



# OCEANSIDE

ATHLETIC HANDBOOK

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Oceanside Schools

LIGHTING THE WAY TO SUCCESS



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# PROGRAM PURPOSE

## Athletic Director Message

Welcome to Oceanside Athletics. Our program is designed as a continuation of the classroom, with a focus on growth and development. Our student-athletes will have the opportunity to develop physically, intellectually, socially and gain the skills and knowledge to succeed on the playing surface, classroom, and in life. Please use this handbook to become familiar with the philosophy, specific policies, rules, and expectations necessary for a well-organized interscholastic athletics program. Our program is governed by the Oceanside School District, the [New York State Public High School Athletic Association](#), and [Section VIII Athletics](#).

**Thomas Lehman**  
Director of Athletics, Physical Education, and  
Health

## Program Objectives

**Creating a culture of mutual respect, trust and purpose will be the driving force that allows our students to maximize their potential.**

- Focus on character development and citizenship.
- Cultivate academic and athletic achievement through the development of attitudes and values that motivate students to pursue excellence.
- Provide an enjoyable environment that promotes growth, celebrating success and teamwork.
- Demonstrate world-class sportsmanship at all times, in all situations.
- Inspire all participants to be the best versions of themselves.
- Create a student-centered approach to coaching
- Maintain and create a safe environment for all.

## Purpose Statement

It is the goal of Oceanside Athletics to maximize the potential of all of our student-athletes. Participation in our program will focus on high-character individuals who acknowledge that maximum effort, team commitment, and being prepared to overcome obstacles will create the opportunity for success that transcends winning itself.



**Oceanside Schools**  
*Anchored Together*  
**BY PURPOSE, PASSION, AND PEOPLE**

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[Link Tree](#) - All your Athletic Links in one place  
Oceanside [District Website](#)  
Athletics, PE & Health [Twitter Account](#)





# SPORT OFFERINGS

## MODIFIED (MS), JUNIOR VARSITY, VARSITY

### *HS Fall Sports*

- JV & V. Football
- JV & V. Cheer
- JV & V. Boys Soccer
- JV & V. Girls Soccer
- JV & V. Girls Tennis
- JV & V. Boys Volleyball
- JV & V. Girls Volleyball
- Varsity Boys & Girls Cross Country
- Girls Varsity Swimming/Diving
- Varsity Boys Golf

### *HS Winter Sports*

- JV & V Boys Basketball
- JV & V. Girls Basketball
- JV & V. Cheer
- JV & V. Wrestling
- Varsity Boys & Girls Bowling
- Varsity Gymnastics
- Varsity Boys Winter Track
- Varsity Girls Winter Track
- Varsity Dance
- Varsity Boys Swimming

### *HS Spring Sports*

- JV & V. Boys LAX
- JV & V. Girls LAX
- JV & V Baseball
- JV & V. Softball
- Varsity Boys Track, and Field
- Girls Varsity Track & Field
- JV & V. Boys Tennis
- Varsity Girls Golf
- Varsity Girls Badminton

### *Middle School Fall Sports*

- Grade 7 Boys Soccer
- Grade 7 Girls Soccer
- Grade 8 Boys Soccer
- Grade 8 Girls Soccer
- 7th & 8th Grade Boys Cross Country
- 7th & 8th Grade Girls Cross Country
- 7th & 8th-grade Football
- 7th & 8th Grade Cheer
- 7th & 8th Grade Boys Tennis

### *Middle School Winter Season 1*

- Grade 7 Boys Basketball
- Grade 7 Girls Volleyball
- Grade 8 Boys Basketball
- Grade 8 Girls Volleyball
- 7th & 8th Grade Cheer

### *Winter Season 2*

- Grade 7 Girls Basketball
- Grade 8 Girls Basketball
- 7th & 8th Grade Boys Volleyball
- 7th & 8th Grade Wrestling

### *Middle Spring Sports*

- Grade 7 Baseball
- Grade 7 Softball
- Grade 8 Baseball
- Grade 8 Softball
- Grade 7 Boys LAX
- Grade 7 Girls LAX
- Grade 8 Boys LAX
- Grade 8 Girls LAX
- 7th & 8th Grade Boys Track and Field
- 7th & 8th Grade Girls Track and Field
- 7th & 8th-grade Gymnastics
- 7th & 8th Grade Girls Tennis

