



OCONOMOWOC AREA SCHOOL DISTRICT

ATHLETIC & CO-CURRICULAR CODE OF CONDUCT



OCONOMOWOC HIGH SCHOOL



NATURE HILL
INTERMEDIATE



SILVER LAKE
INTERMEDIATE

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Oconomowoc Pride

The Oconomowoc Area School District is pleased to have you participate in its co-curricular program. As an integral part of the total school effort and experience, the program is designed to help our students become successful individuals and better citizens. The intent of this code is to provide the student-athlete and parents with a reference to the responsibilities and expectations for participation in all of our educational based programs.

Co-curricular activities are a **privilege** not a right. This Code of Conduct is in effect **12** months a year.

Oconomowoc athletics will create a foundation where...

- We promote teamwork, self-discipline, commitment and composure to handle all competitive situations
- We will emphasize the development of leaders who are selfless and accountable (Character, humility, discipline, and a “We over Me” mentality)
- Coaches and athletes will model our core values each and every day
- Life lessons that are taught today will enhance the greater tomorrow
- Positive sportsmanship will be displayed regardless of the competitive outcomes
- Oconomowoc Pride is the central focus of our coaches, athletes, programs and community

GROUND

COMMIT

ACCOUNT

Oconomowoc High School Activities Staff

Kevin Flegner	Athletic Director flegnerk@oasd.org	560-3110
Beth Loppnow	Athletic Assistant loppnowb@oasd.org	560-3111
Melissa Anders	Associate Principal andersm@oasd.org	560-3107
Nancy DeYoung	Associate Principal Club & Activities deyoungn@oasd.org	560-3108
Derek Nelson	Associate Principal nelsond@oasd.org	560-3155
Jason Curtis	Principal curtisj@oasd.org	560-3101

Nature Hill Intermediate School Activities Staff

Kelly Boldt	Athletic Director boldtk@oasd.org	262-560-4946
Deb Hayes	Athletic Assistant hayesd@oasd.org	262-560-4947
Krista Werchowski	Principal werchowk@oasd.org	262-560-4941

Silver Lake Intermediate School Activities Staff

J.C. Bruns	Athletic Director brunsj@oasd.org	262-560-4306
Tracey Webster	Athletic Assistant webstert@oasd.org	262-560-4307
Jill Marr	Principal marrj@oasd.org	262-560-4301

Oconomowoc Website: www.oasd.org

Go to the school page and click on "Athletics"

O Power

Goals of O-Power

- Create a safe and structured environment for athletes to train in.
- Progress athletes through movements in a way that encourages long-term athletic development.
- Prepare athletes for the demands of their sports.
- Maximize the athletic abilities of all Oconomowoc athletes, while also minimizing injuries.
- Provide opportunities for athletes to train side-by-side with athletes from other sports.
- Learn the value of consistent, hard work.
- Develop and demonstrate pride within our district and community.

O-Power is a year-round training program that allows students to train with coaches from multiple sports in a highly structured and safe environment. The goal of our training program is to maximize the athletic abilities of our athletes while minimizing injuries by emphasizing correct movement patterns with appropriate training loads. Throughout the week athletes will train multiple areas of athleticism: speed, strength, power, plyometrics, agility, core strength, mobility, and flexibility.

All OHS students are encouraged and welcome to participate in O-Power throughout the year if they are currently not enrolled in Raccoon Performance during the school day. The information below provides general information regarding O-Power logistics.

Summer O-Power

- Operated as a part of our summer school program. In a usual year it runs for 6 weeks and begins the week after school ends.
- Athletes need to register when summer school registration begins in late March/early April in order to participate.
- Sessions run Monday through Thursday, are 90 minutes long, and offered at various times in the morning.

