

Oakdale High School

Student Athletic Handbook

OJUSD Superintendent-Larry Mendonca
OHS Principal-Mike Moore
Athletic Director-Dave Bacigalupi

Oakdale High School

Fall Sports

Football
Flag Football (Girls)
Volleyball (Girls)
Tennis (Girls)
Golf (Girls)
Water Polo (Boys & Girls)
Cross Country (Boys & Girls)

Winter Sports

Basketball (Boys & Girls)
Wrestling (Boys & Girls)
Soccer (Boys & Girls)

Spring Sports

Baseball
Volleyball (Boys)
Softball
Tennis (Boys)
Golf (Boys)
Track (Boys & Girls)
Swimming (Boys & Girls)
Rodeo

Mike Moore, Principal
847-3007, ext. 250

Jordan Gausling, Vice Principal
847-3007, ext. 252

Diane Kline, Vice Principal
847-3007, ext. 103

Shannon Kettering, Vice Principal
847-3007, ext. 185

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847-3007, ext. 166 or ext. 144

Table of Contents

OHS Athletic Department Mission Statement.....	4
Athletic Goals and Objectives.....	5
Eligibility Requirements.....	5
Athletic Participation Credit.....	6
Appearance.....	6
Block Letter Requirement.....	6
Quitting or Being Removed from a Sport.....	6
Responsibility for Equipment.....	6
Attendance.....	6
Cut Policy and Squad Size.....	7
Being Moved Up in Competition.....	7
Transportation.....	7
Academic Eligibility.....	8
Ineligibility Appeals.....	8
Self Referral/Intervention.....	8
OHS Injury Procedure.....	8
VOL Fight Policy.....	10
Pursuing Victory with Honor/CIF Expectations For Coaches.....	11
CIF Code of Ethics.....	12
CIF/OHS Code of Conduct for Interscholastic Student Athletes.....	15
OHS Coaches Code of Ethical Conduct and Expectations.....	17
OHS Release for Travel Home.....	18
Home Campus Online Athletic Clearance Flier.....	19
Example of Physical Examination Form.....	20

Oakdale High School Athletic Department Mission Statement

The mission of the Oakdale High School Athletic Department is to sponsor broad-based athletic programs that provide educational, athletic and equitable opportunities for all students.

The athletic department fosters and supports opportunities for young men and women to grow governed by the ideals of integrity, sportsmanship and fair play. It supports the hopes and aspirations of its student athletes, its administration, its coaches and its staff, as well as the student body as a whole, and is dedicated in assisting them to achieve the highest levels of academic success, personal development and excellence in athletic competition.

The athletic department seeks to be a source of community pride for the citizens of the Oakdale Joint Unified School District (OJUSD) and to be seen as a state recognized, prominent athletic program, through consistently high levels of performance and accomplishment in athletic competitions.

The athletic department is committed to the general welfare of student athletes and embraces the California Interscholastic Federation's (CIF's) principles of sportsmanship and ethical conduct. It is dedicated to ensuring ethical sportsmanship-like behavior in full compliance with all federal, state, National Federation of State High School Associations (NFHS), CIF, Valley Oak League (VOL), OJUSD, and OHS school rules and regulations.

Embraced in the mission of the athletic department are the following principles:

- To provide support in all areas of student-athlete welfare including academics, physical and emotional well-being, social development, personal growth and wellness
- To recruit as many OHS student-athletes as possible to experience academic, athletic and social success
- To provide facilities, equipment, and training to ensure that student athletes have the opportunity to excel, while always ensuring equitable opportunities for all students and staff
- To maintain a sound financial base through adequate funding and appropriate management of funds
- To operate in compliance with all federal, state, CIF, VOL and OJUSD rules
- To employ coaches consistent with OJUSD philosophy and standards of integrity, moral conduct and sportsmanship

Athletic Goals and Objectives

Our student athletes shall learn:

1. To work with others...in our society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.
2. To be successful...our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You learn to accept defeat only by striving to win with earnest dedication.
3. To develop sportsmanship...we need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. To improve...continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal.
5. To enjoy athletics...it is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
6. To develop desirable personal health habits...to be an active, contributing citizen, it is important to obtain a high degree of fitness and develop the desire to maintain this level of physical fitness after formal competition has been completed.