# PHILOSOPHY BY LEVEL

## MODIFIED, JUNIOR VARSITY, VARSITY

### Modified (Grade 7&8)

This program of interscholastic athletics is designed for 7th and 8th-grade students. This program focuses on the fundamentals of the game, team play, rules, training, and basic skills. The main objective is for students to gain the knowledge and skills to be successful student-athletes in the classroom, school community, and the field. It is important to be outcome aware but purpose-driven at this level, as winning is not the most important goal. We will do our best to maximize participation and provide opportunities for as many students conducive to learning. We will make a concerted effort to make as few cuts as possible. If the number of students trying out for a team creates a difficult situation to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may become necessary. Students should anticipate a minimum of five days a week commitment. Practices and competitions are not typically held on weekends or holiday breaks.

### Junior Varsity

This program of interscholastic athletics is typically designed for 9th and 10th-grade students. This program emphasizes an increased focus on physical conditioning, refinement of fundamentals, team development, and game strategies and tactics. This level continues to focus on the purpose and the process of self and team improvement. Student-athletes start to develop ownership of their experiences and understand the behaviors necessary to become successful. Contests and practices may be held on holidays and Sundays. Practice sessions and games are scheduled during weekends and school vacation periods. With a goal of becoming a varsity athlete clear in sight, students are expected to demonstrate a high degree of dedication, commitment, and maximum effort. It is a goal that all players will play in a contest over the course of a season; however, a specific amount of playing time is never guaranteed. Some of the factors that may limit opportunities are; practice attendance, level of preparedness demonstrated in practices, the existence of safe/appropriate competitive match-ups within a competition, and the team's competitiveness versus its opponents.

### Varsity

This program of interscholastic athletics is the culmination of the high school athletics program. 11th and 12-grade students generally make up the majority of the roster. However, underclassmen can be included on the team and receive playing time over those older student-athletes. At this level, student-athletes are expected to be fully committed to improving themselves and the team. Contests and practices may be held on holidays and Sundays. Practice sessions and games are scheduled during weekends and school vacation periods. Coaches will prepare each day to maximize the potential of each individual and team while striving for victory and preparing to win every contest. Communication between each athlete and their coach is a fundamental requirement to create an atmosphere of trust and growth, enhancing team success. It is vital that each team member have a role and be informed of their role and how they can contribute to the team. While contest participation over the course of the season is desirable, a specific amount of playing time at the varsity level is never guaranteed. The varsity coach is the leader of that sports program and determines the system of instruction and strategies for that program from modified through varsity.

# RESPONSIBILITIES OF AN OCEANSIDE STUDENT-ATHLETE

Being a member of an Oceanside athletic team is a privilege and an honor. The attainment of this goal allows you to represent your school community and be part of a great athletic tradition that has been developed by the hard work of many people over the years. Being a student-athlete comes with a sense of pride to represent yourself, your community, your family, and your team to the highest standards. Committing to do your best at all times, in all situations, is what will set you up for success. Being accountable to yourself and your teammates is a responsibility that all student-athletes have to honor and strive for. You are responsible to:

- Be the best version of yourself academically, athletically, and in your school community.
- Say "no" to risky lifestyle choices that will negatively affect you or others.
- Take ownership of your experience - be a self-advocate.
- Being a great teammate and display respect for all.
- Create a positive atmosphere for teammates, opponents, and classmates.
- Demonstrate world-class sportsmanship in victory or defeat.
- Abide by all school district and team rules and policies.
- Speak to your coaches regularly to maintain open lines of communication.
- Be committed to the team and be an active participant in all training sessions.
- Understand that hard work and maximum effort are a means to success.
- Compete to the fullest of your abilities during all practice sessions and games.
- Accept your role on the team, which may include making individual sacrifices for the team's betterment.
- Be willing to engage in community service projects.
- Mentor new or younger student-athletes to ease the transition.



**“You develop a team to achieve what one person cannot accomplish alone. All of us alone are weaker, by far than if all of us are together.”**



# KEYS TO SUCCESS

**"SUCCESS IS NOT A MATTER OF JUST WANTING TO WIN. IT'S A MATTER OF PREPARING TO WIN."**

## Goal Setting

Align your actions with your values. Set realistic goals for yourself and team. Work with your coach and teammates to help you achieve those goals in the classroom and on the playing surface.

