

***Oak Grove High School
Athletics/Activities Handbook***



2020-21

Athletic Department Goals & Purposes

“To Inspire Every Student Athlete & Lead Every Team to Fulfill Their Potential”

1. Care for EVERY Student Athlete

- Every kid matters, the golden rule, compassion, understanding, and care for each other

2. Teach & Model the Process of Success

- Power of belief, motivation, preparation, GRIT, and hard work

3. Teach Life Lessons Through Sport

- Respect, honesty, loyalty, responsibility, overcoming challenges, having a great attitude, work ethic, self-confidence, developing positive character, and goal setting

4. Develop & Teach the Value of Teamwork

- Working with others, selflessness, communication, leadership, trust, and understanding others

5. Develop Growth Mindsets in our Student Athletes

- Resiliency, commitment, learning from mistakes, and connecting hard work to success

6. Teach & Model Accountability to Self & Others

- Self-discipline, autonomy, composure, and dedication to achieving personal goals

7. Inspire Healthy Competition

- Sportsmanship, have fun, and helping others

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Introductions

Welcome to the OGHS athletic/activity program. Hopefully, your decision to take advantage of this portion of our extracurricular program will be educational, rewarding, and challenging. This handbook is given to you so that you might be more aware of the programs that are available and their inter-relationships. The athletic/activity department encourages you to take advantage of as many programs as your time and talent will permit. We do not encourage specialization in one sport/activity; rather, we encourage you to experience a variety of sports as well as other school activities. Naturally, due to conflicts in seasons, practice times, schedules, etc., you will need to make some choices. We wish you good luck as you strive to grow emotionally, mentally, socially, and physically through competitive activities.

Philosophy for OGHS Athletic Program

We believe that interscholastic athletics and activities supplement the curriculum and become a vital part of our students' total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the students to maximize their education. Student participation in any part of our athletic/activity programs is a privilege that carries with it responsibilities to the school, the activity, the student body, the community, and each individual student participant. This participation will help to develop the student physically, mentally, socially, and emotionally.



Conference Affiliation

OGHS is a proud member of the Missouri River Valley Conference (MRVC). As a member we are committed to adhere to the rules and regulations of the conference. Presently, fourteen member schools constitute the MRVC:

MRVC West

Center Yellow Jackets
Clinton Cardinals
Excelsior Springs Tigers
Harrisonville Wildcats
Oak Grove Panthers
Odessa Bulldogs
Pleasant Hill Roosters
Warrensburg Tigers

MRVC East

Carrollton Trojans
Higginsville Huskers
Holden Eagles
Knob Noster Panthers
Lexington Minutemen
Richmond Spartans

Sports Offered By Season

Fall Season

- Cheerleading (Varsity, Junior Varsity, Freshman, Middle School)
- Boys and Girls Cross Country (Varsity, Junior Varsity, Middle School)
- Football (Varsity, Junior Varsity, Freshman, Middle School)
- Boys Soccer (Varsity, Junior Varsity)
- Girls Softball (Varsity, Junior Varsity)
- Volleyball (Varsity, Junior Varsity, Freshman, Middle School)

Winter Season

- Boys and Girls Basketball (Varsity, Junior Varsity, Freshman, Middle School)
- Cheerleading (Varsity, Junior Varsity, Freshman, Middle School)
- Wrestling (Varsity, Junior Varsity, Middle School)

Spring Season

- Baseball (Varsity, Junior Varsity, Freshman)
- Boys Golf (Varsity, Junior Varsity)
- Girls Soccer (Varsity, Junior Varsity)
- Boys and Girls Track (Varsity, Junior Varsity, Middle School)

Activities Offered at OGHS

- Scholar Bowl (Varsity, Junior Varsity, Middle School)
- Music (Instrumental and Vocal)
- Theatre (Fall Musical, Spring Play, Competitive One-Act)
- Speech and Debate (Competitive Tournaments, Readers Theatre)

Student Sportsmanship

As a participant representing the Oak Grove School District, you carry the responsibility for exhibiting good sportsmanship at all times. The moment you put on that school uniform, you become a representative of your student body, your school, and your community. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the coaches/sponsors. Be sure to exhibit what you learn.

An important lesson we learn through interscholastic athletics/activities is that through hard work and dedication, we can improve. In America we recognize we can take the ability given to us and, through hard work and deviation, become anything we want to be. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success in athletics/activities.

Attitude is one of the principal requisites in becoming a champion/leader in any sport or activity, and of course how you act and how you feel and think in showing your disposition best define that. The desire to excel, to win, to pay the price are all positive points or attributes of attitude that contribute to a winning philosophy.