Basic CIF Eligibility Rules

A student athlete must:

1. Not have reached their 19th birthday on or before June 15th, of the current year.
2. Be an amateur.
3. Be an undergraduate in high school.
4. Have attended high school not more than eight (8) semesters after completing the 8th grade.
5. Have passed at least four (4) classes of new work (20 credits)
6. Maintain a 2.00 grade point average (GPA)
7. Have no more than one failing grade ("F") on their latest report card.
8. Have met the residence requirements.
9. Have not competed on any outside team in the same sport during the school season of that sport. (Soccer excluded)

Residence Eligibility

Any student who is planning to move, or has recently moved, or whose parents or guardians have moved, should consult the Athletic Director or Administrator in charge of athletics for information regarding his/her eligibility status. The CIF website, www.cifsjs.org, can also be a valuable tool to assist in determining a student's eligibility status.

Athletic Participation Credit

Athletes will receive five (5) credits for each successfully **completed** sport. Students may receive a maximum of ten (10) credits per year.

High School Athletic Code

High School athletics shall be governed by the Constitution and By-Laws of the CIF (current or latest edition), as well as the OJUSD Student Conduct Code.

Appearance

As member of your team, we want you to be proud of your appearance. All OJUSD dress code policies will be enforced for OHS student-athletes. A coach may determine the dress code attire for the day of an athletic contest.

Dedication

An athlete must be willing to dedicate themselves to their chosen sport. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also realize that they must work out of their chosen sport in the “off season”. They must be willing to sacrifice their own desires for the good of the team.

Language

Profanity or vulgar talk will not be tolerated on or off the “playing field” at any time.

Block Letter Requirement

Because of the difference in sports, each coach, along with the Athletic Director, sets his/hers requirements. These are communicated to the athlete and parent at the start of the season.

Quitting a Sport or Being Removed

Athletes who quit a team lose all rights of a team member including, but not limited to, awards and post-season honors. A student participating in a sport may drop with no penalty providing the student left before the first practice game or scrimmage. If a student quits or is removed from a sport after the defined period, the student must wait until the end of the season of that sport, including playoffs, before participating in another sport.

Responsibility for Equipment

Athletes shall assume responsibility for all athletic equipment issued to them and are to pay for any abused or lost equipment at the end of the season. Grades will be withheld until charges are cleared.

Attendance

During scheduled school days, students are required to attend school on game days. At least (4) periods of attendance are required for it to be considered a full day. Any absence time that leads to attendance being under (4) periods must be an excused absence, or it could lead to the athlete not being allowed to participate in the game that day.

Cut Policy and Squad Size

Oakdale High School values the ideal of maximum participation, but the nature of interscholastic sports makes it necessary to limit squad size in many sports. When coaches make cuts, players are given every opportunity to discuss the outcome with the coaches involved. OHS offers no-cut programs in each sport season to accommodate those athletes who wish to participate on the interscholastic level. Although the OHS coaching staff uses the CIF tournament regulations as a guideline for determining squad size, the actual size of the squad is left to the discretion of the coach with the approval of the Athletic Director.