## Commitment

Great teams are outcome aware but purpose and process driven. Commitment to getting better everyday in all that you do is a must. Once you make a commitment to be part of the athletic program, balancing your school work, team responsibilities and family time will be vital.

## Competition

Possessing the belief that you can compete to the highest of your abilities on a daily basis will provide our teams with a competitive advantage. Ask yourself, did you try your best today? did you do your best today?

## Teamwork

A team that displays trust in each other will have a greater competitive advantage over the teams that are selfish and about "me" over "we". Being a great teammate and understanding anything that may be detrimental to yourself is a detriment to the entire team.

## Mindset

Having a growth mindset and understand that hard work and maximum effort are a means to success. Being present and fully engaged in the moment, will create a culture of focus, determination and preparedness to face adversity and overcome obstacles.

## Nutrition & Rest

A balanced diet which is comprised of protein, healthy carbohydrates and fats can increase energy levels, stamina and strength. Proper hydration through the day is key for performance. Avoiding sugary drinks and consuming water is best. Combined with adequate rest and sleep, our student-athletes will be able to perform to their best of their abilities.





# COACHING ETHICS

**"A GOOD COACH CAN CHANGE A GAME.  
A GREAT COACH CAN CHANGE A LIFE."**

## Coaching Code of Ethics

**"The coach that communicates, educates, and motivates with the greatest clarity has an enormous competitive advantage."**

- Exemplify the highest moral character as a role model for young people.
- To recognize coaching as teaching in its truest form.
- Create an athlete-centered approach to coaching.
- Motivate and build up each individual and reinforce self-image.
- Encourage and assist all team members in reaching maximum potential in the classroom and on the field.
- Provide meaningful feedback to all of your student-athletes.
- Create a culture built on trust, communication, and a shared vision of high standards and success.
- Communicate program goals, philosophy, and purpose with parents and student-athletes.
- Uphold the District's code of conduct for all student-athletes.
- Provide a safe environment that is free of bullying, hazing, and harassment.
- Provide a safe atmosphere that allows students to improve during practice and gameplay.
- Create the conditions to allow student-athletes to make decisions, think creatively, and view mistakes as part of the learning experience.
- Provide an engaging atmosphere that the student-athletes WANT to be part of.
- Demonstrate world-class sportsmanship and be modest in victory and gracious in defeat.
- Be a continual learner to enhance your effectiveness and your coaching skills and techniques.
- Strive to develop the qualities of leadership, initiative, and good judgment in each team member.

# COMMUNICATION

## CLEAR COMMUNICATION WILL HELP CREATE A COMPETITIVE ADVANTAGE

### Player to Coach

There is no greater relationship than a player and a coach.

Players should have the confidence and ability to speak to their coach. Trust must be developed in order to maximize this relationship and coaches will work with students to empower them to be self-advocates. Players who are creative thinkers, and decision makers will be more successful than those who are fearful of making mistakes.

### Coach to Player

Coaches should be in constant communication with their team and all individual team members. All team members need to know what their role is and how to be a contributor.

Feedback is a crucial ingredient of coaching and each coach must provide individual and team feedback to all team members to help them improve and develop the skills and confidence to compete at high levels.

### Coach to Parent

Creating an atmosphere of clear communication and expectations can improve coach and parent relationships, which result in a positive learning environment. Coaches will share their values, philosophy, expectations, team schedules, team requirements, injury procedures and behavior expectations with all parents.

### Parent to Coach

Parenting and coaching are both rewarding and challenging. Working together with our student athletes will allow our students to perform to the best of their abilities, free from conflict and ridicule. Parents should communicate any concerns about their child's behavior, attitudes or health with their child's coach.

Coaches will not speak to parents about playing time, other student-athletes, team strategies, and play calling. Coaches are professionals and have day to day knowledge of their teams and are working to maximize the effectiveness of the team. These conversations will be had with the student-athletes on the team and the Athletic Director on a regular basis.

### Conflict Resolution

The two people that can best resolve any issues are the coach and athlete.

