

Catoosa Public Schools

Athletic and Activities

Handbook



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Home of the **INDIANS**

Dear Parents,

Welcome and thank you for your participation in Catoosa Athletics and Activities! We encourage all students to participate in our extracurricular programs. Athletics and activities provide our students with valuable life lessons that extend much further than their high school journey. As a former high school and collegiate athlete, sports prepared me for college and the adult world after I graduated high school. Athletics and activities taught me how to compete, build relationships, problem solve and motivate myself and others.

The Catoosa Athletic and Activity Department strives for excellence both in the classroom and in the competitive arena. Our extracurricular programs are intended to instill teamwork, character, respect, confidence, integrity and discipline. We are committed to maintaining healthy programs, developing high character young adults and enhancing the overall experience for students!

I look forward to watching Catoosa compete this season! Have fun and good luck!

Sal Guerrero
Executive Director of Athletics and Activities
Catoosa Public Schools

Catoosa Public Schools Athletic and Activities Department Mission Statement

The Catoosa Public Schools Athletic and Activities Department's mission is to develop high character students empowering them to be successful in their personal and professional lives. We are dedicated to instilling teamwork, character, respect, confidence, integrity and discipline.

Athletics and Activities Philosophy

The coaching philosophy of Catoosa Public Schools is students first, winning second. It is vital that we develop the whole student on the cognitive and physical level. Catoosa Public Schools strives to develop young model citizens with the ability to be successful in whatever path they choose. With understanding that, the more advanced students will play and compete but all students will have the opportunity to develop. We want students to learn life lessons that they can carry and build on for their futures.

General Rules for Extracurriculars

- **The Catoosa Student Handbook** rules are in effect during athletic events and activities, whether those are during or outside of the school day, at Catoosa or on away trips. Coaches in each extracurricular may have additional expectations which will be outlined in their individual handbook.
- **Quitting an extracurricular:** If a student begins an extracurricular, they are allowed to quit but are not allowed to transfer to the next sport or activity until the previous sport or activity has come to an end.
- **Academic Eligibility:** All students are subject to the eligibility requirements of both the Oklahoma Secondary Schools Activity Association (OSSAA) and Catoosa Public Schools.
- **Attendance**
 - Students must attend at least 50% of the school to be eligible to compete in games or activities on the day they missed.
 - Unexcused absences or habitual absences from practices or games may result in dismissal from the extracurricular.
 - School-related absences for extracurricular events, games, meets, competitions, etc. are limited to (10) per year.

Sportsmanship

Admission to an interscholastic event is a privilege not a right, and with that privilege comes responsibility—responsibility to conduct oneself in a manner where the event is enjoyable for other fans and participants. Each individual is requested to take personal responsibility for keeping this event at a high level of good sportsmanship and character. This attitude of sportsmanship and respect should be reflected by all spectators, no matter what their personal feelings of loyalty may be to one or the other teams in this contest. OSSAA Sportsmanship Rule applies to all coaches, athletes, students, spectators, etc.

Catoosa Public Schools Lettering Policy

Catoosa Public School athletes are eligible to letter each year they participate in varsity athletics and activities (9-12th grade). Lettering policies are specific to each sport and activity and requirements can be found in their specific handbook upon request.

Coaching Ethics and Professional Standards

- Exemplify the highest moral character, behavior, and leadership.
- Respect the integrity and personality of the individual student. Encourage and respect all students and their values.
- Abide by the rules of the event in letter and in spirit, regardless of the consequences. Understand all rules and regulations of your sport or activity and student eligibility set forth by the OSSAA and Catoosa Public Schools.
- Respect the integrity and judgment of officials/judges, never baiting or taunting officials/judges in any way, or seeking out an official/judge during the event or at the conclusion of a contest.
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional development.
- Promote ethical relations among coaches/instructors/advisors.
- Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- Encourage the highest standards of conduct and scholastic achievement among all students. Help develop qualities of leadership and initiative.

Supervision

All school extracurricular activities must be supervised by a coach and/or administrator employed by the school board.

- A coach and/or administrator must be present at all games and practices.
- Coaches should be present before, during and after practice. Coaches cannot leave until the last student has been picked up.
- Coaches are responsible for the conduct of his or her students at all times. There should always be a coach (head or assistant) in/around the locker room/facility for supervision.
- Coaches should sit in the front, middle and back of the bus for supervision of their students.
- Coaches should not let students use any facilities without a coach being present. Coaches are responsible for unlocking and locking the facility doors.

Hazing/Bullying Prohibited

“Bullying” means any pattern of harassment, intimidation, threatening behavior, physical acts, verbal or electronic communication directed toward a student or group of students that results in or is reasonably perceived as being done with the intent to cause negative educational or physical results for the targeted individual or group and is communicated in such a way as to disrupt or interfere with the school’s educational mission or the education of any student. Catoosa Public Schools has a zero tolerance for such behavior and is subject to disciplinary actions or removal from any extracurricular.

