

Oak Mountain Middle School Student/Parent Athletic Information

The philosophy of Oak Mountain Middle School Athletic Department is to provide learning opportunities to each student-athlete. Opportunities include but are not limited to teamwork, sportsmanship, self-discipline, moral character, and academics. We wish to create positive experiences that will allow the student-athlete to appreciate and grow from the acceptance of responsibility and complete involvement in a chosen endeavor.

This information is designed to inform student-athletes and their parents about the rules, regulations, and other important information that helped develop the tradition of competition in the Oak Mountain Middle School program.

Participation in middle school athletics is a privilege which carries varying degrees of responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate will be expected to follow the rules established by the Alabama High School Athletic Association, Shelby County Board of Education, Oak Mountain Middle School Administration, Athletic Department, and the specific coaches' rules for their sport. Each student-athlete represents the school, student body, parents, and the Oak Mountain community. Student-athletes must conduct themselves in a manner that does not negatively impact these areas.

Each team will have in place a specific set of rules and procedures that will explain in more detail player, parent, and coaching staff responsibilities.

Issues APPROPRIATE for parents and coaches to discuss:

1. Ways to help the player improve
2. Concerns about the players behavior
3. Academic performance

Issues INAPPROPRIATE for parents to discuss with coaches:

1. Playing time or playing position
2. Other student-athletes
3. Team strategy and/or play calling

COMMUNICATION

When a player or parent has a concern that needs to be addressed, the following steps should be taken.

1. The athlete should first talk to the coach that is immediately in charge of the athletes training. We are trying to help build independence, confidence and responsibility in our young athletes. This is an important step in the athlete taking charge of his or her life.
2. If the situation is not resolved by talking to the immediate supervising coach, the athlete should then talk to the head coach.
3. If the situation is still not resolved, the parent(s) of the athlete should then contact the athletic director to set up a parent meeting. The athletic director will determine if a meeting with the head coach is necessary.

NOTE: In regards to sports that require try-outs and cuts, requested parent meetings will only be scheduled after one week has elapsed from the final day of team selections.

SPORTSMANSHIP

Sportsmanship is conduct and an attitude appropriate for sports (fair play and courtesy).

Good Sportsmanship

1. Keep in mind that a student spectator represents the school just as the athlete does.
2. Realize that the good name of the school is more valuable than any game won by unfair play.
3. Lead other spectators to respect the officials by setting a good example and by accepting decisions of officials without question.
4. Respond to the yells of the cheerleaders especially when the team is losing.
5. Be courteous to the visiting team on and off the field of play.
6. Impress upon the community its responsibility for self-control and fair play at all athletic contests.
7. Give fair, courteous and truthful accounts of athletic contests in local school papers.

8. Express disapproval of abusive remarks from the sideline.
9. Encourage the discussion of fair play, sportsmanship, and school spirit through class work, auditorium programs and club programs.
10. Commend and applaud good sportsmanship by the visiting team.

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION ELIGIBILITY REQUIREMENTS

1. You must be an enrolled student and have enrolled in a school no later than the 20th school day of the semester in which the contest occurs.
2. You must have a copy of your certified birth certificate on file in the athletic director's office.
3. Prior to participating in interscholastic athletics you must have received an adequate physical examination for the current school year and have a current AHSAA physical form signed by an M.D. or D.O. on file in the athletic director's office.
4. You must not have participated in any sport more than two seasons (for middle school) after entering the seventh grade.
5. You, as an 8th grader, must have passed a minimum of five subjects of work with a composite numerical average of 70 for those five subjects during your preceding two semesters of attendance. One subject of physical education may be counted per year. A maximum of two subjects may be earned in an accredited summer school. All 7th and 8th graders must be taking five new subjects of work (ones not previously passed) during the current year.
6. You may be eligible in your home school at the beginning of each new school year as far as any transfer of schools is concerned. Your home school is the AHSAA-member school that serves the area where your parents reside. Eligibility may be established in any school by attending that school for a period of one school year from the date of enrollment. If you attend school outside of your "home school" district, you must attend that school for one calendar year in order to establish eligibility in that school.
7. If your parents make a bona fide move completely out of one school zone into another, you may transfer your eligibility to the new school. You become eligible five days after a Form 3 is submitted by the new school to the State Office if you meet all other requirements. If you change schools before your parents move, you do not become eligible in the new school until your parents complete a bona fide move into the new school zone and five days have elapsed after a Form 3 is submitted to the State Office.
8. You may not participate on a non-school team or in an outside sport activity in your sport(s) during your school season with the exception of a swimming, track, cross country or wrestling team member, who may participate as an independent in two outside activities with no loss of school time during the season of that sport. Tennis and golf team members are exempt from this rule.
9. You must not have participated in any non-sanctioned all-star game.
10. You must not be guilty of flagrant unsportsmanlike conduct.
11. During the school year, you may not be coached by your school's coaching staff outside of the school season in your sport(s). Weight training and conditioning programs are exempt from this restriction.
12. During the summer months (from the end of school until the fall sports practice date), you may be coached by your school coach in seven days of competition for each sport you participate in. Otherwise, you may practice with your school's coaching staff, but mandatory practices are prohibited.

