Forms Packet.
 - b. Students must have a paid Athletic Fee for the current season.

OCS Academic Eligibility

A student-athlete at Oakland Christian School is first and foremost a student. He or she shall devote sufficient time and energy to achieve acceptable grades. A student-athlete who cannot meet the standards of excellence set by Oakland Christian School and its teaching staff will not be eligible to participate in any extracurricular activities. The minimum standards of academic eligibility for Oakland Christian School are listed below:

1. MHSAA Requirements:
 - a. Currently taking 5 classes
 - b. Passed 66% of the trimester hours in the previous term
2. Oakland Christian School high school requirements for eligibility in addition to MHSAA rules are as follows:
 - a. GPA no lower than 1.7 on the report card of their previous trimester.
 - b. No failing grades on the report card of the previous trimester of class.
 - c. Must be enrolled in a minimum of six classes
 - d. Students who receive an incomplete on their report card will not be eligible until that work is complete. Special consideration will be given when the incomplete was due to illness.
 - e. At the grade pull of the sixth week of the trimester, if a high school student is failing a class, he or she will become ineligible for a minimum of one week or until the student has earned a passing grade in that class on a subsequent weekly grade pull.
 - f. If a high school student-athlete completes a trimester below the Oakland Christian School standard but above the M.H.S.A.A standard, he or she has the ability to regain eligibility in the following trimester. On the 6-week grade pull, if the student-athlete is passing all classes and has a GPA of 2.0 or higher, he or she can regain eligibility. If on subsequent grade pulls, the student falls below the Oakland Christian School standard of a 1.7 and passing all classes, the student-athlete loses

- eligibility immediately. Student-athletes can receive this exemption only one time during his or her high school career.
- g. Failing spring trimester grades and/or a GPA lower than 1.7 can be made up in summer school to establish fall eligibility.
3. Middle School (grades 6-8) student eligibility will be determined every three weeks according to the class grade and GPA requirements. Eligibility can be regained within the marking period providing the ineligible middle school student has earned passing grades at the scheduled checking periods.

Sportsmanship

A Sportsmanship Report will be completed by the coach when a coach or athlete is disciplined by an official during an athletic contest. Examples of infraction include unsportsmanlike conduct, dangerous play, arguing with officials, uniform infraction, intentional foul, taunting and any other unsportsman-like conduct.

When a student-athlete is disqualified from a contest, Oakland Christian School follows the standards of the MHSAA for disqualifications. The student-athlete misses the remainder of the contest from which they are disqualified, as well as the next contest.

Classroom Attendance in Order to Participate in Practices or Games

Students must attend school for the entire day in order to participate in athletic events or practice. They may not be marked absent for any class. On the day of absence, an exception will be made when the absence is excused by a doctor's excuse or for a funeral. Juniors and Seniors are allowed 2 college visits in which they are absent from school and still able to participate in practice or games. If a student is suspended from school he or she may not participate in practice or games for the day(s) of suspension.

1. Any athlete who is found to have chosen to participate in practice on a day in which they are absent without the afore mentioned exceptions will be suspended for a minimum of 1 contest.
2. Any athlete who is found to have chosen to participate in a contest on a day in which they are absent without the afore mentioned exceptions will be suspended for a minimum of 2 contests.

Game and Practice Attire

Game Day

Oakland Christian School will determine uniforms for game day.

Practice

Coaches, under the guidance of the athletic department, determine the athletic apparel to be used for practice. Oakland Christian School has provided some general guidelines for determining practice apparel:

1. Student athletes should dress in such a way that is appropriate and modest. Size, fit, and length should all be considered when determining shorts and shirts for practice. Shorts for boys and girls at a minimum should be no shorter than mid-thigh.
2. "Shirts and skins" during practice is not acceptable.

3. Male and female student athletes may not wear spandex clothing as the outside layer of their practice apparel.
4. Coaches may require practice uniforms at the varsity, junior varsity, and freshmen levels.

Athletic Volunteer Service Opportunities

Athletic volunteer opportunities can be used to fulfill OCS Family Service Hours. If the sport in which your child competes has home competitions in which admissions are collected and/or concessions are provided, the family must serve at one event for admissions and one event for concessions. A list of available dates will be provided to the families. Families will be required to select an available event. If families do not sign up, they will be given a date to serve. If a family fails to serve on their assigned date, they will be assessed an additional athletic fee equal to the value of that sport's Athletic Fee for non-participation. If an emergency arises, please contact the athletic office in advance and we will try to help you switch with another family or reschedule if possible.