Cutting Policy:

Responsibility:

- Choosing the members of the athletic teams is the sole responsibility of the coaches of those teams
- Lower level coaches shall take into consideration the policies as established by the Head Coach in a particular program when selecting final team rosters
- Prior to trying out, the coach shall provide the following information to all candidates for the team: 1) extent of tryout period, 2) criteria used to select team members, 3) practice/time commitment needed if athlete is selected to the team and 4) game commitments

Procedure:

- When a team cut becomes a necessity, the process will include these important elements: 1) completion of a minimum of three practice sessions, 2) teams are encouraged to have at least one intra-squad game or scrimmage prior to the cut, 3) cut lists can be posted by student ID number, 4) coaches will discuss alternative possibilities for participation in the sport or in other activity programs 5) If a coach foresees difficulties arising as a result of team cuts, a meeting can be scheduled with the Athletic Director and the site administration

Appeals:

- An appeal must be made with the site administration within five (5) school days

Being Moved Up in Competition

Prior to an athlete being moved up in competition (freshmen to Junior Varsity or Junior Varsity to Varsity) the coach will have a parent meeting, which will also involve the school's AD. There is a form (found in the Athletic Director's office) that can be signed by all parties involved prior to the student-athlete moving up in competition to be.

Transportation

Athletes shall ride to and from all contests away from home on school provided transportation. In special instances, athletes may ride with their parents/guardians with the permission of the coach and the principal or athletic director. Only

parents or legal guardians may sign off a student from the bus following an athletic contest.

Academic Eligibility

In order for a student-athlete to be academically eligible they must maintain a GPA of at least a 2.0 with no more than one (1) failing grade (F) and no more than one (1) unsatisfactory citizenship mark (U) in each grading period. The grading periods shall be considered consecutive and uninterrupted. Therefore, the second semester grade of the previous year shall be the basis for determining the first quarter eligibility for the following year. Students/parents should review the student conduct code to determine eligibility.

Ineligibility Appeals

All ineligibility appeals will be handled through the Vice Principals' Office. The student may petition after the fifth (5) week of the grading period if they meet the following criteria: 1) they have not used the petition process during the same school year and 2) they demonstrate that they now meet the 2.0 grade standard, with no more than one (1) F or U.

Self Referral-Early Intervention

A student-athlete who voluntarily seeks help for a drug-related problem through contacting a teacher, counselor or administrator prior to school intervention will be supported in being referred to an appropriate rehabilitation agency without incurring punishment or suspension as long as the following criteria are met: 1) the student must be referred to professional help (school, community or private), 2) the student must continue with the assistance program until released by the professional and 3) contingent upon professional approval regarding health, safety and progress toward recovery, the student may continue to participate in activities. In an effort to emphasize student wellness, any student who violates the student conduct code while in a program or after having been through a professional program, will be subject to the consequences outlined in the OJUSD student conduct code.

Oakdale High School Injury Procedure

The athletic staff at OHS is concerned with the prevention and care of athletic injuries.

The following steps should be followed to assist in the prevention of athletic injuries.

1. All participating athletes must pass a physical examination prior to beginning their sport season. A student athlete needs only one (1) physical examination per academic school year. Student athletes must provide their own physicals.
2. All participating athletes must provide proof of insurance, meeting the basic requirement as prescribed by the CIF. Parent verification is required for Family Health Insurance.

3. All participating athletes must provide a consent form for treatment filled out completely and filed with the head coach or their designee of a particular sport.
4. All athletes should participate in pre-season sport conditioning to reduce injuries.
5. Each participating athlete is responsible to make sure their equipment is properly fitted and in good working condition. If the equipment is not properly fitted or is not in good working condition the head coach of the sport should be notified immediately.
6. All Rodeo participants will abide by all rules sanctioned by the National High School Rodeo Association (NHSRA) rule book. In addition all Rodeo participants participating in any rough stock events for Oakdale Rodeo (Bull riding, Bareback riding (including steer riding) & Saddle Bronc riding) must wear an approved helmet, that meets the ASTM F2530-05 standard for bull riding, at all sanctioned high school rodeo competitions. Helmets must be properly fitted and checked on a timely basis. Helmets need to be certified at least once a year.

In case of an injury, the following steps should be taken.

1. The participating athletes must notify their coach as well as their parents/guardians.
2. In the case of minor injuries, first aid procedures should be practiced.
3. In the case of more severe injuries, appropriate medical attention should be sought. No athlete who has been seen by a physician will be cleared to return to participation without permission from that physician or another licensed physician.
4. The coach of the particular sport involved is responsible for filling out an accident report, to be kept on file with the Athletic Director, and for notifying the school administration.