Yes, a winning philosophy is important. But likewise, realize the importance of how the game is played as well as viewed. Simple acts or gestures of respect such as displaying good conduct, cooperation with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion, never being boastful and hold your team/group to the standards of sportsmanship expected of athletes/participants in the Oak Grove School District.

Actually, interscholastic athletics/activities are much like everyday life. America thrives on competition; it has made the country as great as it is today. You might say it is the backbone of our great nation. Regardless of your plans later in life, whether to be in labor, management, sales, etc., you must realize competition will exist. All of life's events involve disappointments. How you react to these disappointments will measure what values you have learned through activity participation and athletic play on the courts, fields, and mats during your high school days.

***“Character is made by what you stand for;
reputation by what you fall for.”***

Responsibility of Athletes

As a student participating in athletics and/or activities at OGHS, you are in school to secure the best education you are capable of achieving. Deciding to take advantage of the other half of education plays a significant part in your total educational development. However, with this decision also comes certain responsibilities, if the value of athletics/activities is to be achieved.

Some of those responsibilities include:

1. Striving to achieve sound citizenship and desirable social traits including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association (MSHSAA) and Oak Grove High School.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.
7. Accepting the leadership role instilled through the athletic/activity programs.

Keep in mind that you are in the public eye and that your personal conduct must always be above reproach. You carry an obligation to create a favorable image and gain the respect of your teammates, the OGHS student body, and the Oak Grove community.

Student Participant Academic Eligibility/Probation

After the start of each activity/athletic season (MSHSAA's or OGHS's first possible practice day), sponsors/coaches/administrators will track student participants' grades to ensure proper progression toward graduation. At each grade check of each individual season (mid-term and end-of-quarter), all student participants who have earned at least one cumulative F in a course will be placed on academic probation.

On academic probation, student participants must complete tutoring a minimum of one hour per week in each course with an F. At the next grade check (mid-term or end-of-quarter), if the student participants have completed the required tutoring and are no longer earning any F's, they will be removed from academic probation. If the student participants have not completed the required tutoring and/or are still earning any F's, then they will become ineligible for contests, and tutoring will increase to two hours each week for each course until the next grade check (mid-term or end-of-quarter). **After one week of academic probation ineligibility, student participants may be removed if they: a) raise their grade to at least a C-, b) explain to the administration the reason why they should be removed by completing an eligibility form, and c) receive administrative approval.** Student participants' tutoring/grade documentation will be recorded and shared with sponsors/teachers/administrators on a Google document.

Sponsors/coaches/administrators will use discretion for more stringent grade checks, required tutoring, and/or possible suspension of participation.

Participation Guidelines

****All activities are for extra-curricular and co-curricular activities unless otherwise stated by the administration.****

1. Students can freely select the sports/activities in which they wish to participate.
2. A student who has gone out for a sport but quits of his/her own accord will not be eligible to start participating for another sport before the end of the competitions in the sport that he/she dropped. The head coach of the sport dropped and the head coach of the new sport may waive this rule only under special circumstances and after discussion with the administration.
3. All students will be transported to and from respective activities, games, meets via school transportation. The only exception to this occurs when a parent requests to transport the student and contacts the head coach/sponsor personally to make arrangements. **THE HEAD COACH/SPONSOR WILL MAKE THE FINAL DECISION IN THESE MATTERS.**
4. Participation in more than one sport/activity within a season is left to the mutual agreement of the student and the head coaches/sponsors involved.
5. If a student must miss practice or a scheduled event, the student must obtain permission from the head coach/sponsor prior to the scheduled practice or event. If the absence is unforeseen, the student should make every attempt to contact the head coach/sponsor concerning the nature of the absence. The head coach/sponsor will determine whether the absence is **EXCUSED OR UNEXCUSED**. **UNEXCUSED ABSENCES** may cost an athlete/participant his/her position on a team or in a group, his/her opportunity to dress for an event, or even a possible suspension or elimination from the activity.
6. **Students who miss school on the day of competitions/performances will not be eligible for that event on that day. This rule also applies for the day before an event that comes on the weekend. An example would be that all athletes/participants participating on Saturday must be in school all day Friday to be eligible to compete. It is also important to be in attendance the full day following an athletic/activity event. Do not use athletics/activities as an excuse to miss school. Students who miss any part of the day of an athletic/activity event without approval by the administration and the head coach/sponsor will be ineligible to participate. Likewise, students who miss any part of the school day following an athletic/activity even without the approval of the administration and the head coach/sponsor will be ineligible to participate in the next competition. EVERY STUDENT SHOULD FULLY UNDERSTAND THIS POLICY!**
7. In the event of the suspension of a student, the student will not be eligible for competition until he/she has fulfilled the disciplinary requirements established by the administration.
8. A student who receives a 10-day out-of-school suspension will not be eligible to attend or participate in any school sponsored extracurricular activities for a minimum of thirty (30) school days after the suspension has been served.
9. In the event a student is assigned detention hours or make-up work as the result of classroom problems or absence, he/she is not allowed to use the excuse, "I have practice, so I can't stay." **The classroom obligation always comes first!**
10. The night before each activity is extremely important for both the student and his/her teammates. Each student should be in by 10:00PM and in bed by 10:30PM. You will play on the rest you get-get all you can!
11. **The use/possession of TOBACCO related products is ABSOLUTELY PROHIBITED.** The first offense will result in a 20% suspension of athletic/activities competitions. The second offense will result in COMPLETE ATHLETIC/ACTIVITY SUSPENSION for the current school year.