Fall/Winter/Spring O-Power

- Operated as an after-school program throughout the school year for students that are not currently enrolled in Raccoon Performance.
- Three separate sessions are offered throughout the year to correspond with the fall, winter, and spring sport seasons.
- There is no fee to participate in O-Power during the school year.
- Sessions run Monday through Thursday. (3:00-4:30)

Any athlete/parent interested in learning more about O-Power and the benefits it will provide, please contact Coach Benish via email at benishj@oasd.org.

Oconomowoc High School Sports Offerings

GIRLS' SPORTS

FALL

WIAA Season

Cross Country
Golf
Swimming
Tennis
Volleyball

Non-WIAA

Cheerleading
Dance
Sailing

WINTER

WIAA Season

Basketball
Gymnastics
Ice Hockey – Co-op (Arrowhead)

Non-WIAA

Alpine Ski
Bowling
Cheerleading
Dance

SPRING

WIAA Season

Lacrosse
Soccer
Softball
Track

Non-WIAA

Sailing

BOYS' SPORTS

FALL

WIAA Season

Cross Country
Football
Soccer
Volleyball (JV Level)

Non-WIAA

Sailing

WINTER

WIAA Season

Basketball
Ice Hockey – Co-op (KM & Muk)
Wrestling

Non-WIAA

Alpine Ski
Bowling

SPRING

WIAA Season

Baseball
Golf
Lacrosse
Track
Tennis

Non-WIAA

Sailing

Oconomowoc is a member of the Wisconsin Interscholastic Athletic Association (WIAA) and the Classic 8 Conference.

Nature Hill Intermediate School Sports Offerings

GIRLS' SPORTS

Fall

Basketball (7,8)

Dance (7,8)

Cross Country (6,7,8)

Winter

Volleyball (7,8)

Dance (7,8)

Spring

Track and Field (7,8)

BOYS' SPORTS

Fall

Cross Country (6,7,8)

Football (7,8)

Winter

Basketball (7,8)

Wrestling (6, 7, 8)

Spring

Track and Field (7,8)

Nature Hill Intermediate is a member of the Junior Parkland Conference.

Silver Lake Intermediate School Sports Offerings

GIRLS' SPORTS

Fall

Basketball (7,8)

Dance (7,8)

Cross Country (6,7,8)

Winter

Volleyball (7,8)

Dance (7,8)

Spring

Track and Field (7,8)

BOYS' SPORTS

Fall

Cross Country (6,7,8)

Football (7,8)

Winter

Basketball (7,8)

Wrestling (6, 7, 8)

Spring

Track and Field (7,8)

Silver Lake Intermediate is a member of the Junior Parkland Conference.

2023-24 Online Athletic Registration

To be eligible to participate in a sport a student must have the following steps completed prior to July 31, 2023 (OHS only) (Online registration will be available on July 1, 2023):

[Log into Family/Student Access - Open Family Access/Online Forms and follow the steps below.](#)

Step 1

1. Athletic Fee paid online.
\$160 (OHS), \$85 (NHI/SLI) + additional \$60 (OHS/NHI/SLI Football Only)
This new fee will be assessed to partially offset the increasing and reoccurring costs of ensuring the safety of all protective equipment worn by our athletes. Fall sport athletes may pay the participation fee at the time of registration, but no later than the first practice. Winter and Spring athletes may, but do not have to, pay until their sport begins. (Fee Management Tab)
2. A current Physical Card, dated after April 1, 2022, must be on-file with the athletic office. An athletes most current physical date can be viewed in Family Access, under the Health tab. Below are options for submitting your physical card:
 - Upload on Family Access
 - Email to [Beth Lopppnow](#)
 - Fax to (262) 560-3120
3. Online Athletic Registration completed and electronically signed by both parent and athlete by July 31st (OHS only). The online form includes the following information:
 - Selection of sports - *if changes have been made to the sport selection after approval has been confirmed, please notify the athletic department.*
 - Emergency Medical Information is accurate and up to date
 - Co-Curricular Code of Conduct
 - Concussion/Cardiac Arrest Agreement
 - Assumption of Risk
 - Financial Responsibility for Athletic Uniforms and Equipment Agreement
 - Insurance Information

Step 2

Random Drug Testing - Random Drug Testing Policy consent form electronically signed by both parent and athlete. As per OASD School Board policy, the refusal to participate in Random Drug Testing will result in the inability to participate co-curricular events and/or the exercise of parking privileges. For more information, please refer to the following documents.

