

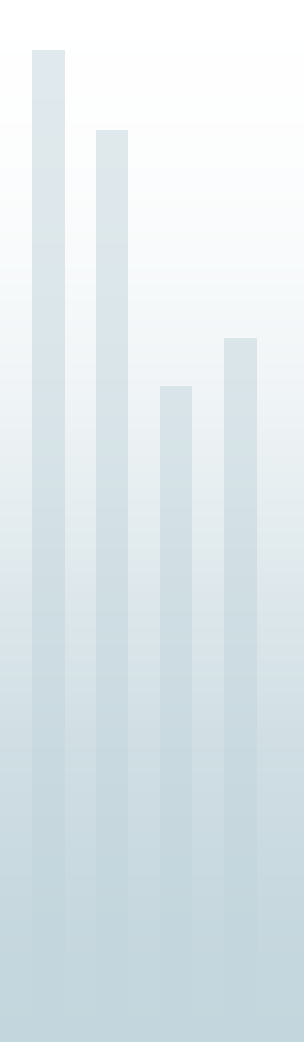


OHS Athletics Parent Presentation





VIKING EXPECTATIONS



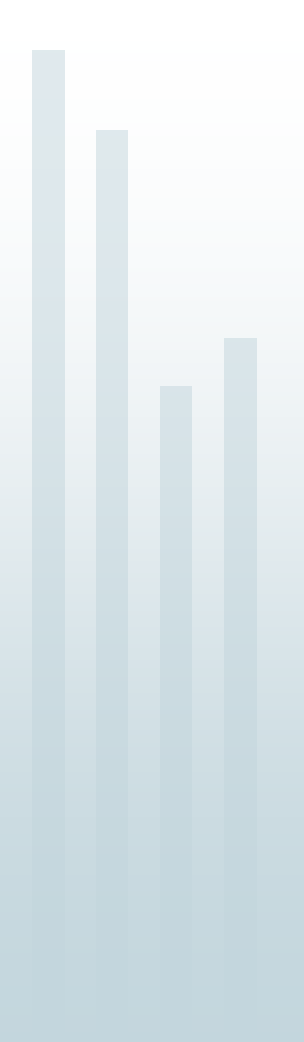


Viking Expectations

- Respect, Responsibility, Integrity, and Engagement
- These are the guiding principles we seek to have every student at OHS demonstrate both in the classroom, in the community, and in the arena of competition.



PARENTS AND ATHLETICS





Parents and the Viking Expectations

- We are asking that you join us in this by **ENGAGING** in all aspects of your student's participation
 - Attend games (both your students and other events)
 - Volunteer with team
 - Support teams both on and off floor
 - Become an OPC member



Parents and the Viking Expectations

- We believe that ENGAGED parents are integral to the success of our programs and that our programs will be successful with strong relationships between coaches, players and parents (working collaboratively)
- We do believe that there needs to be clearly defined boundaries. Each group has a role to play and each role needs to be valued by the others.
- Parents will be listened to and communicated with when issues arise and they will be walked through the decision making process when appropriate.



Communication Protocols

- When concerns or issues arise please follow this chain of communication:
 - Parent-student
 - Head Coach
 - Varsity Head Coach
 - Athletic Director Dean Perkins
 - Assistant Principal (Athletics)- Sondra Myles
 - Principal- Rob Hasty

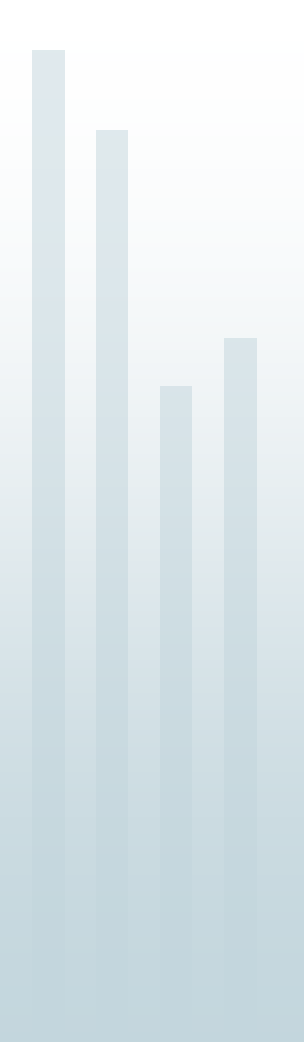


Preseason Team Meetings

- Every coach or program should have a preseason team meeting where they lay out to parents their expectations and rules for the season.
- Parents/guardians of all athletes are expected to attend the meeting so they can be properly informed.



