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FORWARD:

Oak Grove Lutheran School strives to offer the most comprehensive and successful activities for its participants and parents. The purpose of this activities handbook is to provide coaches/advisors, students and parents with a resource into the policies and regulations governing the OGLS athletic and non-athletic activities programs. This handbook is meant as a general guideline, and any/all information covered within this handbook is subject to ruling and/or change by the administration of Oak Grove Lutheran School.

OAK GROVE LUTHERAN SCHOOL MISSION STATEMENT:

The mission of Oak Grove Lutheran School is to express God's love by nurturing students for academic achievement, lifelong Christian commitment, and loving service throughout the world.

PHILOSOPHY OF ACTIVITIES AT OAK GROVE LUTHERAN SCHOOL:

The purpose of activities at Oak Grove Lutheran School is to provide every student with the opportunities to participate as both an athlete and non-athlete, so as to develop the physical, emotional, social, and spiritual components that are critical for life-long success.

By offering highly competitive and successful activities as a supplement to their academic experience, Oak Grove is assuring that each participant be given the opportunity to learn skills that will aid them in their lives as students, servants, and leaders at school, within the community, and throughout the world.

Oak Grove Lutheran School activities shall be administrated collaboratively by the Athletic Director and the North Campus Deans, and instructed by certified, competent, highly qualified coaches and advisors.

AFFILIATIONS:

Oak Grove Lutheran School is a member of the National Federation of State High Schools (NFHS) and the North Dakota High School Activities Association (NDHSAA), and follows the policies and procedures of these organizations as a foundation for its programs. This handbook contains policies implemented by these affiliations, and additional policies that are beyond these affiliations which govern our students on a more personal basis.

GOVERNING POLICIES:

ACADEMIC ELIGIBILITY

Each student who participates in any activity sponsored by Oak Grove Lutheran School must adhere to the following guidelines:

- Students must be making satisfactory progress toward the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.
- Students must earn 2 ½ credits at the end of each semester, or they will be ineligible for two weeks at the start of the next semester.
- Students must be passing all classes in order to compete in contests. Weekly grade checks will be conducted and any non-passing grades will result in the students being placed on the Academic Intervention list. The student must get a signed slip from the teacher when passing in order to resume participation.
- An incomplete (I) on the report card will be treated as an 'F', unless approved by the Dean. Upon approval the student has two weeks to get the work completed, and the 'I' changed to a passing grade.
- Students may be deemed ineligible due to student handbook policy violations, or encounters with law enforcement officials outside the regular school day.

Any exceptions or appeals to the above policy should be directed to the Dean of Students.

Ineligibility as it applies to specific activities:

- Athletics:
 - Athletes may travel with the team only in the case when the bus does not cause him/her to miss class during regular school hours.
 - Must attend practices unless otherwise instructed by coach/AD/Administrator.
 - May not be used as team attendants, but may sit with the team in a place designated by the coach.
 - May not be in the locker room during the game, but may be in the locker room before or after the game, unless restricted by the coach.
 - Stricter guidelines may be imposed with individual cases by coach/AD/administrator.
- Music:
 - May practice with the groups.
 - May not take part in public performances that take him/her out of classes during the regular school day.
 - May not perform in competition against other schools (Regions/State, Large Group, etc.).
- Student Council:
 - May not attend meetings during the regular school day or activities scheduled during the period of ineligibility.
- Speech, Debate and Drama
 - May travel with the team only in the case when the bus does not cause him/her to miss class during regular school hours.
 - May not perform in contests during the period of ineligibility

ACTIVITY OPPORTUNITIES AT OAK GROVE

Athletics: Football, Volleyball, Boys and Girls Basketball, Boys and Girls Track and Field, Boys and Girls Golf, Baseball. Trap Shoot

Coop Athletics: Boys and Girls Cross Country, Boys and Girls Tennis, Boys and Girls Soccer, Boys and Girls Wrestling, Boys and Girls Hockey, Gymnastics, Softball, Boys and Girls Swimming and Diving.

Fine Arts: Band, Choir, Debate, Speech, Theatre, One Act Play

Club/Organizations: Trap Shooting, Fishing, ESports, PaY, Student Council, Key Club, NHS

ALCOHOL, TOBACCO AND OTHER DRUGS

Students participating in Oak Grove Lutheran School activities shall be prohibited from the use, possession and/or sales of alcohol, tobacco, and/or illegal drugs of any form and at any time before, during, and after the regular school day, or whether or not they are in attendance at a school sponsored activity or representing Oak Grove Lutheran School in any capacity.

