



Oakbrook Knights Athletic Handbook
2016 - 2017

Mission: To glorify God through a relentless pursuit of excellence.
Vision: To be the school of choice for scholar athletes.

Oakbrook's Athletic Philosophy

Student-Athlete:

Oakbrook is a rigorous academic institution; our athletes are students first. Oakbrook's student-athletes will relentlessly pursue excellence in and out of the classroom. Student athletes are responsible for balancing the commitments of the classroom with the commitments of the sport. We expect them to be proactive with their teachers, and maintain academic rigor in season and out.

Athletic Skills:

Coaches are responsible for teaching and expecting athletes to properly execute the fundamentals of the game. Athletes are responsible to make a commitment to practice these skills, to attend all practices, and to respect the authority of the coach. Competition and game experiences teach athletes to recognize situations, make decisions, and take responsibility for consequences.

Teamwork:

Working together as a team, even in the "individual" sports, will be encouraged at every opportunity. Each athlete must be eager, not just willing, to sacrifice personal interests or glory for the welfare of the team.

Sportsmanship/Character:

Good sportsmanship covers the concepts of fair play, respect for those in authority, and integrity on and off the playing field. Oakbrook strives to be known for fielding competitive, well-disciplined and well-coached teams who know how to win with humility and lose graciously.

Excellence:

Athletic Excellence is attained when the athlete knows that he/she did everything within the limits of his ability to become the very best that he or she is capable of becoming. While winning events is important and a goal for all teams, success in coaching or playing will not be based on the number of athletic events won or lost. Winning is a by-product of the enjoyment/success of developing athletic skills, teamwork, and sportsmanship.

Program Goals:

In all sports offered at the School, the three levels of competition, Middle School, Junior Varsity and Varsity, are part of the same program coordinated by the varsity head coach. The Middle School and Junior Varsity interscholastic teams are designed to help students learn the various sports, determine their level of commitment to team based athletics and prepare them for varsity competition. Although all efforts will be made to secure playing time for every student, student athletes are expected to do their part in earning playing time through proper attendance, attitude, and work habits. Other specifics regarding the goals of our program include:

Middle School

The program is designed to meet the developmental needs of its participants. The purpose of the program is to develop skills, sportsmanship, and behaviors that are part of being on a team. Playing time is determined by the Coach based on practice, games, skill level in relation to the competition, and team guidelines. Each Coach's goal is to play each player in most games. However, certain situations may arise, when this is not possible.

Junior Varsity

Team and individual skills are reinforced in preparing student athletes for the more competitive varsity schedule. Playing time is determined by the coach with a goal of providing most students with quality playing time in as many games as possible.

Varsity

The varsity teams play a competitive schedule including both independent and public schools. Our commitment to excellence requires that we field the best team available from among our student athletes. Varsity selection is based on skill and maturity of the student athlete. Each student athlete's skill level is reevaluated at the beginning of the season for team membership. Scheduling and playing time considerations are based on what best prepares the team to pursue season long excellence. Student athletes wishing to play two different sports during the same season may do so only with the approval of the athletic director and the respective head coaches and must make a firm commitment at the beginning of the season to one of the teams in case of a conflict. In many cases, it may not be possible for a student athlete to participate on two teams during the same season.

Athletic Awards

The following Athletic Awards are awarded at the Annual Knights Athletic Banquet in early May.

Silver Sword

Oakbrook's annual Silver Sword is awarded to the athlete who demonstrates sportsmanship and Christ-like attitude on and off the court/field/course, not just during the season but throughout the school year. The award is not based on popularity or playing ability or attitude based on playing and not playing. The athlete is a team leader who demonstrates the attitude and character that we believe is an example of Jesus Christ. This character includes a commitment to one self and to the team, one who encourages others, often sacrificing his or her well-being for the sake of the team and one who has earned the respect of teammates and classmates. Teams and coaches present nominations for the Silver

Sword Award to the “Knights of the Round Table” whose membership consists of previous Silver Sword Award winners.