KEY POLICIES





School Attendance Requirements

- Tardy Policy
 - Tardy count will reset each 9 week semester
 - Students are considered tardy if they are not in their seat at the time the bell rings to any class.
 - 4th and 6th tardy= after school detention
 - Athletes must serve their detention after school (Wed or Fri 2:45-3:45) which may mean missing a practice or a game OR arrange for lunch work service with their Assistant Principal.



Consequences for Alcohol, Drugs, Banned Substances

- Any student-athlete who uses, sells, furnishes, or is found under the influences of any alcohol, drugs, PED, or banned substance will be ineligible from competition for thirteen weeks (excluding vacation days)
- Tobacco use, sale, or furnishes tobacco will be banned from competition for three weeks(excluding vacation days).
- Repeat violations will lead to longer suspensions or removal

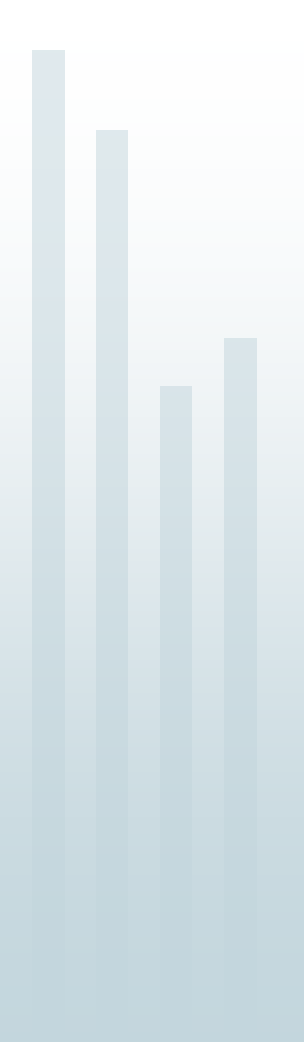


Consequences for Fighting

- During an athletic contest-the athlete will be subject to the CIF, SJS, and league rules governing fighting.
- At school- the incident will be reviewed by the principal and punishment will be left to his discretion. Punishment could include suspension, removal, or even the death penalty (no participation in athletics while a student at OHS).



CONCUSSIONS





In the Event of a Concussion

Preseason- Take the Baseline Impact Test offered by the Athletics Department

If you get a concussion

1. Don't hide it!
2. Report it- tell your coach.
3. Take the Impact Test through the Athletics Department
4. Get checked out.
5. Take Time to Recover

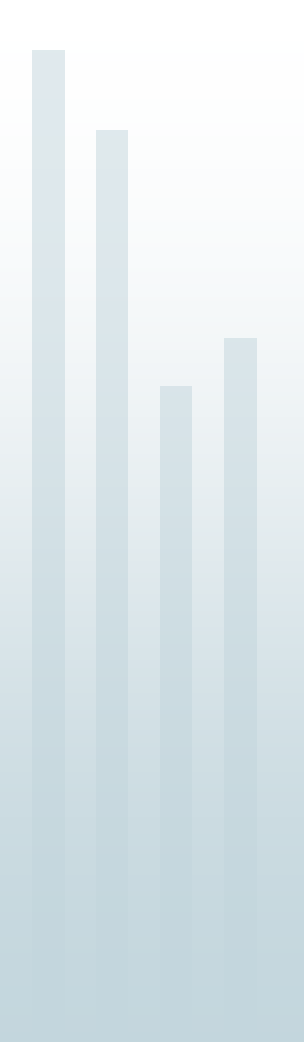


CIF Policies and Concussions

- If an athlete is pulled from a game who has suffered a concussion, and allowed to return to play that day and/or play in subsequent games without a qualified doctor's clearance, **CIF will forfeit all the games!**



SPORTSMANSHIP





Sportsmanship

- The following behaviors are unacceptable at all OHS events
 - berating an opponent's school or mascot
 - berating opposing players
 - obscene cheers or gestures
 - negative signs
 - complaining about officials' calls (verbal or gestures)



Sportsmanship

- Quite simply- at OHS we expect ALL fans to cheer for your team and not against the opponents.
- Those fans who choose not to abide by the rules of sportsmanship at our events **will be asked to leave by the athletic and/or school administration.**



Athletics Information

- All athletics information can be found at <http://ohs.rjuhsd.us>



Thank you for your time