It is against activities policy for any participant, *including students age 18 or older*.

- To sell, deliver, give, or attempt to sell, deliver or give to any person any of these substances or what the student represents or believes to be any of these substances.
- To possess, procure, purchase or receive, or to attempt to possess, procure, purchase or receive any of these substances or what the student believes to be any of these substances. The student will be determined to be “in possession” when the substance is on the student’s person or in the student’s locker, car, bag, or when they own it completely or partially.
- To be under the influence of (legal intoxication is not required), or to use or consume or attempt to do so, the listed substances or what is represented by the student to be any of the substances.
- To be in the PRESENCE of any individual or group who is using or in possession of any illegal substance. PRESENCE indicates that the student had ample opportunity to leave the gathering/area once the illegal substance was discovered and chose to remain at the gathering/area.

Prohibited Substances include:

- Tobacco (cigarettes, smokeless, e-cigarettes, vape, etc.)
- Alcohol
- Any controlled substance or dangerous drug
- Glue or aerosol paint or any other chemical substance not used in accordance with its labels.
- Prescription or nonprescription drug not taken in accordance with the authorized use policy.

Specific Violation Penalties:

Mere Presence Violation – Mere Presence states that a participant was merely present at a gathering or function where alcohol, tobacco, or drugs were being used, sold, or purchased, but did not participate in the activity. If a participant can prove that he/she was involved in the incident by ‘mere presence’ only, he/she will face a suspension of 2 weeks or 2 contests, whichever is most severe. Being a ‘designated driver’ at such an activity is not a defense for mere presence.

1st Possession, Use, Sale, or Purchase Violation – penalty shall be suspension for 6 consecutive weeks during the participant’s current season/activity, or his/her next participating season/activity.

2nd Possession, Use, Sale, or Purchase Violation – penalty shall be suspension for 18 consecutive weeks.

3rd Possession, Use, Sale, or Purchase Violation – penalty shall be suspension for 18 consecutive weeks.

General Guidelines for Penalties:

- The period of suspension shall begin with the date of notification to the violator.
- Suspension periods will cover consecutive weeks whenever a violation occurs during the school year.
- Suspension periods can/will be carried over from one season/activity to another, and from one year to another.
- Penalties are cumulative during one calendar year (365 days) from first violation (Ex. Sept1-Aug31)
- Summer violations will be enforced beginning with the first season/activity the student participates in the following year.

- Participants must complete the season/activity for the suspension to count, or suspension will carry-over to his/her next season/activity.
- Suspensions for Music and Drama participants will not be served for graded class performances.
- Suspended participants are not allowed to be included in any public recognition, lettering, awards, or banquets during any season/activity from which they ended the season/activity suspended. A participant who is suspended early in a season/activity and rejoins the team as a participant, and finishes the season/activity in good standing, may be eligible for post-season awards, lettering, or banquet.

Oak Grove's first concern is to help students who are using prohibited substances. We want to do all we can to encourage you to seek help for yourself or your friends without fear of punishment. Whether policy violation is self-reported or investigated and confirmed, all cases of alcohol, drug, and tobacco usage are subject to NDHSAA policies and consequences.

CANCELLATIONS AND ACTIVITIES

On days when school is not in session due to cancellations, all practices and contests are cancelled.

On school days when an activity competition is cancelled due to weather, and practice is held, all activity practices shall be treated as a Wednesday practice, and must be completed and participants out of the buildings by 6:00p.m.

COMMUNICATION WITH A COACH/ADVISOR

As a parent, you have the right to understand what expectations are placed on your child when involved in Oak Grove programs. This understanding begins with clear communication between coach/advisor, participant, and parent.