Participation Guidelines Continued

12. The use/**possession** of ALCOHOL is **ABSOLUTELY PROHIBITED**. The first offense will result in a 20% suspension of athletic/activities competitions. The second offense will result in COMPLETE ATHLETIC/ACTIVITY SUSPENSION for the current school year.
13. The use/**possession** of **NON-PRESCRIPTION DRUGS** is **ABSOLUTELY PROHIBITED**. The first offense will result in a 20% suspension of athletic/activities competitions. The second offense will result in COMPLETE ATHLETIC/ACTIVITY SUSPENSION for the current school year. **PRESCRIPTIVE DRUGS** must be prescribed to the person taking them. **The use/possession of a prescriptive drug prescribed to someone else is ABSOLUTELY PROHIBITED.** The first offense will result in a 20% suspension of athletic/activity competitions. The second offense will result in complete ATHLETIC/ACTIVITY SUSPENSION for the current school year.
14. **Theft is a disgrace and will not be tolerated.** The first offense will result in a 20% suspension of athletic/activities competitions in addition to any administrative discipline. The second offense will result in COMPLETE ATHLETIC/ACTIVITY SUSPENSION for the current school year.
15. Any show of disrespect for administrators, teachers or officials will not be tolerated. The use of such words as Mr., Mrs., Sir and Ma'am should be added to your vocabulary when you address these people.
16. Attendance at all Pep Rallies is MANDATORY for athletes/participants in season. Each athlete/participation must be excused by the head coach/sponsor if he/she plans on missing a pep rally. Any UNEXCUSED ABSENCE will result in a ONE-EVENT SUSPENSION (the next event following the pep rally).
17. We at Oak Grove have always put the team concept before individualism. The coaching staff and administration believe that tattoos and body/facial piercings detract from the team concept and that any action that interferes with the success of the team will not be tolerated. As Oak Grove representatives, you have accepted a high standard of accountability for yourself and your team. All body/facial piercings will be removed during practices, competitions, and all other team events. All tattoos will be securely covered and non-visible during practices, competitions, and all other team events. The first offense will result in a 20% suspension of athletic/activities competitions. The second offense will result in COMPLETE ATHLETIC/ACTIVITY SUSPENSIONS for the current school year.

“No matter how good you may be, you’ve got to be willing to cut out of your life those things that keep you from going to the top”

-Bob Richards

Athletic Awards

Participation Award

A certificate will be presented to each athlete every time he/she meets the participation standards established in that sport and is recommended by the head coach.

Varsity Letter Award

A certificate will be presented to each athlete every time he/she meets the letter standards established in that sport and is recommended by the head coach to receive the award. When an athlete receives his/her first varsity letter at Oak Grove High School, the athletic department will present him/her with a chenille interlocking "OG." The first time he/she earns a letter in a specific sport/activity, he/she will also receive a pin for the chenille OG depicting that sport/activity. The chenille letter and sport/activity pin is given in addition to the letter certificate but is awarded only once during the athlete's participation in athletics at OGHS. Each year thereafter, the athlete/participant lettering will receive a gold bar to place on the chenille OG.

"Coach Pirch" Senior Athlete Award (Boys and Girls)

All high school coaches along with the activities director will annually select all athletes who are 4 year, 3 sport letter winners and who they feel has evidenced outstanding achievement at OGHS based upon the following criteria: athletic achievement and contribution to the school and athlete program, citizenship and leadership. In the event no athlete fits the four year, three sport criteria, no award will be given unless by a special vote of the coaches. The recipients will receive special recognition at the awards assembly in May. All athletes must attend the awards ceremony at the conclusion of their season in order to earn any or all of the above awards. This includes managers, statisticians, filmers and anyone else involved in the sport season. Only absences previously approved by the head coach of that sport will be excused!