The head coach or a designee will be responsible for having consent for treatment forms for every member of his or her athletic team.

Valley Oak League Fight Policy

The Valley Oak League believes that the primary purpose for athletics is to promote good sportsmanship and declares its intent to do all within its power to guarantee that athletic contests are held in a sportsmanlike environment.

All member schools are committed to enforcing a code of behavior that encourages good sportsmanship and provides for appropriate consequences for unsportsmanlike conduct. Therefore, the member schools agree to enforce the following:

1. Any player ejected from an athletic contest for fighting will be removed from the next regularly scheduled game.
2. Any individual athletes participating in a fight will face school disciplinary action. Any team or group of players that leaves the ‘bench/sidelines’ while a fight is in progress may cause the game to be forfeited. If both teams and/or groups of players leave the “bench/sidelines” while a fight is in progress a double forfeit may be imposed.
3. Any fan that steps on to the court or playing field to start or join in a fight is to be automatically ejected.
4. It is recommended that the member VOL schools participate in contests involving fights confer regarding disciplinary action regarding their own athletic team members prior to the next competition.

It is recommended that each member school develop for each team a fight reaction policy.

Valley Oak League Schools

Oakdale High School Mustangs

East Union High School Lancers

Manteca High School Buffalos

Sierra High School Timber Wolves

Patterson High School Cougars

Central Catholic High School Raiders

Mountain House High School Mustangs

Pursuing Victory With Honor

CIF Expectations For Coaches

1. Sign and follow the school district's or CIF coaches' code of conduct.
2. Use "teachable moments" on a daily basis to emphasize the importance and essential elements of the six core principles of Pursuing Victory With Honor: trustworthiness, respect, responsibility, fairness, and caring and good citizenship.
3. Promote sportsmanship and foster good character by Teaching, Enforcing, Advocating and Modeling the six principles above.
4. Ensure that their program enhances the academic, emotional, social, physical and ethical development of the student-athlete.
5. Demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules from their student-athletes by teaching the history and traditions of the sport.
6. Communicate to their student-athletes and parents that athletic participation is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and conduct themselves, on and off the field, as role models who exemplify good character.
7. Enforce, with student-athletes, the district-approved codes of conduct for students.
8. Emphasize in all communications directed to student-athletes and parents the importance of character, ethics and sportsmanship. Coaches should hold a student and parent pre-season meeting to communicate their educational philosophy regarding athletics, academics, character, ethics and sportsmanship. At this meeting the coach should clearly define the expectation that coaches have for student and parent behavior and the repercussion of not meeting those expectations.
9. Emphasize to the student-athlete and their parents that the first priority of the student-athletes is a serious commitment to getting the best education possible and developing the academic skills and character to succeed. Success in the classroom should be the first priority of any student-athlete.
10. Ensure the pressure to win is not placed above education, character development, and academic, social, emotional, physical and ethical well-being of the student-athlete.

11. Whether paid or voluntary, gain the skills to be a competent coach. These minimum competencies must include basic knowledge of 1) the character-building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) the physical capacities and limitations of the age group coached, as well as first aid; and 3) coaching principles related to educational philosophy, adolescent psychology, nutrition, risk management, and the rules and strategies of the sport.
12. Model respectful behavior and demand that their athletes refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane and belligerent trash-talking, taunting and inappropriate celebrations.
13. Safeguard the integrity of their programs by continually monitoring to ensure that no undue interference or influence of commercial interest or inappropriate exploitation of the school name or reputation. This should include avoiding undue financial dependency on particular companies or sponsors.
14. Always remember that the profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches shall through words and example, strive to build character of their student-athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Urge and play a leadership role in planning and implementing pre-season meetings with parents, players, your athletic director, and if possible, the principal wherein the values and expectations of the district and the school principal are spelled out as they relate to athletics, its' place in education, the character-building potential of athletics and the conduct and behavior of all involved in athletics.