Communication parents may receive from the coach/advisor:

- Philosophy
- Expectations for your child and others players
- Practice and contest times and locations
- Team requirements such as fees, conditioning, equipment
- Discipline procedures

Communication coaches/advisors may expect from parents:

- Concerns regarding participants well-being
- Schedule conflicts or appointments in advance
- Concerns regarding philosophy or expectations

It may be necessary for you and/or your child to speak to the coach/advisor regarding concerns that you have for the program or your child in particular. The lists below are appropriate items for parents to discuss with the coach/advisor, and inappropriate items that should never be discussed with the coach/advisor:

Appropriate concerns to discuss with coach/advisor:

- Mental and physical treatment of your child
- Ways you can help your child improve
- Concerns about your child's behavior

Inappropriate concerns to discuss with the coach/advisor:

- Playing time or position selection
- Team strategy or play calling
- Other participants relation to the team

Meeting order for concerns:

- Student and Coach/Advisor
- Student and Parent(s)
- Student, Parent(s) and Coach/Advisor
- Student, Parent(s), Coach/Advisor and AD.

Parents should encourage their student to meet with a coach in regards to concerns. Parents should make sure they have met with their own child before reaching out to a coach.

When it becomes necessary for a parent/participant to talk to a coach/advisor, here is the process which can be followed by the parent/participant:

- Call or email the coach/advisor to set-up a mutually agreeable time to meet. The student must accompany the parent in the meeting.
- If a satisfactory solution is not agreed upon, then the parent may phone or email the Athletic Director to set-up a meeting with all involved.

***24-HOUR RULE – It is never appropriate to confront a coach/advisor the day of a contest, within 24 hours after a contest, or during practice.** Meeting times should be at a prearranged time and location as set-up between all parties.

CONCUSSION MANAGEMENT

Oak Grove Lutheran Schools will follow the applicable North Dakota State Statutes for concussion management for all students who participate in an Oak Grove sponsored athletic activity. (See North Dakota Century Code, 15.1-18.2)

There are numerous provisions identified in the state law. One is a requirement that schools provide to student athletes and parents information regarding concussions incurred by students participating in athletic activities. Oak Grove Lutheran School partners with Sanford Sports Medicine for athletic training and including concussion management. This includes baseline testing, diagnosis, treatment, and clearance/return to play. It is recommended that every student athlete and parent successfully complete the 20 minute National Federation of High School’s online course. *“Concussions in Sports-What you need to Know”* The course can be accessed at: www.nfhs.org

Athletes will be removed from activity if they show any of the following signs and symptoms related to a mechanism of concussion:

Headache	Mood Changes	Poor Balance
Nausea	Feeling Tired	Blurred Vision
Dizziness	Sensitive to Sound	Mood Changes
Confusion	Loss of Memory	
Irritable	Sensitive to Light	

Only an Appropriate Health Care Professional (AHCP) can determine if an athlete has sustained a concussion. Oak Grove Lutheran School has an AHCP on duty at most home athletic contests and practices in the form of an Athletic Trainer. In the event that an AHCP is not present, the athlete may be removed from the contest or practice by the Coach if displaying concussion symptoms.

Concussion Management:

1. If an athlete presents signs, symptoms or behavior of a concussion, the athlete will be removed from activity immediately and will not be allowed to return until they have been examined and cleared by a AHCP.

2. The athlete will be instructed to avoid physical activity, including PE class until given clearance by AHCP.
3. The athlete will remain on complete rest until asymptomatic.
4. The athlete will take the Post-Concussion ImPACT test within the first 24 hours or as soon as possible.
5. If the Post-Concussion ImPACT test scores are NOT back to baseline scores (even if they are asymptomatic) the athlete will remain on complete rest and the ImPACT test will be repeated every 7 days until they return to baseline scores.
6. If the Post-Concussion ImPACT test scores are within the normal limits compared to baseline AND they are asymptomatic, they will wait 24 hrs before starting the graduated return to play protocol.

Graduated “Return-to-Play” Protocol

(24 hours between each stage)

Stage 1:

Light Aerobic Exercise—

walking, swimming, stationary cycling, etc.

Exertion Level: 30-40% of maximum exertion / HR range 100-140 / RPE range 3-4. Duration: 20 minutes

Stage 2:

Sport-Specific Exercise—

moderate running, skating, dribbling or weight training, etc.

Exertion Level: 40-60% of maximum exertion / HR range 120-160 / RPE range 4-6. Duration: 30 minutes

Stage 3:

Non-Contact Training Drills—

sprinting/running, full weight training, etc.

Exertion Level: 60-80% of maximum exertion / HR range 140-180 / RPE range 6-8. Duration: 30-60 minutes

Stage 4:

Full Contact Practice—

resume normal training activities.