CHANGING SPORTS / QUITTING A TEAM

1. If a student is dismissed or quits from a team, he/she may be suspended from the OMMS sports program for a period not to exceed one full year from the sports season involved. Length of suspension will be determined by the reason for dismissal. The length of dismissal will be determined by the athletic director.
2. The student-athlete is not allowed to quit one sport to join another, i.e., one cannot quit football to go out for basketball until football season is completed.
3. Athletes are required to attend all school sports competitions (practices). In the event of a conflict with a non-school related sporting competition (or practice), the athlete may attend the non-school related competition with prior approval from the head coach. Failure to get approval from the Head Coach will be the same as quitting the team and athlete with forfeit eligibility for one school year.
4. If an athlete quits or is dismissed from a sport, none of the fee monies will be returned or allowed to be applied to another sport. These monies will be forfeited to the original sport.
5. If an injury occurs that prevents active participation in the sport, no monies will be refunded or allowed to be applied to another sport.

CONFLICTS BETWEEN ACTIVITIES

Students are sometimes involved in non-athletic activities as well as athletic activities, and there may be conflicts in schedules. Communication between coaches and sponsors of the conflicting activity is imperative. Consideration must be given to the importance of the event and the role the student-athlete plays in it. Activities required by OMMS will take precedence over non-OMMS activities.

DRUG / ALCOHOL POLICY

OMMS Athletic Department follows the standard set by the Shelby County Board of Education, which includes random drug tests of all athletes. A copy of the SCBOE policy will be issued to each student-athlete during the first sport the student-athlete participates in for that school year.

ATTENDANCE ELIGABILITY

Full daily attendance at school and practice is expected. In order to be eligible to participate in any after-school activity, the athlete must be present at least a half day (SCBOE and AHSAA). An excused doctor's visit is only good for a half day. If the activity is to be held on a Saturday, the student must be in attendance in school the preceding Friday.

DOCTOR VISITS

Medical expenses are the responsibility of the athlete / family. Written verification from a doctor is required if a physician removes an athlete from practice or games, and is also required to return the athlete to competition after the doctor releases him/her to play again.

AHSAA OUTSIDE PARTICIPATION RULE

A student who is a member of any school athletic team (grades 7 – 12) may not participate (includes practice) on a non-school team in the same sport during the school season of that sport. A student who is a member of any high school athletic team may not participate in an outside sport activity in the same sport during the school season of that sport.

A student who violates this rule becomes ineligible to compete on that school team or in that school sports activity for the remainder of that school season. Any student who participates on an outside team after the sport season begins is ineligible to join that school team for the remainder of that season.

A team's season begins the day of that team's first contest and ends when that team's season has been completed. An ineligible student cannot participate with an outside team after the school team's season starts and then join the school team upon becoming eligible.

ATHLETE'S RESPONSIBILITY FOR LOST / DAMAGED EQUIPMENT

Any athletic equipment that has been given to the student-athlete becomes the responsibility of the student-athlete. If the athletic equipment is lost, or damaged, or stolen because of improper use or care, the student-athlete is responsible for the total cost of replacing this equipment. The equipment must be purchased through the Athletic Department under the authorization of the Athletic Director.

FEES

Spirit pack fees are to be paid before any spirit pack items are given out to an athlete. Participation fee is to be collected before the first contest.

Oak Mountain Middle School

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Dear Student Athlete and Parent,

Welcome to Oak Mountain Middle School Athletics. We are excited about the upcoming sport seasons and the opportunities afforded from participating in middle school athletics. We want to personally thank all student-athletes for their time and efforts both on the fields/courts and in the classroom. We believe great things come to those who take on athletic challenges and wish everyone involved success this year.

Athletics brings about a great responsibility of the students to not only represent Oak Mountain Middle School, but the Oak Mountain community. It is important for all students to understand it is a privilege to participate in extra-curricular activities. A successful athletic program requires all students to make a commitment to the program and honor that commitment throughout the school year, whether in season or not. Student-athletes are constantly in the spotlight and athletes need to exhibit great sportsmanship, athleticism, teamwork and citizenship throughout the year. A successful season should be evaluated not only by wins and losses, but in the preparation of athletes to join the high school athletic program with sound fundamentals and strategies necessary to compete at the next level.

Oak Mountain Middle School athletics fall under the jurisdiction of the Alabama High School Athletic Association. This is a more competitive style of play, unlike that of a community-sponsored sport. Team play begins in the seventh grade. Coaches are aware of the desire of each athlete and their parents to be on the starting team and to have significant playing time. While a parent is focusing on the needs of one child, a middle school coach focuses on the needs of the entire team with a strong emphasis on being competitive.

Determination of who plays when and in what position is entirely at the discretion of the coaching staff. Some athletes may play very little or not at all. Parents who want guaranteed playing time for their child should participate in community leagues.

During the season, we request that a parent or guardian not approach the coaching staff about playing time, coach's philosophy, or practice time. These items are not open for discussion by the coach. The administration and I have confidence in our coaches and will back them 100% in these areas. At the end of the season, the administration, Athletic Director, and coaches will evaluate the season. Suggestions from players and parents will be welcomed at this time on suggestion sheets provided by the Athletic Boosters.

Again, welcome to the Oak Mountain Middle School Athletic Department, and we hope your experience with this coaching staff will be a good one.

Kevin Tatum
Athletic Director

Jay McGaughy
Associate Athletic Director