Block “O”

Student Athletes Participating on a Varsity Sport will earn a Block “O” at the Athletic Banquet. Student athletes will receive the Letter only once during an Oakbrook athletic career. Varsity student athletes will thereafter receive a silver service bar each letter year.

Coach’s Award

Varsity coaches recognize and thank the athlete who consistently demonstrates hard work, commitment, discipline - the key character traits the coaches have worked to instill throughout the team. This person may also be nominated for Silver Sword.

Sportsmanship Award

Middle School athletic teams and coaches select one athlete from each team who represents their team and Oakbrook’s Athletic Philosophy by:-Consistently demonstrates respect for authority on and off the field (includes coaches, other teams coaches, referees, parents in public, teachers, administration, fellow students, other team athletes)-Displays attitude to win with humility and lose graciously-Demonstrates good character and judgment not only at practice and competition but also school and within the community. Each team may also have team banquets at the end of the season and coaches may recognize each player’s contributions to the team.

Athlete of the Year

The Middle School Female and Male that excelled in 3 Middle School Sports and earned the respect of their teammates and coaches. The Upper School Female and Male that excelled in 2 Varsity Sports and earned the respect of their teammates and coaches. This award will be given at the Annual Oakbrook Honors Day at the end of the school year.

Athletic Offerings* for Grades 5-12 (some sports will not be available to 5th graders)

Fall:

Football – Middle School and Jr. Varsity
Girls Volleyball – Middle School and Varsity
Cross Country – Grades 5**-12
Swimming – Grades 5**-12
Girls Varsity Golf
Varsity Spirit Cheer

Winter:

Girls Basketball – Middle School and Varsity
Boys Basketball – Middle School, JV, and Varsity

Spring:

Baseball – Middle School and Varsity
Girls Soccer – Middle School and Varsity
Golf - Middle School and Varsity
Speed and Strength – Varsity
Boys Soccer- Middle School and Varsity

*Athletic offerings are provided as long as there is substantial interest to field a team.

**Denotes Most Meets for 5th Graders will be exhibition.

Oakbrook is a member of the South Carolina Independent School Association ([SCISA](#)). Oakbrook is also a member of the Carolina Middle School Conference and competes in golf, basketball, and girl's soccer.

All students are encouraged to participate in the athletic program and all efforts will be made to ensure that a student can participate. In cases where teams are limited in size, the athletic department is committed to selecting an appropriate team in a fair and impartial manner. In the case where a student is not chosen for the team of their choice, the athletic department will work with the student to help identify other areas of athletic interest and potential participation.

Criteria for Athletic Participation

All Oakbrook parents and students participating in Oakbrook athletics must attend the Athletic Parent Meeting prior to the season of play.

All athletes must be full-time students at Oakbrook Preparatory School. All athletes must be academically eligible to participate on an athletic team. The South Carolina Independent School Association academic requirements can be found at www.scisa.org. At Oakbrook, all student-athletes are required to maintain a minimum GPA of 2.0 (C-average) with no failing grade at the end of each 9 week grading period. Any student below the minimum requirement will be placed on a 21 day suspension from participation. At the end of 21 days a progress report will be produced to determine eligibility. In the event that eligibility is regained, the student will remain on probation throughout the grading period.

Eight Semester Rule: A student has Eight (8) Consecutive Semesters of eligibility from the time he/she first enters the Ninth (9th) grade.

Any student interested in trying out for a team must be at the first practice of the season. The coach must be notified ahead of time if the student is going to miss the first practice for an excusable reason (illness, death in family, etc.) All Parents

are required to attend the Teams' Parents' Meeting at the beginning of the season. Each coach will set the date and communicate to the parents the team rules for practice, play time, code of conduct and other information. Once a student has joined a team, he/she has committed to that team until the last game is completed. If an athlete quits a team, his/her case will be presented to the Athletic Review Board comprised of Administration, Faculty, and fellow Athletes to determine eligibility for Athletics for the remainder of the school year. Athletes must be at every practice for the whole practice unless excused for: doctor and dentist appointment, personal sickness, death in the family, previously scheduled church commitment. One must notify the coach as soon as possible of any conflicts. Failure to notify the coach will result in punishment from the coach as set forth in his/her team rules. Any uniforms or equipment issued to an athlete are the athlete's responsibility. Lost or damaged equipment and/or lost uniforms will be invoiced to the athlete. Athletic uniforms are only to be worn for games, not practices or any other activity. In order to participate in a practice or game for that day, the student must be in school for at least four hours of the school day or participate in an approved school activity. Exceptions must be approved by the Athletic Director prior to missing classes. These exceptions include scheduled doctor, dentist appointments, and school sponsored activities.