Exertion Level: 80-100% of maximum exertion / HR range 160-200 / RPE range 8-10. Duration: full practice

Stage 5:

Cleared to return to full participation.

Clearance for Return to Play:

1. All Athletes that have sustained a concussion must go through the return to play protocol, even with physician clearance.
2. Only Oak Grove Lutheran Schools AHCP can provide clearance for return to play.
3. Exceptions to above: A requirement that the student or student’s parent obtain written authorization from health care provider (as described above) before returning to practice, training, or

competition. The student or parent must provide this authorization to the student's coach or athletic trainer.

4. Athlete may return to activity if they are not diagnosed with a concussion.

DRESS AND GROOMING

Students participating in Oak Grove activities shall dress appropriately when traveling to out-of-town activities. Coaches and advisors will set dress and grooming standards for their teams/groups which will follow or exceed the student handbook guidelines. Any participant who does not dress appropriately may not be permitted to board the bus/van until appropriately dressed.

Coaches/advisors may set more lacks dress guidelines following an out-of-town activity so as to make the ride home more comfortable (i.e. team sweats).

HAZING

Hazing means any act committed by a person, whether individually or in concert with others, against a student in connection with pledging, being initiated into, affiliating with, holding office in or maintaining membership in any organization that is affiliated with Oak Grove Lutheran School, and; that is intended, or should reasonably be expected, to have the effect of humiliating, intimidating or demeaning the student, or endangering the mental or physical health of a student.

Hazing also includes soliciting, directing, aiding or otherwise participating actively or passively in such acts.

Hazing occurs regardless of the consent or willingness of a person to participate in the activity. Hazing may occur on or off campus.

Students observing any hazing activities have an obligation to report it to a school staff member or administration.

Because it is not always clear to individuals whether activities are unacceptable and/or constitute hazing, student leaders and members of student groups are strongly encouraged to consult with groups; advisors, coaches or other school officials responsible for the program or activity in advance of the planned event.

North Dakota Hazing Law 12.1-17-10.hazing – Penalty

A person is guilty of an offense when, in the course of another person's initiation into, or affiliation with any organization, the person willfully engages in conduct that creates a substantial risk of physical injury to that other person or a third person. The offense is a Class A misdemeanor if the actor's conduct causes physical injury. Otherwise, the offense is a Class B misdemeanor.

INSURANCE FOR PARTICIPANTS

Oak Grove does not provide general insurance coverage for participants in activities. Oak Grove does prescribe to catastrophic insurance through the NDHSAA in cases of catastrophic injury.

LETTERING

Lettering is the act of awarding any participant/athlete who completes established requirements throughout the Varsity season. These requirements are set forth by the coaches/advisors. The following are general guidelines for lettering in any activity at Oak Grove:

1. The awarding of a letter to a student may be jeopardized by violation of Oak Grove or NDHSAA rules.
2. Middle School students may be awarded a letter if they participate on the varsity level and meet lettering criteria.
3. Students must complete the season to be considered for a letter.
4. Students must maintain a positive attitude, faithfully attend all practices and live up to the guidelines established by the advisor/coach.
5. Students who participate in a cooperative activity will receive an Oak Grove letter. The criteria for cooperative lettering are established by the cooperative school.
6. Any student not meeting the criteria for a letter, which the advisor/coach feels is deserving of the honor, may be awarded a letter.

Specific Lettering Requirements

Academic

-A student with the following yearly cumulative Grade Point Average at the end of the 3rd quarter: Freshmen, 3.8; Sophomore, 3.7; Junior, 3.6; Senior 3.5.

Baseball

-A player who has competed in the number of innings equivalent to 60% of the games played.

Basketball

-A player who has competed in the number of quarters equivalent to 60% of the games played.

Drama

- A student must participate in one main stage production.
- A student must participate in "striking" the production.

Football: Total Points Needed: **40**

1 Point - Each Varsity Game Entered

15 Points - Completion of all 3 Phases of the Spring/Summer Workouts

3 Points - Participation in 7 on 7 Passing League

2 Points - Each Camp Completed (Passing/Lineman/Team-Max 4 points)

20 Points - Participation in all football practices (With No unexcused absences)

5 Points - Per Missed Practice/Team Event (without coach approved excuse)

***Points may also be awarded and/or removed at the coach's discretion.

Golf

- A player who participates in any varsity meet during the regular or post season.