Awards Ceremony Attire

Oak Grove High School expects you to dress appropriately and as instructed by the coaches/directors to all ceremonies and banquets.

Equipment

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each athlete/participant will be held responsible and accountable for the abuse and/or loss of equipment. ANY EQUIPMENT LOST OR STOLEN MUST BE PAID BY THE STUDENT IN WHOSE NAME IT WAS CHECKED OUT. The following guidelines, if adhered to, will reduce the chance of lost or stolen equipment:

1. Do not exchange or loan any of the equipment checked out to you to another teammate/group member. Exchange or loan only after given permission by the coach/sponsor.
2. Keep your locker closed and locked at all times when it is not in visual contact. This includes during showers.
3. Any loss of equipment should be reported immediately to the head coach/sponsor, rather than waiting until the end of the season.
4. Any protective equipment that does not fit properly or that is defective should be reported to a coach immediately. For your safety, do not wear the equipment until the necessary adjustments have been made.
5. All equipment should be worn only at school and never outside school unless permitted by the head coach of that sport.
6. Any equipment or uniforms you see out of school that do not belong to the individual or individuals should be reported to a coach/sponsor or the activities director. By doing this you are helping not only the athletic/activity department but also the individual who must pay for the stolen items.

As part of the lettering policy for all sports/activities at OGHS, **ALL EQUIPMENT MUST BE RETURNED IN CLEAN CONDITION AND CARED FOR OR PAID FOR IF LOST OR STOLEN BEFORE ANY AWARDS WILL BE GIVEN.** This includes letters, certificates, plaques, etc.

Motto

Tradition, Pride and Class

Tradition: What we use from our past to build today for the future.

Pride: A belief in self, team, school, community, country, and something bigger than ourselves.

Class: Doing the right thing because it is the right thing.

What is Class?

Class never runs scared.

It is sure-footed and confident in the knowledge that you can meet life head on and handle whatever comes along.

Class never makes excuses.

It takes its lumps and learns from past mistakes.

Class is considerate of others.

It knows that good manners are nothing more than a series of petty sacrifices.

Class never tries to build itself up by tearing others down.

Class is already up and need not strive to look better by making others look worse.

Class can walk with kings and keep its virtue and talk with crowds and keep the common touch.

Everyone is comfortable with the person who has class.

If you have Class, you don't need much of anything else.



Lettering Standards

General Standards for All Sports

1. Attendance at awards presentations is MANDATORY unless given previously permission to be absent by the head coach of that sports.
2. ALL EQUIPMENT must be checked in, cleaned, and/or paid for if lost or stolen. Equipment should be returned in as good a shape as possible.
3. Varsity letters may be awarded in special situations on the head coach's/sponsor's judgment. Examples of this would include SENIORS or INJURED ATHLETES who do not reach required standards of quarters, etc.
4. The head coach/sponsor reserves the right to refuse letters to any athlete not demonstrating good citizenship throughout the entire school year or to any athlete not demonstrating behavior becoming an Oak Grove participant.
5. The head coach/sponsor must recommend each athlete for the letter award.
6. A provisional letter may be awarded to underclassmen who meet one half playing time criteria. This will change to a letter the following year if the conditions of criteria #1 are met.

Baseball

- The athlete must play in one fourth of the total innings of regular season varsity competition.

Basketball (Boys and Girls)

- The athlete must play in one fourth of the total quarters of the regular season of varsity competition.

Cheerleading

- All varsity cheerleaders that complete the entire year with no issues will earn a varsity letter.

Cross Country (Boys and Girls)

- The boy athlete must run 5,000 meters in a time of 19:30 or better.
- The girl athlete must run 5,000 meters in a time of 24:30 or better.
- Other considerations are for the athlete to run as one of the top five runners on the team in 75% of the races. Also, the athlete could be on the state qualifying team or be an alternate for the state qualifying team.

Football

- The athlete must play in one fourth of the total quarters of the regular season of varsity competition. Special Team Quarters-Members of special teams receive one half of a quarter each time they enter a game.

Golf

- The athlete must play in one third of regular season varsity matches.

Lettering Standards Continued

Soccer

- The athlete must play in half of the total halves in the regular season.

Softball

- The athlete must play in one fourth of the total innings of regular season varsity competition.

Track (Boys and Girls)

- The athlete must score forty varsity points.
- The athlete will receive one participation point for every varsity meet in which he/she participates.
- The athlete who scores in the conference meet at the varsity level will receive special consideration for a letter by the head coach.

Volleyball

- The athlete must participate in sixty percent of all varsity games during the regular season.

Wrestling

- The athlete must earn fifteen (15) net points in regular season varsity competitions.
- A wrestler who competes in half of the varsity matches MAY earn a letter.
- The wrestler must attend all home meets and help with assigned duties.