CIF Code of Ethics-It is the duty of all concerned with Oakdale Athletics: (Athletes, Parents, Fans, Coaches, Staff)

1. To display acceptable standards of behavior and citizenship at school and in the community.
2. To cooperate in a mature, sportsmanlike manner in all events whether it is as a participant or spectator.
3. To show respect for other participants, supervisors, coaches and officials.
4. To comply with the OJUSD Board of Education policies, District Regulations, and the State Education Code.
5. To comply with the rules and regulations established by the appropriate governing bodies of their activity.
6. To eliminate all possibilities which tend to destroy the best values of the game.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.

9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
10. To understand that the use of intoxicants, tobacco, drugs, or substances for sale or possession of them will not be tolerated.
11. To understand that the use of Steroids or Dietary Supplements shall not be tolerated. If a parent/guardian suspects the use of either substance they may refer to www.drugfreesport.com or www.consumerreports.org.
12. An athlete must not be a member of any outside club sport that participates in the same sport in the same season.
13. An athlete must carry an accident insurance policy (either their own or one available through the school).
14. An athlete must maintain a grade point average of 2.0 and be passing 20 credits.
15. All concerned must remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

Information regarding CIF violations/penalties in regards to player/coach ejection from athletic contests is available upon request from the Athletic Office.

Appeals Procedure-First and Second ejection: unless otherwise specified, an appeal of an ineligibility of a player or coach because of ejection from a game or event, may be made, in writing, to the player or coach's site administrator. The site administrator of his/her designee's decision on his/her athlete or coach shall be final and shall be conveyed to the administrator of the school(s), to the president of the league(s) involved and the CIF area and section commissioner.

The CIF State Constitution, Article 5, Section 522 states: Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.

Enforcement

1. Athletes who fail to comply with the Code of Ethics will be declared ineligible to participate in school activities by the school administration.
2. Parents/Fans who fail to comply with the above Code of Ethics can be banned by the coach from one game to the entire season. The Head Coach and or administrator present at the contest have the right to enforce any penalties deemed necessary to provide a safe and consistent environment for the Oakdale Joint Unified School District student-athletes.
3. Students/Parents/Fans may seek a hearing before an Appeal Review Panel consisting of the Athletic Director, Vice Principal and Principal.

Penalties

Minor violations are those, which do not require suspension from school. Any student who commits a minor violation of the Code of Ethics may be immediately suspended from all activities for a period ranging from one (1) day to two (2) weeks.

Major violations are those, which result in suspension from school. Any student who commits a major violation may be immediately suspended from all activities for a period of not less than two (2) weeks and not more than one (1) calendar year, beginning on the date of return. This penalty will be imposed by the school administration.

The administration reserves the right to prohibit a student from participation in other school activities as is deemed appropriate. Code of Ethics violations which occur when a student is not under the supervision of the school may be considered for penalties.

Sports Participation/Assumption of Risk/Quitting of a Sport

The undersigned student-athlete and his/her parent/legal guardian understand and agree: 1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; 2) that they are aware that athletic participation in sports requires physical fitness; 3) that said student-athletes possess the required degree of physical fitness to participate; 4) that a risk of physical injury is involved by participating in sports; 5) that by quitting a sport after the defined period, the student-athlete will not be allowed to participate in another sport until the previous sport has finished.

Therefore, in consideration of the OJUSD allowing said student-athlete to participate in the sports programs, both the student and his/her parent/legal guardian agree to hold the district, its Board Members, officers, agents and employees harmless from any and all liability related to an injury which the student-athlete may incur as a result of participation in this sports program.

In this respect, both the student-athlete and the parent/legal guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student-athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR PARTICIPATION IN THE ATHLETIC PROGRAM AT OAKDALE HIGH SCHOOL AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEDING.