Athletic Bus Policy

Athletes must abide by the school's policies and procedures for transportation. Any practice held off of Oakbrook property is still considered a part of the school. When student drivers drive other students, a permission slip from each student's parent or guardian will be required to go to and from practice or in town games. Transportation for away games will be organized by the coach or Athletic Director. The Athletic Department will use the bus for away games when possible. At other times, parents may be asked to drive players to away games. When parents are driving, the drivers will travel in a caravan group. When teams are riding the bus, parents/guardians must provide the coach with a note that the athlete will ride home with their parent / guardian, prior to departure from school. No Exceptions unless for a medical emergency. When both boys and girls teams are riding on the bus, the girls will occupy the front half of the bus and the boys will ride in the back. No more than two persons per seat. Moving while the bus is in motion should be kept to a minimum. The bus will stop for meals on trips as needed. For longer trips, the AD will make arrangements with the restaurant beforehand. Players may eat on the bus. The bus will be cleaned of all trash upon return.

Athletes' Code of Conduct

Student athletes are expected to be responsible for their behavior both on and off campus, including on social media, (see attached policy) and conduct themselves in a manner consistent with the high expectations for all Oakbrook students. Therefore, any behavior that reflects poorly on the Oakbrook Community, Honor Code, and Athletic Department will result in punishment outlined in the Student Code of Conduct. Student athletes should demonstrate honesty, self-discipline and integrity and serve as role models for other students, particularly for younger

students. Student athletes must be respectful of the judgment and decisions of coaches and officials. Student athletes must also respect teammates and opponents. The athletic director and/or head coach will handle any disagreements with coaches, officials, teammates, opponents or fans. Profanity will not be tolerated at any time during the season. Coaches are expected to refrain from the use of profanity and should deal very firmly with any offense by the student athlete.

Hazing

Any type of hazing will not be tolerated by the Oakbrook Preparatory Athletic Department, coaches and the school administration. Hazing will be dealt with swiftly and could result in suspension or dismissal from the team along with other discipline action according to the handbook.

Substance Use

The Oakbrook Prep community believes that students should be alcohol and drug-free and actively supports programs and initiatives that aim to reduce risky behavior and unhealthy lifestyle choices. At the least, we must be assured that our students do not use, are not in possession of, or are not under the influence of alcohol or illegal drugs while on this campus or at school-related events. A student who disregards this guideline shows the greatest disrespect for our community and violates its trust to such a degree that he/she will be asked to leave the School.

If the School becomes aware of a student's alcohol or illegal drug use outside of school, the School may make any number of recommendations dependent on the nature of the incident, its legal disposition, the danger posed to others, and the impact it has on the Oakbrook Community.

Courses of action may include a required professional assessment of drug or alcohol dependence, counseling for the student and family, possible suspension or withdrawal from the school community, dismissal, or expulsion. The School believes parents and students should take seriously the issue of substance use by our young people, and it will take steps to educate, to support non-users, and to do all in its power to help youngsters make wise decisions.

Oakbrook athletes are expected to treat coaches and teammates, along with opponents, officials, and visitors, with respect. We encourage athletes to play hard within the rules of the game, winning with humility and losing without excuses. Athletes are expected to respect the property and equipment of Oakbrook and our opponents. Always remember that as an Oakbrook athlete, you represent our school, our coaches, and your families as well as yourself in and out of school, including on social media such as Facebook and Twitter.