Therefore, this is the first step in resolving an issue. The Athletic Director can serve as a resource to help student-athletes navigate this challenging task or be the person the student-athlete turns to if there are still unresolved issues after speaking with the coach.

After these two steps, the next appropriate step would be for the parent to set up a meeting with the coach. If the issues are still unresolved, it may be necessary for the parent to meet with the coach and Athletic Director.

**The coach's role is to ensure that all team members are safe and properly supervised before, during, and after an athletic contest. Oceanside Athletics will implement a 24-hour rule. This rule is in place to ensure that all parties are clear-headed and can have a productive conversation. Please do not confront a coach before, during, or after a game. This excludes any casual conversations the coach and the parents want to have.**



# PARENTS AS PARTNERS

**AN ATMOSPHERE BASED ON TRUST, VALUES  
AND RESPECT WILL YIELD RESULTS**

## Role of Parents in Interscholastic Sports

The Oceanside School Districts Athletic Department's goal is to create a positive experience for all participants, including our students, coaches, parents, staff, opponents, spectators, and referees. All of our parents need to set the behavior standards and uphold the following:

### Parents as Partners

- Allow your child to own their athletic experience and promote progress and the process of improvement.
- Promote maximum effort and teamwork.
- Praise effort and development, which supports a growth mindset.
- Help your child accept their role, be accountable to their teammates, and remain committed to academic and athletic improvement.
- Encourage your child to speak with their coach directly with any concerns or issues.
- Motivate your child to strive for greatness and have the belief in themselves and the team (winning attitude).
- Support the efforts and decisions of the coaching staff.
- Demonstrate high levels of sportsmanship and respect for all team members, coaches, opponents, and game officials.
- Help our student-athletes understand that mistakes are vital in the learning process.
- Recognize that athletic success or lack thereof is not a reflection of you as a parent.



# SPORTSMANSHIP

**"VICTORY IS IN THE QUALITY OF COMPETITION  
AND NOT IN THE FINAL SCORE"**

## Coaches and Athletes

- Being a great host and treating all visitors as guests.
- Show respect to yourself, the game, the community, opponents, coaches, and game officials.
- Refrain from profane and abusive language and actions.
- Control the controllables and be accountable to yourself and the team.
- Display high levels of character in a loss or a victory.
- Any student-athlete who is ejected from a game for unsportsmanlike conduct will automatically be suspended from his/her next contest, under NYSPHSAA rules.

## Spectator Code of Conduct

- Remember, the game is for the players. They are here to play, learn and enjoy the experience. Your sportsmanship and appropriate behavior will enhance their educational experience.
- Refrain from "coaching from the sidelines," which is a distraction and inhibits performance.
- Recognize and appreciate the efforts and skills of all players regardless of school affiliation. This creates a healthy atmosphere and school culture.
- Make positive comments, cheer for our team and refrain from negative chants or taunting opponents or game officials.
- Respect the judgment of coaches and officials' decisions. A scoreboard does not give you the right to demean and act inappropriately to anyone.
- All spectators must remain off the playing surface, away from the player's benches, locker rooms, and equipment.
- As per NYSPHSAA rules, noisemakers, air horns, and all other items that can be used to be a nuisance or safety concern to spectators and athletes are prohibited at all times.

***The Athletic Director or any school personnel has the right to ask any fan, parent, spectator to leave the premises. It is a privilege to watch our student-athletes participate in interscholastic athletics. The Oceanside School District expects proper behavior at all of our athletic events.***

***Let the players play, the coaches coach, the officials officiate. Be Loud, Be Proud, Be Positive.***



# PARTICIPATION

## REQUIREMENTS FOR PARTICIPATION

### Pre-season

A pre-season player's interest meeting will be held before the beginning of the next season. Important information will be provided at these meetings. Meetings will be communicated in school and through social media outlets. The coaches of OHS fall sports are also expected to hold meetings of this type for interested 8th graders at OMS during the springtime.

### Medications

If your child needs to carry an inhalant medication for asthma or an EpiPen for bee/insect allergies, a medication [permission slip](#) (pg. 6) and self-medication slip must be filled out and signed by a doctor and parent for the current school year. This must be on file in the health office before the student is allowed to try-out for sports.