Today's preparation determines tomorrow's achievement.

How to Maintain and Protect Your Eligibility

The Missouri State High School Activities Association (MSHSAA), of which Oak Grove High School is a member, is a voluntary, nonprofit, education association of middle and high schools established for the purpose of working cooperatively in adopting standards for supervision and regulation of interscholastic activities and contests.

One of the primary functions of MSHSAA is to establish eligibility standards that all students must meet to attain the privilege of representing their school in interscholastic activities.

Eligibility is a privilege to be granted by the school to a student, which allows that student to participate in interscholastic activities. Eligibility is not a student's right by law. Precedent-setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school. Below are the major requirements that will enable you to maintain and protect your eligibility.

Citizenship

You must be a creditable citizen. Creditable citizens are those students whose conduct both in school and out of school will not reflect discredit upon themselves or their school.

Academics

- A. For grades 9-12, you must be currently enrolled in and regularly attending courses that offer a minimum of 3.00 units of credit at a member school. (This normally is five courses.) You must have earned 3.00 units of credit the preceding semester. Credits earned or completed after the close of the semester or in summer school will not fulfill this requirement. If you are a beginning ninth grade student, you must have been promoted at the close of the previous school year. Do not drop courses without first consulting with your principal or activities director to determine if it will affect your eligibility.
- B. For grades 7-8, you must be enrolled in a normal course load, have been promoted to a higher grade at the end of the previous year, and not have failed more than two courses the previous semester.

Transferring Schools

If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days unless you meet one of the expectations to the transfer rule (see your activities director). If you move with your parents to your new school district, you will be eligible at your new school provided that you were eligible in all other respects at your former school.

Participation Limits

You are eligible to participate in any sport/activity for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the next succeeding four consecutive years (eight consecutive semesters). You must enter school within the first eleven days of the semester in order to be eligible.

Award Standards

You may not accept cash, merchandise, or gift certificates for participating in a MSHSAA-approved contest. You may accept awards, which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc. for participating in a school athletic/activity program. You may accept awards that are merchandise that do not exceed \$25.00 suggested manufacturer's retail price.

How to Maintain and Protect Your Eligibility Continued

Age Limits

If you reach nineteen (19) years of age prior to July 1, you will be ineligible the next school year. In order to participate on a team/group consisting of only ninth graders, you must not have reached sixteen (16) years of age prior to July 1 preceding the opening of school. In order to participate on a team/group consisting of only eighth graders, you must not have reached fifteen (15) years of age prior to July 1 preceding the opening of school. Over-aged eighth graders may move up to the senior high team/group to have eight semesters of eligibility. You will be ineligible to participate after graduation from senior high school. Students granted early release are ineligible for further participation.

Non-School Competition

You may not practice for or participate with a non-school team/group or in any organized non-school athletic/activity competition and for your school team in the same sport/activity during the same season. You may participate on a school team/group and a non-school team/group in different sports/activities during the same season under the following condition: you must receive approval in advance from the principal and activities director in order to miss school time to practice for, travel to, or compete in organized non-school athletic/activity competition. You must receive approval in advance from the principal and activities director in order to practice or participate in organized non-school athletic/activity competition on the same day that you practice with or participate for the school team/group.

College Audition/Tryouts

You may participate in an "audition" or "tryout" for a college team/group only after you have completed your last season of eligibility in the sport/activity for which you wish to "audition" or "tryout."

Please speak with your coach and AD prior to auditions/tryouts.

All Star Games

You may not compete in an all-star game or contest before you complete your eligibility in each high school sport/activity. Participation in an all-star game or contest before ending your high school eligibility will result in your becoming ineligible to participate in any high school sport/activity. A senior with no high school eligibility

remaining for a specific sport/activity may participate in one all-star game for that sport/activity during the school year. See the Activities Director before agreeing to participate.

Camps/Clinics

You may attend a specialized summer camp(s)/clinic(s) at which you receive instruction or coaching from a member of your school's coaching staff/sponsor for a maximum of two calendar weeks in any one sport/activity. You may attend a non-school sponsored summer specialized camp(s) or group instruction at which you do not receive instruction from a member of your school's coaching staff/sponsor for as long as you desire. You may attend a non-school sponsored specialized camp(s) or group instruction during the school year provided that it does not result in any loss of school time; attendance does not occur within fourteen (14) days of the start of the school sport/activity season for the sport/activity concerned; it is not a team camp; and no member of the coaching staff/sponsor of the school you attend or will attend the following year is involved in any way.