Signup.com

Signup.com will be the avenue by which athletic service hours will be published. Parents will be able to login to sign up for athletic opportunities. The link to sign-up for volunteer opportunities will be found on OCLancerNation.com under the Support/Give tab.

Transportation

The normal mode of transportation for games during the school week is by bus. Parent drivers will not be used. OCS is responsible for transportation that takes place immediately after school. Weekend or late night transportation will allow for parents to determine their player's transportation is a bus is not provided.

Returning from games: If a bus was used for transportation, athletes are required to ride home with the team unless signed out by their parent or individual assigned by their parent. Students may not be signed out to ride with a student driver.

Occasionally students must be dismissed early from class in order to participate in an early game. Athletes will be expected to make prior arrangements with each teacher before dismissal from class. Students may not leave earlier than the time announced.

After-School Supervision

Middle school students who stay after school for games or practices must be supervised. Middle school students who are not supervised will be taken to after-school care at 3:15 pm. Middle school students who are waiting for their game or practice to start must be under the supervision of their coach, coach-appointed adult, or parent.

Dropping from a Team/Adding to a Team

If a student-athlete decides to drop from a team, he or she must follow the guidelines of the athletic department or risk being ruled ineligible for future teams:

1. Discuss dropping from the team with the head coach.

2. Return all equipment to the head coach.
3. Understand that the athletic fee is non-refundable after game contests have begun.

If a student-athlete wishes to add to a team or change to another team in the current season, they must adhere to the following guidelines:

1. Receive permission from each of the head coaches and the athletic department.
2. Add-ons must take place before the first contest for students enrolled when the season began. Those students not enrolled when the season begins will be dealt with individually. Appeals for special circumstance may be made to the Athletic Director.

Participation on an Outside Athletic Team – High School

There is no MHSAA or OCS rule prohibiting an athlete from participating on an outside team in a different sport concurrently with a high school season in another sport (i.e. an athlete may be on the Oakland Christian High School volleyball team and be playing on an outside soccer team at the same time).

Athletes who are a member of any Oakland Christian High School team, per MHSAA rules, may not participate in contest on an outside team in the same sport during the high school season (i.e. may not be on the Oakland Christian High School basketball team and also compete in contests on an outside basketball team during the high school basketball season). Playing in a contest for an outside team of the same sport after practice has begun at OCS will result in the MHSAA mandated penalty of the student-athlete becoming ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that season in that school year. The following exceptions apply to this rule:

1. Bowling, cross country, golf, and track & field shall apply the limited team membership rule from the point of a student's first participation in a contest or scrimmage, rather than practice.
2. During the high school season in bowling, cross country, golf, or track & field, a member of the school team in that sport may participate in a maximum of two non-school meets or contests in that sport while not representing his or her school.

Multiple Sports Participation – Different Season

Athletes are encouraged to participate in as many sport seasons as they qualify. Athletes coming from one sports season to another (fall to winter or winter to spring) may not be required to attend tryouts or practice until the Monday following the conclusion of the previous sports season. The exception to this rule is for athletes whose team or as an individual has advanced in the MHSAA playoffs. These athletes will be given a minimum of one day off before being required to attend the next sport.

Multiple Sport Participation – Same Season

Athletes are allowed to participate in two sports in the same sports season. Athletes will be required to abide by the following guidelines:

1. The athlete must meet with the Athletic Director to designate a priority sport and a secondary sport.
2. The priority sport must take priority when conflict between the two sports arises.
3. The athlete is assessed a second sports fee for the athletic season.

4. A refund of the athletic fee will not be refunded after contests have begun if the athlete drops from one of the teams.

Uniforms and Equipment

When the athlete's season comes to a completion, he or she is required to return all uniforms and equipment that belongs to the school. Students are expected to keep the uniforms and equipment clean and in its best possible condition. Athletes are financially responsible for all lost or damaged items. If the items are not returned, the athlete will be billed for the replacement cost of the items and a hold will be placed on their Netclassroom account. Athletes will not be allowed to try out, practice, or participate on any other athletic team until uniforms and equipment are returned or reimbursed. When the items are returned, the invoice will be voided and the holds released.