Instrumental Music

High School Band – 500 points to letter

Enrollment in Band Full Year: 9th-50, 10th-100, 11th-150, 12th-200 (½ year = ½ points)

Additional Points: (Instruments only – no vocal, piano and other instruments by consideration)

- Audition for Outside Honor Ensemble 75
- Be accepted AND participate in Outside Honor Ensemble 200

- Participate in Outside NON-audition Ensemble 75
- Participate in Regional Music Contest Solo..... 75
- Participate in Regional Music Contest duet or trio 50
- Participate in Regional Music Contest 4-12 member ensemble 25
- School related performance OUTSIDE of main concerts 5
- Serve as Mentor to Younger Band Member
 - 5th grader (8 documented visits) 100
 - 6th grader (4 documented visits) 50
 - 7th/8th graders (2 documented visits 25
- Star Rating at Regional Music Contest Solo 50, Other 25
- 1 Rating at Regional Music Contest..... Solo 25, Other 10
- Star Rating at State Music ContestSolo 100, Other 50
- 1 Rating at Regional Music Contest.....Solo 50, Other 25
- Private Lessons – per lesson 10
- Librarian 50
- Contest Accompanist..... 5
- Section Leader 25
- MS Librarian 50
- MS member of HS Ensemble at any performance 20
- MS Audition for a MS or HS Honor Ensemble 25
- MS Be Selected for Honor Ensemble 50
- MS Participate in Solo/Ensemble Contest.....Solo 50, Other 20
- MS Receive Star Rating at Regional/State Music 25
- MS Participate in Church/Community group..... 20

Vocal Music

- Students must be at all performances unless cleared by the advisor.
- A student involved in band or choir for all four years of high school. Transfer students will be allowed to carry in time of service from previous school(s).
- A student in grades 9-10 may earn a letter by attaining a Star/Superior rating at the Regional Music contest with a vocal or instrumental solo.
- A student in grades 11-12 may earn a letter by attaining a Star/Superior rating at the Regional Music Contest with vocal or instrumental solo or ensemble.

Speech and Debate

- A student must compete in a minimum of six contests during one season. Invitational, Regional, and State contests are included in these six, or:
- A student who qualifies for the State Meet.

Student Support Personnel

- Student managers, statisticians, video operators, etc. who have given two years of service earn a letter at the coaches approval.
- A student who the coach feels has given exceptional service on the varsity level.

Track

- A student accumulates an average of one point per meet that the team participates in during the season (participants can earn up to 3 points for a PR during the season).
- A student who places in the Regional Meet.

Trap Shoot

Students must fulfill #'s 1, 2, 3, 4, and either 5, 6, or 7:

1. Participant must be in grades 7-12
2. Participant must adhere to all Oak Grove student and activities handbook policies as well as all NDHSAA bylaws
3. Participant must not miss any competition weeks during the season.
4. Volunteer opportunities are mandatory.
5. Participant must average 20 or more targets per round during conference competition (or) during the State Tournament.
6. Participants who shoot 25 straight during any competition.
7. Participants who participate for 3 or more years.

Volleyball

A player must compete in 60% of the varsity matches the team has played. This includes regular season and tournaments.

LOCKER ROOM PROCEDURES

The locker rooms are provided as a place where participants may house their personal belongings and/or change their clothing for the purpose of participating in an activity. The locker room should be clean and free of debris/garbage at all times during each season. The Administration reserves the right to instruct custodial staff to remove any articles of clothing or belongings that are left on the floor of the locker room, and said items may be donated to a charitable organization or disposed of in the garbage. Usually this is done with notice to the participants, but in extreme cases of disarray items may be removed without warning. Likely periods of cleaning include periods between seasons, Christmas break, summer break, etc.

Participants are encouraged to lock their lockers at all times to deter theft of property.