Athlete _____ **Parent/Legal Guardian** _____ **Date** _____

CIF-Oakdale High School

Code of Conduct for Interscholastic Student Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship (“Six Pillars of Character”). This code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

Trustworthiness

- *Trustworthiness*-be worthy of trust in all I do
- *Integrity*-live up high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when its unpopular or personally costly
- *Honesty*-live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct
- *Reliability*-fulfill commitments; do what I say I will do; be on time to practices and game
- *Loyalty*-be loyal to my school and team; put the team above personal glory

Respect

- *Respect*-treat all people with respect all the time and require the same of other student-athletes
- *Class*-live and play with class; be a good sport; be gracious in victory and accept defeat with dignity
- *Disrespectful Conduct*-don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations or other actions that demean individuals or the sport
- *Respect Officials*-treat contest officials with respect; don’t complain about or argue with official calls or decisions during or after an athletic event

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 of 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. Suspension or termination of the participation privilege is within the sole discretion of the school administration (refer to the OJUSD Student Conduct Code, grades 7-12)

- *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
- *Healthy Lifestyle*-safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight
- *Integrity of the Game*-protect the integrity of the game; don't gamble. Play the game according to the rules

Fairness

- *Be Fair*-live up to high standards of fair play; be open-minded; always be willing to listen and learn

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

Citizenship

- *Play by the Rules*-maintain a thorough knowledge of and abide by all applicable game and competition rules
- *Spirit of Rules*-honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Student-Athlete (Print Name)

Student-Athlete (Signature)

Date

Oakdale High School Athletics

Coaches Code of Ethical Conduct and Expectations

It is important that every coach be an exemplary role model for the school, community and his/her student-athletes. The coach must recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of each student-athlete.

Expectations:

As an OHS Coach I will:

- Establish student safety and welfare as a number one priority
- Emphasize academics as the number one priority of the student-athlete
- Encourage student-athletes to participate in more than one sport
- Share student-athletes with other coaches and advisers
- Not hold camps or have early contact with athletes without AD approval
- Establish and model fair play, sportsmanship and appropriate conduct
- Clear all fund-raising events through the established school protocol
- Supervise and control student-athletes at all times until released to parent/guardian
- Not verbally or physically abuse fellow coaches, athletes, spectators or officials
- Not tolerate abuse of officials, faculty or other athletes by any school athlete
- Not tolerate any damage to facilities or equipment
- Be consistent in requiring athletes to follow rules and standards of the school and team
- Use discretion and good judgment when reprimanding student-athletes
- Not recruit athletes from other schools
- Not allow use of any illegal drugs, alcohol, or tobacco
- Not allow the use of profanity towards others
- Present, encourage and enforce the OJUSD student conduct code
- Make every attempt not to be ejected from a game
- Not tolerate racial slurs, epithets or derogatory remarks

Communications:

As an OHS Coach I will:

- Have open and ongoing communication with coaches, student-athletes, and parents
- Hold a parent meeting prior to the first contest with emphasis on:
 - basic policies, procedures and expectations
 - school student conduct code
 - academic requirements and expectations
 - anticipated schedules
 - procedures to resolve conflict with other school related activities
 - review consent forms
- Establish a fair and equitable process for cutting student-athletes from team tryouts
- Educate student-athletes to the dangers of using illegal drugs, alcohol and tobacco

I have read and agree to the policies stated in the OHS **Coaches Code of Ethical Conduct and Expectations**. I agree that these rules and expectations are important in developing quality programs. These programs are designed to help athletes become good citizens with a high sense of moral integrity, a competitive spirit and the ability to be honest and forthright in all endeavors. I agree to abide by these standards. I accept that failure to abide by this code may result in administrative action.

(Print Name)

(Signature)

Date

Oakdale High School Release for Travel Home

I request that my son/daughter be released to my custody, rather than returning to school on the transportation provided by the school district. I agree that once my son/daughter is released to my custody, I assume full responsibility for his/her health, safety and welfare and that the Oakdale Joint Unified School District, its agents and employees are released from any liability, which might be incurred thereby.