Athletic Awards

Types of Awards

1. Varsity – First-time varsity award winners will receive a chenille letter and pin insert. For subsequent varsity awards, athletes will receive only a pin insert. All awards will be distributed at a culminating end of season dinner/gathering. MVP trophies are also distributed by each varsity coach.
2. Junior Varsity – Award winners will be recognized with a certificate of participation at their end of season gathering by the coach.

Varsity Letters

1. Varsity letters are received by the student-athlete for fulfilling the requirements provided by the head coach for the specific sport and participation in the MHSAA playoffs.
2. To receive a varsity letter, the athlete must be a participant during the state playoffs and finish the season in good standing on the team.
3. If a student-athlete is injured before fulfilling the requirements to receive a varsity letter, a letter may be awarded as decided by the head coach and athletic department.
4. Letters will only be awarded after all equipment issued to the student-athlete is returned unless the student-athlete is still participating.

OCS Awards

1. Competitor's Award – The Competitor's Award is given to each athlete who competed in good standing at the high school level on 1 varsity, junior varsity or freshmen team in each of the 3 calendar seasons.
2. 4 Star Athlete Award – The 4-Star Athlete Award is awarded to the athlete who competes in good standing in each of the 3 calendar seasons and also has a 4.0 for the school year.
3. Senior Athlete Award – The Senior Athlete Award is awarded to any participating senior who has earned 5 or more varsity letters during his or her high school career.
4. Senior Scholar-Athlete Award – The Senior Scholar-Athlete Award is presented to the participating senior with the highest GPA with 5 varsity letters.
5. Iron Lancer Award – The Iron Lancer Award is awarded to any senior that has competed as a Lancer in every calendar season at the high school level whether on the freshmen, junior varsity or varsity in grades 9 through 12 at Oakland Christian School.

Lockers

Students participating in high school athletics must request a locker in the athletic locker room from the Athletic Office. Athletes of the current year receive preference. Athletes not participating in the current season may be removed from the locker room to facilitate current season athletes.

Coaches, parents, and booster groups that would like to decorate high school lockers can receive the student's locker number from the Athletic Office. A list will be provided with the locker numbers but will be kept in the Athletic Office.

Communication

The athletic department will communicate in a few different ways.

OCLancerathletics.com – Alerts, Articles, News, Rosters, Game Schedules, General Information, etc.

Email Blasts – Important Announcements

Google Calendar – Practice and Game Schedules

Schoology – Calendar for Players and Parents

The athletic department will give each coach the email addresses on file for the parents of the athletes listed on the roster. The coach will communicate with the families by BCC when email is used. For a parent representative of the team to receive the emails, he or she must ask each individual family for their email address. The school policy does not allow the athletic department to pass emails out to non-coaching individuals.

Injuries

All injuries which require treatment by a doctor or hospital must be reported by the coach and/or parent to the Athletic Director on the Injury Report Form. If a doctor authorizes the athlete to be kept out of practices or games, a doctor will be required to authorize the return.

Music

Music used for events must be approved by the Athletic Director. A pre-approved list will be available. All music not on the list must be approved before use at an Oakland Christian athletic event.

Emergencies

By signing the Parent/Athlete Agreement, you are giving permission for an OCS representative to treat your child in cases of emergency.

Concussion Information

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed

properly. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion, and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • Extreme emotion • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents and coaches include the following:
<ul style="list-style-type: none"> • Dazed look • Vacant facial expression • Confused about assignment • Forgets directions • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit • Seizures or convulsions • Loses consciousness

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating or even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries, including concussions. As a result, education of administrators, coaches, parent and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. All suspected concussions are subject to return to play protocol.

Return to Play Protocol:

1. Only an MD or DO may clear the individual to return to competition or athletic participation.
2. The clearance to participate must be in writing. (Document can be found at www.oaklandchristian.com/athleticforms)
3. The clearance may not be on the same date on which the athlete was removed from play.

The parent should also inform your child's coach if you think that your child may have a concussion. Remember, it is better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to <http://www.cdc.gov/ConcussionInYouthSports/>.

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