****If you have any additional questions regarding eligibility, contact your activities director or principal.****

Physical Exams and Insurance Requirements

MSHSAA Policy

The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule.

A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage

The MSHSAA PPE form is the document completed and signed by your physician.

The Pre-participation documents include the medical history form, parent permission-insurance verification, student agreement, concussion education materials-parent/student signature, and emergency contact Information.

Only the MSHSAA PPE Form, the "physical examination," is valid for a two-year period (730 days). The MSHSAA Pre-participation documentation forms are still annual requirements that the school must secure from the students/parents annually.



[Click here for
DII Academic
Requirements](#)

DIVISION I ACADEMIC REQUIREMENTS

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletics scholarships, and/or compete during their first year.

Core-Course Requirement

Complete 16 core courses in the following areas:



Full Qualifier

- Complete 16 core courses.
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Academic Redshirt

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division I school.

Academic Redshirt:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

Nonqualifier:

College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

International Students: Please visit ncaa.org/international for information and academic requirements specific to international student-athletes.

Test Scores

When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of **9999** so his or her scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will **NOT** be used in his or her academic certification.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division I college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division I requirements.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION I FULL QUALIFIER SLIDING SCALE				DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum	Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37	2.750	810	720	59
3.525	410	410	38	2.725	820	730	60
3.500	430	420	39	2.700	830	740	61
3.475	440	430	40	2.675	840	750	61
3.450	460	440	41	2.650	850	760	62
3.425	470	450	41	2.625	860	770	63
3.400	490	460	42	2.600	860	780	64
3.375	500	470	42	2.575	870	790	65
3.350	520	480	43	2.550	880	800	66
3.325	530	490	44	2.525	890	810	67
3.300	550	500	44	2.500	900	820	68
3.275	560	510	45	2.475	910	830	69
3.250	580	520	46	2.450	920	840	70
3.225	590	530	46	2.425	930	850	70
3.200	600	540	47	2.400	940	860	71
3.175	620	550	47	2.375	950	870	72
3.150	630	560	48	2.350	960	880	73
3.125	650	570	49	2.325	970	890	74
3.100	660	580	49	2.300	980	900	75
3.075	680	590	50	2.299	990	910	76
3.050	690	600	50	2.275	990	910	76
3.025	710	610	51	2.250	1000	920	77
3.000	720	620	52	2.225	1010	930	78
2.975	730	630	52	2.200	1020	940	79
2.950	740	640	53	2.175	1030	950	80
2.925	750	650	53	2.150	1040	960	81
2.900	750	660	54	2.125	1050	970	82
2.875	760	670	55	2.100	1060	980	83
2.850	770	680	56	2.075	1070	990	84
2.825	780	690	56	2.050	1080	1000	85
2.800	790	700	57	2.025	1090	1010	86
2.775	800	710	58	2.000	1100	1020	86

ACADEMIC REDSHIRT

*Final concordance research between the new SAT and ACT is ongoing.

NCAA is a trademark of the National Collegiate Athletic Association.



2018 DIVISION II NEW ACADEMIC REQUIREMENTS

College-bound student-athletes first enrolling at an NCAA Division II school on or after Aug. 1, 2018, need to meet new academic rules to practice, compete and receive athletics scholarships during their first year.

Core-Course Requirement

Complete 16 core courses in the following areas:



Full Qualifier

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.200.
- Earn the ACT/SAT score matching your core-course GPA on the Division II full qualifier sliding scale (see back page).
- Graduate high school.

Partial Qualifier

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division II partial qualifier sliding scale (see back page).
- Graduate high school.

Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

Partial Qualifier:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

Nonqualifier:

College-bound student-athletes may not practice, compete or receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

International Students: Please visit ncaa.org/international for information and academic requirements specific to international student-athletes.

Test Scores

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division II college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division II requirements.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscores from each test are used for the academic certification process.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION II FULL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	48
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.050 & above	400	400	37
3.025	410	410	38
3.000	430	420	39
2.975	440	430	40
2.950	460	440	41
2.925	470	450	41
2.900	490	460	42
2.875	500	470	42
2.850	520	480	43
2.825	530	490	44
2.800	550	500	44
2.775	560	510	45
2.750	580	520	46
2.725	590	530	46
2.700	600	540	47
2.675	620	550	47
2.650	630	560	48
2.625	650	570	49
2.600	660	580	49
2.575	680	590	50
2.550	690	600	50
2.525	710	610	51
2.500	720	620	52
2.475	730	630	52
2.450	740	640	53
2.425	750	650	53
2.400	750	660	54
2.375	760	670	55
2.350	770	680	56
2.325	780	690	56
2.300	790	700	57
2.275	800	710	58
2.250	810	720	59
2.225	820	730	60
2.200	830	740	61
2.175	840	750	61
2.150	850	760	62
2.125	860	770	63
2.100	860	780	64
2.075	870	790	65
2.050	880	800	66
2.025	890	810	67
2.000	900	820 & above	68 & above

*Final concordance research between the new SAT and ACT is ongoing.