Word to our Parents

Oakbrook Prep encourages parents to support their child in the child's athletic involvement. Please make sure your child is on time for practices and games. Your attendance at games is important to your child and your positive encouragement has direct impact on your child's performance. If at any time you

or your child has a concern or question, have the child/athlete talk to his/her coach first. If your concern is not resolved, then you may call the coach yourself. Any concerns not resolved after talking with the coach may be brought to the Athletic Director to set up a meeting with all parties involved.

Word to our Spectators

Oakbrook Prep welcomes athletic competition and school spirit for our teams and we encourage parents, family, friends and students to attend athletic events and cheer our team. We view all expressions of school spirit as reflections of our school. Each of us has the responsibility to encourage Christian sportsmanship including cheering for our team's success and not our opponent's failures, welcoming a visiting team and their spectators, and showing respect for officials. Only members of the athletic team are permitted to sit on a team's bench. Only timers and score keepers may sit with at scorer's table/bench. No outside food or drinks. Concessions will be available for purchase at each Home Basketball game. Please throw away your trash after games. Athletes and coaches are expected to exhibit good sportsmanship at all times. It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition. Always cheer in a positive manner. Positive cheering leads to positive results. Do not talk to officials before, during, or after the competition. Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened. Please leave concern for the officiating to the Athletic Staff. Please do not communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused. Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

Guidelines for Game Officials and Game Management to use Regarding Lightning

The purpose of these guidelines is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning. If at all possible, staff should monitor local weather conditions before and during events.

1. If the facility/school has an on-site lightning detection system, those warnings must be heeded.
2. In absence of an on-site detection/warning system, use the following criteria for suspension of play and resumption of play:
 - A. When thunder is heard or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - B. The 30-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - C. Any subsequent thunder or lightning after the beginning of the

- 30-minute count, reset the clock and another 30-minute count should begin.
3. Schools should develop an evacuation plan, including identification of appropriate nearby shelters.

Heat Policy

<http://www.scisa.org/wp-content/pdfs/athletics/Heat%20and%20Athletic%20Participation%20Policy.pdf>

Forms

Each athlete must have the following forms completed before participating in practice or games: a Medical Examination Form completed with physician's signature; SCISA Agreement for Participation; and Warning of Inherent Risk and Steadman Hawkins Consent Form. Copies of these forms may be downloaded from Oakbrook's website at:

<http://www.oakbrookprep.org/forms.html#athletics>

Please note that any unforeseen circumstance not mentioned in this handbook will be handled at the discretion of the Athletic Director with consultation from the Head of School. By participating in Oakbrook Athletics you and your student-athlete consent to the rules and policies stated above.

Note From the Athletic Director

Participation in athletics and representation of Oakbrook is a privilege. This honor will only be extended to those athletes worthy of representing our school in a positive light during school, competition, and in the community. We hope you and your student-athlete enjoy this year's athletic competitions at Oakbrook Preparatory School. As with any team, our students will only be successful with your support. So please be involved in your child's athletic participation. Contact his/her coach to find out how you can help support the team. If you have any questions or concerns please contact me at travis.casey@oakbrookprep.org. Thank you and GO KNIGHTS!!!

Coach Casey

Oakbrook Preparatory School

Department of Athletics

Policy on Student-Athlete Social Networking and Media Use

Oakbrook Preparatory School recognizes and supports its student-athletes' rights to freedom of speech, expression, and association, including the use of online social networks. In this context, however, each student-athlete must remember that playing and competing for Oakbrook Prep is a privilege, not a right. As a student-athlete, you represent the school and you are expected to portray yourself, your team, and the school in a positive manner at all times. Any online postings must therefore be consistent with federal and state laws, and team, department, and school rules regulations and policies (including the Guidelines listed below).

Guidelines

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information may be accessible even after you remove it.
- Use caution when adding someone or inviting someone to be a friend. Many individuals are looking to take advantage of student-athletes, to gain information about you, your teammates, or your team.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information.
- Similar to comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory or defamatory language;
 - Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person;
 - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct.
 - Comments or photo that bring negative attention to your school (ex. photos in school attire)

Content maybe monitored by school officials, and violations of this policy may result in the forfeiture of your eligibility to compete.