Equipment and Facilities

- In most of our extracurriculars, parents or students may be expected to take care of washing and cleaning of clothing. Coaches will instruct students as to whose responsibility this will be and emphasize the proper care of uniforms.
- Athletes should keep their locker room/facility clean. Clothing and equipment should always be put in lockers when possible and the lockers should be locked. The school will not be responsible for lost or stolen items. Take pride in keeping your locker rooms and other facilities neat and clean.
- Weight room: Students are not permitted to workout in the weight room unless supervised by a staff member. Everyone has a responsibility to practice good hygiene in the weight room. Shirts must be worn when using equipment and benches should be wiped regularly. Closed toed shoes are required. All weight should be properly racked or put in its proper place after use.
- No students should be given keys to any facility without the coach being present.

Team Travel

The school will provide transportation to out-of-town activities and contests. Team members will travel to events in school transportation. Students may return home with their parent(s) only when the parents/guardians sign the student out with the coach/sponsor. Students can only ride home with their guardian.

There will be no gambling, use of tobacco, use of drugs or alcoholic beverages or any other illegal activities on any school trip. Coaches must pick up his/her bus at the designated time. If a problem arises that prevents the coach from picking up a bus at the appointed time, the transportation office should be notified immediately. Coaches must see that teams return to school as soon as possible after a game, especially on school nights. Parents should be told when to expect the team home. Coaches are responsible for ensuring the bus is clean.

Coach-Parent Communication Guide

SportsYou App: Coaches, Students and Parents will communicate through the school approved communication platform, SportsYou.

Parent & Coach Relationship: Students are best served in their extracurricular experiences by understanding and respecting the position of both coaches and parents. Clear communication between students, coaches and parents is an important element in any athletic program.

COMMUNICATION THAT STUDENTS AND PARENTS SHOULD EXPECT FROM THE COACH:

- Team Expectations
- Team Rules and guidelines and consequences for infractions
- Times and locations of practices and events
- Injury procedures
- Lettering and awards policies for athletics and activities

COMMUNICATION THAT COACHES SHOULD EXPECT FROM PARENTS:

- Concerns expressed directly to the coach
- Notification of any injury or illness in a timely manner
- Notification of any scheduling conflicts well in advance

Students at Catoosa Public Schools will experience some of the best, most rewarding times in their lives but they may also experience times that don't go exactly as they planned. Catoosa Public Schools encourages students to have discussions with coaches/sponsors. This is an important first step to a mutual understanding and creates self-advocacy.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH:

- The coach's interaction with your child
- Any concerns about your child's interaction with others
- Ways to help your child improve their skills

The primary role of every Catoosa Public Schools coach is that of an educator. As a parent it can be difficult to accept if your child is not getting the amount of playing time you feel they deserve. Coaches make decisions on what is best for his or her programs including but not limited to playing time, number of students traveling etc.

The areas listed below must be left to the discretion of the coach.

- Team strategy
- Playing time
- Play calling
- Other student-athletes

STEP 1: STUDENT AND COACH CONFERENCE.

Conflicts are generally best resolved at the lowest level, that between the student and the coach. Such conferences are encouraged.

WHEN YOU HAVE A CONCERN TO DISCUSS WITH A COACH - PLEASE USE THE FOLLOWING PROCEDURE:

1. If the coach-student conference does not resolve the situation, please call the main number at the school and ask for the coach's extension. You may also access their email through the district web site or get it from the front office. Please only use email to set up the conference and not in place of the conference.
2. Request a time to meet with the coach.
3. If the coach cannot be reached, call the Executive Director of Athletics and Activities and request that a meeting be arranged between the parent and coach.
4. Please do not attempt to conference a coach before or after a contest or practice. These can be emotional times for the parent, student, athlete, and the coach. Meetings of this nature usually do not promote positive relations.

THE NEXT STEP:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution?

1. Call the Executive Director of Athletics and Activities to discuss the situation.
2. Call the Principal and schedule a meeting to discuss the situation.
3. Final step would be with the Superintendent or his designee.
 - i. The Executive Director of Athletics and Activities or Principal will schedule this meeting. *(Please do not call the members of the school board as you will be redirected to the above process.)*

PARENT CODE OF CONDUCT:

- Be realistic about your child's ability.
- Help your child set realistic goals
- Be an encourager at home and in the stands.
- Don't relive your own past through your child.
- Control your emotions at games and events.
- Respect your child's coaches, communicate with them in a positive way and encourage others to do the same.

- Be a positive role model. Be responsible and sensible.

Rankone

All Catoosa Public School athletes 6-12 grade are required to complete online forms EACH YEAR before being permitted to participate in athletics. You only have to create a “Parent Account” once. It will roll over each year until your athlete graduates.