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NAIA Eligibility Requirements for U.S. Freshman



Incoming U.S. freshmen need to fulfill and provide documentation for two of the following three criteria:

Athletes who take their standardized tests between March 1, 2016 and May 1, 2019 need to achieve a minimum of a 16 on the ACT or 860 on the SAT.

After May 1, 2019, athletes must get either an 18 on the ACT or a 970 on the SAT.

Athletes must have the testing centers send their scores directly to the NAIA using the code 9876.

Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale. Athletes need to send their official transcript to the NAIA, either via the High School Portal or as a hard copy in the mail.

Graduate in the top half of their high school class. If this information isn't included on the athlete's official transcript, the athlete needs to provide a class rank letter.

For more information about how to submit documentation for each of these criteria, visit our [NAIA registration page](#).

The academic requirements for GED students are the same as incoming freshmen, except they cannot use class rank. They must meet both the GPA and test score requirements instead, and the successful completion of the GED immediately fulfills the GPA requirements. GED students should have their ACT or SAT scores sent to the eligibility center directly from the testing service using the NAIA's code: 9876. They also need to have their official GED information sent to the eligibility center."

Message to Parents

Dear Parents,

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic/activity programs of the Oak Grove High School Activities Department and for the individuals who participate. People involved in all facets of the interscholastic programs must demonstrate respect for others and display good sportsmanship. It is essential that students, coaches, parents, student groups, and fans in general are constantly reminded that Good Sports Are Winners! People seriously believe sportsmanship to be an important issue of concern in interscholastic athletics/activities. Positive experiences do not occur by chance; rather, they result from the educational structure, the right perspective, the right leadership, and the true understanding of sportsmanship. Good sportsmanship is not merely a campaign; it is the essence of what educational athletics mean. Let all of us promote the ideals of sportsmanship so that today's students and tomorrow's citizens may build a better society. The Oak Grove High School Activity Department trusts you will do your part in promoting good sportsmanship within your school and community. Remember, sportsmanship is EVERYONE'S responsibility!

Go Panthers!

Oak Grove School District

Administrative Team

Oak Grove Athletic Booster Club

Oak Grove athletes are fortunate in that they receive the tremendous support of this hardworking group. This group provides Oak Grove athletes with many extras and sometimes essentials that our school budget cannot provide. The OGABC also enables each program to outfit its athletes with the safest equipment.

The OGABC provides tens of thousands of dollars to Oak Grove sports programs. Much of the success of Oak Grove athletics can be directly attributed to OGABC. Consequently, the success of this organization depends upon the support of the athletes and especially their parents. The OGABC provides so much for the athletes; Oak Grove hopes that the athletes and their parents will support this organization.

The Role of Parents

Athletic events are learning experiences for student-athletes. A ticket to a contest is a privilege to observe tests of skills, not to verbally assault others or be obnoxious. Audiences may forget that high school athletes have not reached mature physical performance, so errors can be expected. Moreover, audiences who learn the rules of the sport are less likely to criticize officials, players, or coaches.

- Remember that you attend contests to support and yell for your team and to enjoy the skill and competition.
- Remember that interscholastic athletics are learning experiences for students and that mistakes are sometimes made.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- Remember that a ticket to an interscholastic athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place. Show respect for the opposing players, coaches, fans, and support groups. Treat them as you would a guest in your own home.
- Refrain from taunting or making any kind of derogatory remarks to your opponents during the game.
- Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athletes and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games and afterwards on or near the site of the event.
- Use only those cheers that support and uplift the teams involved.
- Recognize and complement the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the role of good sportsmanship.
- Be a positive behavior role model through your own actions and by censuring those around you at events where behavior is unbecoming.

“Don’t worry that children never listen to you; worry that they are always watching you.”

-Robert Fulghum

Parental Guide

1. If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day remembering your comments. Your child will be expected to interact with the coach in a cooperative manner. Your positive reinforcement will help both your child and the coach.
2. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son's or daughter's progress and affect playing time or position.
3. Should you have any questions or concerns, do not approach the coach immediately at the conclusion of the contest. At this time, coaches have other responsibilities, and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous, and logical manner.