- [Random Drug Testing Policy](#)
- [Frequently Asked Questions](#)

Step 3

Complete Online Registration by clicking the SUBMIT button.

Both athlete and a parent/guardian will have to log in to Family Access separately to complete their portion of the Online Athletic Registration/Random Drug Testing Consent/Submit Button.

**When all the above steps are completed, the athletic office will verify and send a confirmation email to the athlete/parent. This may take up to a week. The athlete's name will go on an approved list that will be shared electronically with coaches. Coaches will verify athlete's eligibility to participate with the list we provide them.

Payment Reminder:

The participation fee of **\$160.00** (OHS), **\$85.00** (NHI & SLI) + additional **\$60** (OHS/NHI/SLI Football Only) must be paid prior to the first day of practice in the respective sport the student-athlete chooses. If the student-athlete is cut from the team the participation fee will be fully refunded upon request to the athletic office. All refunds must be requested on or before June 1st of the current school year. Any requests after this date will be denied. Any student-athlete who quits the team will forfeit their participation fee. If there is an extenuating circumstance you may submit a request to the athletic director within **5 days** of the student-athlete quitting.

School Attendance

A student who is excused by a parent or guardian as ill, will be **ineligible** to participate in any after-school practices, rehearsals, contests or performances that day unless the student is either:

- (a) OHS students must be in attendance from the beginning of Pride 8:55 A.M. and NHI/SLI from 9:30 A.M. through the end of the day even if the periods are study halls, work release **or**
- (b) Provides a physician's excuse to the athletic office or head coach for missing school.

Note: Any unexcused absences will make the student-athlete ineligible for practice and/or competition on the day they were unexcused.

Ineligible Attendance Records

A-AB Unexcused Absence - Teacher marked student absent. Student remains unexcused and ineligible.

U-AB Unexcused Absence - Attendance office marked student absent. Student remains unexcused and ineligible.

C-PO COVID~required isolation period.

E-IL ILL - Parent called in student sick. Ineligible to play if after 8:50am.

E-HR ILL - Student went home ill through the health room. Ineligible to play.

Eligible Attendance Records

H-HR Student went to the health room. Eligible to play.

T Tardy – Eligible

S-AT School Activity – Eligible

E-DR Excused doctor – Eligible, but we would like to see E-ME so that they bring proof that they were at the doctor. If a student has too many E-DR, please require that they get it changed to E-ME by bringing a letter from the doctor to the attendance office.

E-ME Excused Medical

E-PE Excused Personal Excuse – Eligible

E-** Excused and eligible. (Not including ILL)

Residency

A student, whether an adult or not, is eligible for interscholastic competition only at the school in the district in which his/her parents and/or guardians are legal (physical) residents. Special concerns regarding eligibility must be cleared through the Athletic Director. Any student participating in open enrollment and/or homeschooled is considered ineligible until the Athletic Director determines that the student meets school and WIAA requirements. **Any and all questions should be communicated with the Athletic Director, so eligibility is not affected or lost.**

Postponement & Cancellation Policy

Whenever school is not held because of inclement weather, the following procedures will be followed:

1. If school is completely canceled in the morning because of snow, ice, cold or other dangerous conditions, athletic teams may practice, only if it can be determined that the dangerous conditions are no longer threatening. This decision shall be made jointly with the Superintendent and Athletic Director. The practice time(s) shall be similarly determined. Whether to play a contest on such days shall be determined in the same way but also in conjunction with the scheduled opposing school.
Note: For NHI/SLI if school is cancelled all clubs, activities and athletic events will be canceled.
2. If the start of school is delayed, there would be no effect on after school meetings, practices or contests. However, no morning practices or meetings will be held.
3. If students are sent home before the regularly scheduled end of the school day, there will be **NO PRACTICES OR OTHER SCHOOL ACTIVITIES.**

Notify Me

It is important that every parent sign up for [Notify Me](#) to receive cancellation/reschedule notifications immediately via email and/or text. Options chosen will need to be updated annually.