6 Electronic Forms and 2 Printed forms: Please visit www.rankonesport.com for all your online forms.

- Physical Form - Printed
- Medical History - Printed
- Emergency Consent - Online
- OSSAA Eligibility Form - Online
- Drug Consent - Online
- Sudden Cardiac Arrest - Online
- Concussion - Online
- Biological Sex Affidavit - Online

OSSAA Policies

Catoosa High School and Catoosa Middle School are members of the Oklahoma Secondary Schools Activities Association (O.S.S.A.A.) and responsibility of this membership is delegated to the District Athletic Director as the voting delegate. The O.S.S.A.A. rules govern eligibility in all cases; however, the policies and rules of the Catoosa Public School District supplement those of the Activities Association. The rules of the O.S.S.A.A. can be found on their website www.ossaa.com

Physicals: Every student-athlete must have a current physical and medical consent form for each year of participation. The proper form to be filled out by a physician is the “OSSAA Physical examination and parental consent form” and is available to download from the OSSAA website listed above. Physicals are to be given on or after May 1 for the next school year’s participation. The school will generally have a night for physicals sometime in May. There is a charge for these physicals and students certainly have the option of getting their physical from their own physician. The physicals will be kept on file in the Athletic Director’s office. Athletes are required to provide their own insurance, or parents must sign a waiver.

New Students: Every new student to the Catoosa District from grades 7-12, needs to fill out the OSSAA New Student Form when they enroll. From these questions it will be determined if the new student is immediately eligible in accordance with OSSAA rules, if the student will have to sit out for one year, or if there is sufficient criteria for a hardship to be requested. New students that enroll after the first day of school must sit out a minimum of 15 calendar days before they will be able to compete even if they are eligible in all other respects.

The process for Hardship Waivers and Eligibility can be found by visiting the O.S.S.A.A website under the “Eligibility Tab.”

Sudden Cardiac, Concussions, Heat Illness and other weather protocols can all be found by visiting the O.S.S.A.A website under the “Sports Medicine Tab.”

NCAA Eligibility Guidelines

The NCAA Eligibility Center verifies the academic and amateur status of all student-athletes who wish to compete in Division I or II athletics.

College-bound student-athletes who want to practice, compete and receive athletically related financial aid during their first year at a Division I or II school need to meet the following requirements:

- Graduate from high school.
- Complete a minimum of 16 core courses for Division I or II.
- Earn a minimum required grade-point average in core courses.
- Earn a qualifying test score on either the ACT or SAT.
- Request final amateurism certification from the NCAA Eligibility Center.

For Division I student-athletes who will enroll in August 1, 2016 and later, the requirements to compete in the first year will change. In addition to the above standards, students must:

- Earn at least a 2.3 grade-point average in core courses.
- Meet an increased sliding-scale standard (for example, an SAT score of 820 requires a 2.5 high school core course GPA)
- Successfully complete 10 of the 16 total required core courses before the start of their seventh semester in high school. Seven of the 10 courses must be successfully completed in English, math and science.

Students that earn at least a 2.0 GPA but not a 2.3 GPA and meet the current sliding scale standard (for example, an SAT score of 1,010 requires a 2.025 high school core course GPA) will be eligible for practice in the first term and athletically related financial aid the entire year, but not competition. Freshmen who are academically successful in the first term will earn the ability to continue to practice for the remainder of the year.

Division III colleges and universities set their own admission standards. The NCAA does not set initial eligibility requirements in Division III.

For more detail about academic requirements visit the [Eligibility Center](#).

Athlete Code of Conduct

It is important that every student and parent understand that athletics and activities fall under the umbrella of the Catoosa Public Schools and the rules of the Oklahoma Secondary Schools Activities Association. School rules that are in the student handbook will apply to athletics as well. In that participation in athletics is a “privilege” and not a right and is not required for graduation, coaches and/or the athletic director and principal may find it necessary to remove students from the extracurricular program if there are disciplinary violations that warrant such removal.

Social Media: Texting, Facebook, Twitter, Instagram, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student leaders/student-athletes at Catoosa Public Schools. Students should be aware that third parties, including the media, faculty, future employers and school officials could easily access social media profiles and view all personal information. This includes all pictures, videos, comments, posts, and posters. Inappropriate material found by third parties affects the perception of the student, Catoosa Athletics and Activities, and the school. This can also be detrimental to a student’s future employment options, whether in sports or in other industries.

Students will not engage in inappropriate, harassing, demeaning, threatening or offensive behaviors while participating in online communities. Examples may include, but are not limited to, depictions or presentations of the following:

- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity as well as any acts of violence (examples: derogatory comments regarding another school; taunting comments aimed at a student, coach or team at another institution and derogatory comments against race, sexual orientation and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- 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 a pornographic 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 would constitute a violation of team, school, and league rules (examples: commenting negatively publicly about a coach, teacher, classmate, athletic opponent, official, staff member, and school employees.)

- Information that is sensitive or personal in nature or is proprietary to the Catoosa athletic program or the school, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Possible disciplinary sanctions include:

- Appropriate disciplinary action from the head coach of the sport or activity
- Temporary suspension from the sport or activity
- Suspension from the sport or activity for the remainder of season
- Suspension from athletics or activities for the year

Catoosa students will be held to a high standard of conduct and need to represent themselves and Catoosa at such a level in the classroom, in the competitive arena, and in the community. Our students will be reminded to “do the right thing” and should understand that they will have to accept responsibility for the choices they make. In addition, it is necessary to adhere to the responsibility of abstaining from drugs, tobacco and alcohol.