MOVING-UP AN EXCEPTIONAL PARTICIPANT

Coaches/advisors reserve the right to move any student in grades 7-11 to a higher competition/performance level as they deem necessary. This move is not always based on lack of numbers, as it can be to utilize a participant who demonstrates the ability and skills to perform at the next/higher level. Middle school participants may be utilized at the 'C', JV, and/or Varsity levels. These participants may play/perform in place of upper classmen as the coach/advisor deems necessary. The following criteria will be followed when a 'moving-up' situation is encountered:

- The level of skill of the participant is clearly above those of his/her peers, which if not moved-up, would limit his/her development.
- The participant must be emotionally stable and mature enough to handle the move as deemed by coach/advisor, parents, and administration.
- The student must be in good academic standing as deemed by administration so as to handle the travel and time commitment without such a move affecting his/her academics.

NCAA ELIGIBILITY CENTER

If a student is planning to enroll in college as a freshman and wishes to participate in either Division I or II athletics/activities, he/she must be certified by the NCAA Eligibility Center. The Center was established as a separate organization by the NCAA members in 1993. Their purpose is to provide consistent interpretations of the NCAA eligibility requirements for all prospective student athletes.

The student is responsible for performing specific actions by the end of his/her junior year so as to be eligible for competition, and these actions can be found on the NCAA website at:

<https://web1.ncaa.org/eligibilitycenter>

PRACTICE ATTIRE

T-shirts or practice jerseys that are worn at practices must be of original sale condition. Athletes/participants may not wear a shirt or practice jersey at practice that has been altered in any way. T-shirts or practice jerseys may not be cut/torn down the sides of the garment in such a manner that it displays the participant's body or undergarment. Sleeveless t-shirts are permitted that have been purchased as such. Male participants will wear a t-shirt or practice jersey at all times during practices, unless instructed by the coach/advisor to do otherwise to aid in the performance of a drill (i.e. 5 on 5 on 5 in basketball). Upon completion of the drill, the participants t-shirt or practice jersey shall be worn.

Policy Exceptions:

- outdoor activity, such as Track or Football, on days when the temperature is at a level where removing a shirt adds comfort for the participant. Upon returning to the campus buildings, the participant will wear appropriate clothing.

Proper attire applies to the gymnasiums and weight room/fitness center, all year-round.

PRACTICE TIMES

Practice times during our athletic/activity seasons will vary. Most athletic practice times are from 4:00p.m.-6:00p.m., or from 6:00p.m.-8:00p.m. Drama/Musical practices may be longer in duration due to the amount of participants and the nature of the activity, but all participants must be out of the buildings/grounds by 9:00p.m.

All activities must be out of the buildings/grounds by 6:00p.m. on Wednesday evenings. Practices on Sundays may be necessary to prepare for a Monday competition. Sunday practices may not start until after 12:00p.m. On school days when an activity competition is cancelled due to weather, and practice is held, all activity practices shall be treated as a Wednesday practice, and must be completed and participants out of the buildings by 6:00p.m.

Outside rentals relating to youth activities involving any Oak Grove students, such as JO Volleyball, and traveling-team sports, will not be allowed into Oak Grove facilities after 6:00 p.m. on Wednesday nights. Adult activities can be scheduled on Wednesday nights.

SCHOOL ATTENDANCE AND PARTICIPATION

Participants must be in school his/her ENTIRE school day to be eligible to participate in any practice or competition that day/night. A few minutes tardy on rare occurrences will be excused. Repeated or patterns of a few minutes tardy will be treated like an absence.

School sponsored activities and appointments during the school day do not count toward the attendance policy. If a student is absent for an appointment, he/she should bring a slip from the appointment office upon return to school that day so as to be excused and participate.

Students who are serving a suspension from school due to any school policy violation will not be eligible to participate in any practice or competition during that suspension period (i.e. Johnny gets into a fight at school, and is suspended for a day. Johnny cannot practice/play that day/night).

HOME SCHOOL PARTICIPATION

NDHSAA allows private schools to determine the criteria for Home School Students participating at their respective schools. Oak Grove's Board of Regents has set the required amount of classes for a home school individual to be eligible to participate in activities at two per semester. The student must be enrolled and

attending two classes and the tuition paid per the pro-rated amount. The student must abide by all the other standards and policies that all other Oak Grove students follow.

*Minnesota residents must be full time students at Oak Grove to be eligible to compete in NDHSAA sanctioned activities under their guidelines and agreements with neighboring associations (MSHSL).