### Registration

Student-athletes must be medically cleared to practice or try-out for a team. All student-athletes must have a valid athletic physical on file. Physical exams are considered current for 12 continuous months. If needed, athletic physicals are provided at no charge to interested students at specific times determined throughout the school year. All other forms must be completed and turned in to the coach before tryouts/practice begins.

[\*\*Sports Registration Guide\*\*](#)

### Tryouts & Team Selection

Team selection will be held in a closed environment with only the coaches and athletes in attendance. Team selection can be based on athletic ability, sportsmanship, academic performance, citizenship, energy and effort levels, commitment level, and leadership abilities of the student-athletes. Coaches are professionals who will use their best judgment based on experiences, criteria, and team needs when constructing a roster. All student-athletes are required to attend all tryout sessions. All student-athletes will have the opportunity to speak individually with the coach(s) after the tryout process. Coaches will provide those players who did not make the squad with alternative options they may be interested in pursuing.



# HEALTH AND SAFETY

## STUDENT-ATHLETE EXPECTATIONS

### Injuries

**Injuries will occur from time to time. Should an injury occur, please follow the guidelines:**

- Make sure the injury has been reported to the coach, school athletic trainer, and school nurse.
- If the injury occurs during a game or practice, and the coach is aware, the coach will notify parents as soon as possible, when appropriate.
- If your child has an injury or illness that will limit his/her activity, you must notify the coach, school athletic trainer, and school nurse immediately to stop sports and physical education. If he/she is absent for five or more days due to injury or illness, a new physical may be required to continue in sports. A doctor's note is required from each athlete once he/she returns from this absence.

### Athletic Trainer

**The role of the athletic trainer is to:**

- Recognize and treat the athlete's injury.
- Provide rehabilitation services and/or further recommend further medical treatment.
- Be the point person for all medical concerns for student-athletes.
- Provide coaches with information on conditioning and prevention of injuries.

### Awareness of Risk

As in most of life's physical activities, participation in interscholastic sports carries a degree of risk of injury that cannot be ignored. While these risks do exist in all athletic programs, our coaches, school nurses, teachers, and administration are committed to reducing the possibilities of such occurrences by emphasizing sound training and adherence to the procedures and guidelines contained in this handbook. It is essential to report any injury an athlete suffers immediately to his/her coach.

[Concussion Information](#)

[Cardiac Arrest Infographic](#)

# ATHLETIC ELIGIBILITY

## Requirements

- A student-athlete must take at least four subjects and Physical Education.
- A student must be in grades 9-12 to participate on a JV or Varsity team.
- A 7th or 8th-grade student who passed the APP test may try out for a JV or Varsity team.
- A student-athlete must receive an adequate health examination and may not practice or participate without the approval of the school's medical officer. A physical examination is valid for a period of 12 months.
- A student turning 19 on or before July 1 is ineligible to participate in interscholastic athletics.
- ALL rules are governed by the Oceanside School District, NYSPHSAA, and Section VIII.

## OSD Eligibility Policy & Student Code of Conduct

- A student absent from school all day may not practice or participate in a game after school.
- A student must be present in school by 11:00 am in order to participate on any given day.
- Any student-athlete violates the school's rules of behavior and the behavior results in an in-school suspension or out-of-school suspension from 1-5 days, the student is also suspended from the activity they are involved in at that time. This includes weekends. In addition, any suspension from co-curricular activities must include at least one but not more than two suspensions from major contests, even if this activity occurs after the school suspension period.
- If the violation of the school rules involves drugs or alcohol (controlled substances), it is further required that:
  - The student will attend a meeting with a member of the pupil personnel team.
  - The student will attend appropriate counseling
  - The student and parents will meet with the Principal or Associate Principal and the coach.
- Students who fail to comply with the above mandates may be precluded from participating in co-curricular activities.
- A student with two infractions may not be a participant in after-school activities for one calendar year.

## Academic Eligibility

- Any student who falls into probation by achieving less than a 65 average in any subject must:
  - Distribute & collect the bi-weekly report sheet from each teacher and give the report to their coach.
  - Demonstrate commitment to attend at least one available extra help session in every class in which they have below a 65 average.
  - Show certification of attendance on the bi-weekly academic report.
  - Continue to attend extra help until grades are 65 or above.
    - Failure to comply with the above for two consecutive academic reports will result in ineligibility to participate until an academic report demonstrated compliance.
- Students affected by the above regulation will have the right to appeal from a determination of ineligibility.