The Athletic/Activity Chain of Command follows:

- Player/Participant
 - Head Coach/Director
 - Activities Director
 - Principal
4. One of the responsibilities that a coach has at the conclusion of a contest is to have a brief meeting with his players. Athletes should not pause to talk to parents or friends immediately after the games. These brief meetings are essential to the learning process involved in athletics.
 5. When you speak with your child after a contest, don't dwell on his or her play, how many points he or she scored, or if he or she started. Instead, first ask how the team did, did he/she play hard, give 100% and have a good experience?
 6. It is important to understand that participation on a team at Oak Grove High School is a privilege and not a right. Being on a team and maintaining one's membership on a team means accepting all the responsibilities of a participant. However, unlike recreational or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at a given time.

“If you want your children to improve, let them overhear the nice things you say about them to others.”

-Haim Ginott

Acceptable and Unacceptable Behavior

1. Remember that young people play sports for THEIR enjoyment, not to entertain you.
2. Do not have unrealistic expectations and understand that doing one's best is as important as winning. Understand that ridiculing an athlete for making a mistake is not acceptable behavior.
3. Respect the officials' decisions and encourage all participants to do the same.
4. The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.
5. Encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. Show respect for your team's opponents and realize no game would exist without them.
7. Do not use bad language and harass athletes, coaches, officials, or other spectators. This behavior will result in suspension from activities for one school year.
8. Always show good sportsmanship since young people learn best by example.

Spectator-Cheerleader

Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. The emotion and atmosphere at athletic contests can be very exciting, and the cheerleaders need to be allowed to direct and control this aspect.

Practice Session and Games

Practice sessions are normally closed to spectators for a sound reason. These sessions are the equivalent of a teacher's classroom, and real, quality instruction is taking place. Interruptions and interference with athletes' concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

“Children have more need of models than of critics.”

~Carolyn Coats, Things Your Dad Always Told You But You Didn't Want to Hear

Parent/Coach Communication

1. Communication you should expect from your child's coaches:
 - a. Philosophy
 - b. Expectations the coaches have set for all team members
 - c. Locations and times of all practices and contests

2. Appropriate concerns to discuss with your child's coaches:
 - a. The treatment of your child, mentally and/or physically
 - b. Ways to help your child improve
 - c. Concerns about your child's behavior

NOTE: It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe best for all students involved. As you have seen from the above list, certain topics can be and should be discussed with your child's coach. Other topics, such as those to follow, must be left to the discretion of the coach.

3. Issues not appropriate to discuss with your child's coaches:
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other students/athletes

NOTE: Some situations may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help resolve the issue of concern.

4. If you have a concern to discuss with the coach, the following procedures should be followed:
 - a. The student-athlete must first bring the issue to the coach's attention.
 - b. If the issue needs further attention, a parent can contact the coach during his/her planning period to get a clarification or to set a meeting.
 - c. Parents should not confront a coach before or after a contest or practice. These can be emotional times for both parents and coach. Meetings of this nature do not promote resolution.

5. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?
 - a. Call during school hours and set an appointment with the activities director to discuss the situation (816) 690-8667.
 - b. At this meeting the appropriate next step can be determined.

“TEAM” Together Everyone Achieves More

Sportsmanship Pledge

Young people need to know that integrity, fairness, and respect are lifetime values taught through athletics/activities and that these are the principles of good sportsmanship.

We need good sportsmanship:

- To prevent violent action that is becoming commonplace in today’s society and sports towards officials, opponents, and other spectators.
- To decrease the emphasis on just winning and losing an athletic event.
- To promote ethics, respect, and integrity in all walks of life.
- To learn the attitudes necessary for responsible behavior.

You can make proper behavioral choices while viewing your school’s athletic events.

Those who pledge agree:

- To be a proper role model for our student- participants.
- To inform our students that we have taken the pledge and why.
- To treat officials, coaches, my kid(s), their teammates, and their opponents respectfully and avoid ridicule or sarcasm.

The Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics/activities are an extension of the classroom, offering learning experiences for students. I must show respect for all players, coaches, spectators, officials, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and that good sportsmanship is expected by our school and conference. I hereby pledge my responsibility to be a model of good sportsmanship that comes with being the parent of a student-athlete.

Student Name: _____

Address: _____

Phone(s): _____

Sport(s): _____

Signature of Parent(s): _____ Date: _____

The Battle of Life

In the battle of life, it is not the critic who counts: not the man who points out how the strong man stumbled or where the doer of a deed could have done better.

The credit belongs to the man who is actually in the arena; who strives valiantly; who errs and comes short again and again because there is no effort without error and shortcoming; who knows the great enthusiasms, the great devotion, spends himself in a worthy cause; who at the worst, if he fails, at least fails while daring greatly, so that this place shall never be with those cold and timid souls who have tasted neither victory or defeat.

-Theodore Roosevelt