SPORTSMANSHIP AND CITIZENSHIP

The following are general guidelines for Oak Grove participants, coaches, and parents to follow in order to make Oak Grove an atmosphere for healthy competition and success:

- Be a gracious host and show respect for our opponents.
- Respect the decisions made by contest officials.
- Be a positive role model when you create signs and cheer.
- There is a difference between a FAN and a FANATIC and between CHEERING and JEERING.
- Realize that admission to a contest is a privilege, not a license to act irresponsibly.
- Win or lose...it is about the participants...not you as a fan/parent.

As coaches, participants, fans, and parents representing Oak Grove, our intent must be to model our behavior to match the Christian values that we work hard to instill each day within our campus. WE DO NOT question officials. WE DO NOT act in a manner which brings embarrassment to our students, players, families, and of course the Oak Grove traditions.

STATE TOURNAMENT PARTICIPATION EXPECTATIONS

In the event that an Oak Grove Lutheran School activity qualifies for the State Tournament, the following guidelines shall be implemented:

- Participants are expected to conduct themselves with the utmost reverence when representing Oak Grove Lutheran School
- Appropriate clothing shall be worn by participants as directed by the coaches/advisors.
- Any misbehavior or conduct detrimental to the team/group or the image of Oak Grove may result with the involved participant(s) being sent home from the State Tournament. Parents will be notified and expected to take custody of the participant and transport them home. In the event that parents cannot take custody of the participant, said participant will remain with the team, but all participation privileges shall cease.

STUDENT ELIGIBILITY FOR NDHSAA COMPETITION

The list below is a summary of the policies that the NDHSAA has established to govern student eligibility. These can also be found in more detail on the NDHSAA website.

- Students must be making satisfactory progress toward the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.
- Students must earn 2 ½ credits at the end of each semester, or they will be ineligible for two weeks at the start of the next semester.
- Age – A student becomes ineligible for activities on the age of 20.
- Physical Exam – Each participant in athletics must have an annual physical on file with the Athletic Trainer. A physical obtained on or after April 15th is good for the following school year.
- Enrollment – After a student enrolls in the 9th Grade, he/she is eligible for no more than 8 semesters. The seventh and eighth semesters must be consecutive.
- Amateur Status – Participants may not receive cash for participating in any contest. Participants may not try-out for sponsored by professional organizations. Participants may accept any trophy, plaque, award providing the value does not exceed \$75.00.
- Outside Teams – Participants may not participate in a similar activity/sport during the season of that activity/sport (i.e. If a basketball player plays on a non-school/traveling basketball team during that season). This includes 7th-12th grade.

- Sports Camps – Students may not participate in camps during the school year. Summer camps for Fall sports are acceptable up until August 1st.
- Transfers – Students who transfer from one school to another, without the parents moving residents to the new district, are ineligible for varsity competition for one calendar year.
- All-Star Competition – Students may not participate in any All-Star or National competitions in a sport which is under the jurisdiction of the NDHSAA, without written permission from the NDHSAA.

TRANSPORTATION

Students participating in activities must ride school-sponsored transportation to and from each event. Parents who wish to transport their student home may sign the student out with the coach(es) after the completion of the event. No student is allowed to leave an event with another student's parent(s), or with any other individual without prior approval (at least one day prior) of the administration.

Transportation may not be provided for various in-town/metro activities/contests in which case the parents are responsible for their student's transportation. Parents may allow this in-town transportation at their own discretion and assume all risks and liabilities. They may include, but are not limited to, their licensed student driving themselves, their student riding with another licensed student, their student riding with another parent. Students travel at their own risk and with parent knowledge and consent.

School-sponsored transportation may become stalled or break-down while transporting students to or during the return from an activity. Parents should always keep abreast of current weather information to judge the need for special clothing during transportation times throughout the year. Beginning November 1, students riding school-sponsored transportation during winter weather seasons must bring the following materials in order to board the bus/van:

- Winter coat
- Gloves/mittens and cap/stocking hat

WEBSITES AND DIRECTORY INFORMATION:

Brent Wolf – Athletic/Activities Director – 373.7149 – brent.wolf@oakgrovelutheran.com

Oak Grove Website – www.oakgrovelutheran.com

NDHSAA Website – www.ndhsaa.org

NCAA Eligibility Center – www.NCAA.org

Oak Grove Athletics/Activities Calendar – www.oakgrovelutheran.com Select Calendar