# ATHLETIC POLICIES

## [Anti-Hazing Policy](#)

## [Concussion Management Policy](#)

### **Leaving a Squad**

Individuals leaving a squad without the coach's permission or of an Athletic Training Rule violation forfeits all awards and may not participate on another team that same season. This may also prohibit the student from participating on a team the next season as well. If an individual leaves the team before final cuts, he/she may try out for another team, if permission is granted from both teams. Practices are sport-specific and cannot count from one sport to another.

### **Vacation Practice Policy**

Practices and/or athletic contests may take place over school vacations (JV & V). When committing to a team, athletes are required to attend all practices and/or contests during these times. Athletes who go away or miss practice and/or contests can expect that there could be some effect on their standing on the team, playing time, and their chance of making the team when cuts are taking place. Athletes are expected to fulfill their commitment to the team.







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# ATHLETIC POLICIES

## Athletic Placement Process

Formerly known as Selective Classification, the APP allows 7th and 8th graders to participate at the High School level. This process is designed for mature and "exceptional" student-athletes to advance to a higher level of competition. ***The APP is not to be used to fill positions on teams or to play with friends. This is designed for a select few who would benefit from such a placement. This process is initiated by the school's athletic coach and not by parents or the individual athlete.*** Students must fulfill all requirements, including parent approval, medical approval, appropriate developmental rating, passing the physical fitness test, coach's skill evaluation form, and displaying an advanced degree of social-emotional maturity before a tryout is granted.

## Transportation Policy

The OSD provides transportation to and from athletic contests. All athletes are required to use school district transportation. In extenuating circumstances, parents may need to drive their own children home from a contest. If this is desired, parents/guardians must provide a written request in advance. In all cases, parents/guardians will have to be the party with whom the athlete is riding home. The person giving the ride will present themselves to the coach before the athlete is excused after the contest. Again, no athlete can travel home with another parent/guardian unless their own parent/guardian is present. During travel, it is an expectation that all student-athletes demonstrate respect and proper decorum.

## Equipment Policy

Student-athletes are responsible for returning all equipment issued during their sport season:

- The student-athlete will be financially responsible for any lost equipment.
- All equipment must be returned to the athlete's respective coach or the Athletic Director.



# PROSPECTIVE COLLEGE ATHLETES

## NCAA

### NCAA Process

Students enrolling in Division I or II colleges or universities who wish to participate in athletics must meet specific academic eligibility requirements. The NCAA Eligibility Center determines initial academic eligibility. Please visit the [NCAA Eligibility Center](#) for specific information and registration. Please consult your school guidance counselor or the NCAA hotline at 317-917-6222 for further information. Start to get familiar with this process as early as freshman year.

### 9th Grade Student

- Focus on getting good grades
- Consider signing up for a free profile page at the [NCAA Eligibility Center](#)
- Learn about the NCAA requirements

### 11th Grade Student

- Take the ACT or SAT and submit scores to the NCAA Eligibility Center using code 9999
- Ensure your sports participation information is correct in your account
- Ask your counselor to upload your official transcript to your account

### 10th Grade Student

- Ensure you are registered for a free profile page
- If you want to pursue college athletics further, create a Certification Account with the NCAA Eligibility Center
- Monitor your account for the next steps
- Speak to your GC and review your transcript

### 12th Grade Student

- Complete your NCAA approved core courses
- Take the ACT or SAT again, if needed and submit scores
- Request your final amateurism certification in your Certification Account
  - April 1 - Fall enrollees
  - October 1 - Winter/Spring enrollees
- Ask your counselor to upload your final transcript after graduation

## ATHLETIC AGREEMENT

The Oceanside School District recognizes academic excellence as the priority of the students. All constituents must realize that participation in the athletic program at OMS/OHS is an honor and a privilege earned by maintaining academic and discipline standards. The Oceanside School District reserves the right to limit, restrict, or suspend athletic privileges to any student not complying with the rules and regulations set forth herein.



# Oceanside Schools

**LIGHTING THE WAY TO SUCCESS**