Athletic Injuries & School Athletic Trainers

Pro-Healthcare provides our athletic training coverage here at Oconomowoc High School. Our athletic trainer is Mr. Jason Anderson LAT. He is here Monday-Friday from approx. 2:30-5:30 P.M. During the Fall & Spring he is in the PDC training room and in the winter, he uses the training room in the north end of the fieldhouse. He also covers home varsity events.

1. All injuries should be reported to the supervising coach, athletic trainer, or advisor immediately. Unreported injuries can lead to serious complications and increased time lost from competition.
2. Our team doctors and athletic trainer are specifically trained in the care of athletic injuries. However, we urge use of your family physician. Very often, a complete history of an athlete's health plays an important part in the care of athletic injuries.
3. Please inform the coaching staff and our athletic trainer of any special medical problems or medical history your son/daughter may have that may be important in the handling of an athletic injury.
4. Should an injury be discovered after the participant has returned home from practice, a home contest, or an away contest the coach of the sport and athletic trainer should be contacted ASAP.
5. **Return to play policy** – If an injured athlete is treated by the Oconomowoc High School athletic trainer, the OHS athletic trainer will make the decision on when the injured athlete may return to play. If an injured athlete is referred to or sees a doctor, they must obtain a release form from that doctor in order to return to practice or competition. **NO EXCEPTIONS.**

Note:

The doctor's release may be turned into the school's athletic department and will be forwarded on to the athletic trainer. In a situation that an athlete does not see a doctor, the OHS athletic trainer will make the final decision on when the athlete may return to practice or competition.

Conflicts in Co-Curricular Activities

Despite all the scheduling efforts by administration, conflicts will develop between co-curricular activities.

The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in co-curricular activities.

In the event that conflicts arise it is the responsibility of the ATHLETE to report these conflicts immediately to the coach. The Athletic Department will do everything we can to work out all conflicts to the satisfaction of all parties.

In the case where two school practices conflict, the student-athlete makes a choice. In the case where practice conflicts with a school contest/concert, then the contest/concert should be attended. In the case where a conflict exists between school contests or concerts, the student needs to make a choice.

Sportsmanship

Athletics and other Co-Curricular Activities at Oconomowoc have earned an outstanding reputation in the area of academics and community sportsmanship. Our athletes and fans have always conducted themselves in a commendable manner. Everyone is very proud of this reputation and works hard at upholding it. Please review the following suggestions for future consideration.

1. A student spectator represents his/her school the same as an athlete.
2. The good name of the school is more valuable than any game won by unfair play.
3. Accept decisions of officials without any dispute.
4. Recognize and show appreciation of fine play and good sportsmanship on the part of the opponent.
5. Respect the game management at all times as they are there for everyone's safety.
6. If you choose not to use good sportsmanship you **will** forfeit your right to be in attendance and **will** be asked to leave.

****We are Raccoons....***

The Oconomowoc community aims for strong sportsmanship through positive and respectful actions among players, fans, coaches, and officials. As Raccoons, we are grounded in our values and accountable for our actions. On behalf of the WIAA and Classic 8 Conference, we thank you for your sportsmanship and supporting our student athletes in a positive manner.

Sports Parenting

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts, and you are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't "coach" on the way to the track, diamond, or court... on the way home... at breakfast... and so on.
4. Teach them to enjoy the thrills of competition, trying, working, improving their skills and attitudes... taking the physical bumps and coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. Don't pressure them because of your pride.
6. Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for a father or mother who has had some sports experience.
7. Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
8. You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a good influence on your child.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics they bring home.
10. Make a point of understanding courage, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. Never approach a coach on game day to talk about your child, before, during or after a contest.