Date: _____ Sport: _____

Coach: _____

Student's Name: _____

Parent/Legal Guardian's Signature: _____

Oakdale High School Physical Examination Forms and Home Campus Flier

OHS Athletics is moving to an online physical platform, called Home Campus, this will make the process faster, easier and more accessible to all parties. Below you will find the flier for information on creating an account with Home Campus and an example of our new physical examination form. Both can be found on our website at www.oakdalehigh.com/sports

ONLINE ATHLETIC CLEARANCE

**1 VISIT homecampus.com
CLICK FOR PARENTS & STUDENTS
SELECT STATE**

Return Users
Log into existing account used in previous School Year.

New Users
Create an account. Please register with a valid PARENT/GUARDIAN email address as the username and generate a password.

2 SELECT START CLEARANCE HERE

Type in School & Confirm School Address
Select Year
Add Sports

Participating in multiple sports? Use Add New Sport button.

3 COMPLETE ALL REQUIRED FIELDS
Student Information, Parent/Guardian Information, Medical History, Signature Forms, and upload any File(s).

Student Info & Parent Guardian Info

Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

Signatures

Sign required documents by typing in an EXACT match of what is on the Student & Parent/Guardian page.

Files

Drag & drop or browse from your computer to add a file. Select Choose Existing File to search for a previously uploaded file.

**CLICK
SUBMIT COMPLETED
APPLICATION**








4 CONFIRMATION MESSAGE


Your clearance is ready for review by your school once you have reached the CONFIRMATION MESSAGE page.

**THE STUDENT IS NOT CLEARED YET!
THE SCHOOL MUST REVIEW AND CLEAR THE STUDENT. AN EMAIL NOTIFICATION WILL BE SENT ONCE THE SCHOOL HAS REVIEWED AND CLEARED THE STUDENT FOR PARTICIPATION.**

CONTACT HOME CAMPUS
SUPPORT@homecampus.com
[ATHLETIC CLEARANCE HELP ARTICLES](#)


QUESTIONS?
USE THE HELP ICON AT THE BOTTOM RIGHT SCREEN FOR ASSISTANCE!



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[ATHLETIC CLEARANCE HELP ARTICLES](#)

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OAKDALE HIGH SCHOOL PHYSICAL EXAMINATION FORM

NAME: _____
DATE OF EXAMINATION: _____

SPORT: _____ GRADE: _____
DATE OF BIRTH: _____ SEX: _____

To be completed by Parents

Answer Yes or No Only	Yes	No
Chronic/Recurrent Illness?		
Hospitalization?		
Surgery other than tonsils?		
Injuries treated by physician?		
Current medications?		
Organs missing?		
Heat exhaustion/stroke?		
Dizziness, fainting, convulsions?		
Knocked out?		
Concussion?		
Wear glasses or contacts?		
Hearing Defects?		
Dental appliances- bridges, braces		
Cough/pain?		
Problems with blood pressure, heart or murmurs?		
Problems with liver, spleen, kidneys?		
Hernia?		
Recurrent skin disease		
Bone/Joint injury?		

Sprain/dislocation		
Injury that cause a missed practice or event		
Allergies?		
Allergies to medication?		
Tetanus booster in last 10 years?		

To be completed by the Physician

VITALS	YES	NO	COMMENTS	RECOMMENDED FOLLOW UP
Height				
Weight				
BP: _____				
General				
Head				
Eyes			Acuity: L R	
ENT				
Dental				
Chest				
Heart				
Abdomen				
Genitalia				
Skin				
Extremities Back/Neck				

Sport Participation Approved: Yes: ___ No: ___

Limitations: _____

Comments: _____

THE INFORMATION PROVIDED ABOVE IS CURRENT
AND TRUE TO THE BEST OF MY KNOWLEDGE

PARENT/GUARDIAN SIGNATURE DATE

PHYSICIAN'S SIGNATURE

Date _____