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules for Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.

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Oconomowoc Sports Booster Club

The Booster Club is a support organization that raises additional funds for both the High School and Middle School athletic departments. All teams have an opportunity to request funds yearly for equipment, league fees, and or other costs associated with each program. (Uniforms are not covered by the Booster Club). If you are interested in learning more about this organization or how to become a member please contact current Booster Club President Craig Rohde at osbc@oasd.org or visit the website at www.oconomowocsportsboosterclub.org. We are always looking for more people to get involved in supporting our athletic teams!

Membership Dues - \$25.00 for the entire family (includes admission to tailgate during football season)

Major Events:

1. Concessions for all athletic home events (Does not include tennis or varsity baseball)
2. Raccoon Gold Card
3. Sponsor Senior Athletic Banners for all sports senior nights. (If a senior quits prior to senior night, they will not receive their banner.)

Note: All sport teams are required to work the concession stand. The Booster Club will assign the dates that our teams need to work. Both parents and athletes are required to work. Failure to cover dates can and will impact Booster Club Fundraising for that team.

Sport Cut Policy

Sports where there are a high number of participants may have a try-out and cut policy in place. Any questions regarding your athlete must be directed to the head coach within **24 hours** of the cut. A refund of the participation fee will be given to those who do not make the team upon request of the athletic department. **This request must be made on/before June 1st of the current school year.** After this date no refunds will be given. For NHI/SLI our goal is to not cut athletes.

Team Policies & Practice Times

The coaching staff determines the practice times as they will vary from sport to sport and season to season.

Parents should note that each head coach will establish policies germane to that sport program. This includes rules and regulations above and beyond this code of conduct. Included in these rules will be their sport attendance policy as it pertains to practices, game contests and consequences for missed time including a suspension of an athlete.

Note: All athletes are expected to report for the first day of practice/tryouts. If for some reason they cannot make the first day, it is the responsibility of the student-athlete to reach out to the head coach in **advance** to make arrangements. Failure to do so will result in the athlete not being able to participate in that sport. **Extenuating circumstances must be pre-approved by the head coach prior to the first day of practice/tryout. All WIAA practice guidelines will be enforced for reporting to your sport late.**

School Equipment

Students are responsible for all equipment issued to them. Athletic uniforms, both practice and game, are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose. When the season is completed, all equipment is to be returned to the school. The monetary value of any non-returned uniforms or equipment will be registered to the student as a fee to be paid before you can play in another sport.

College Recruitment Policy

In the event a college recruiter should contact you personally, we encourage you to work with your coach, counselor, and the Athletic Department. We are all here as a resource for the student-athlete and their family. The [Permission to Release Records](#) form will need to be completed for each college requesting information.

The Athletic Department will support 4 signings per year that follow the national scheduled signing dates. Athletes who want to be included must provide information to the athletic department at least one week prior to the signing date. The athletic office will send out reminders, times, and location for the signing dates. The athletic office will provide the backdrop for pictures. The athlete(s) are asked to bring their letter of intent and any college memorabilia with them to the signing.

Transportation

Oconomowoc is responsible for transporting athletes to and from contests. The school is aware that unusual circumstances do arise in which a parent desires to transport their son/daughter either to or from a contest. If this occasion does arise, it is the responsibility of the parent to submit the OHS Transportation online form found in Skyward Family Access under Online Forms 24 hours prior to the contest. This form will need to be submitted for each event. To complete another request, follow the directions below:

- Click on *Mark OHS Transportation Form 23-24 as not completed and make changes*
- Click on *Previous Step*
- Click on *Edit Step 1*
- *Add* a new date
- *Submit*

Under **NO** circumstances will permission be given allowing athletes to transport themselves to or from a contest. If a parent takes their student home after a contest with no permission sheet the student-athlete **may** be suspended for the next contest. *When NHI/SLI play each other there will be no transportation back to the home school.*

Scholar Athlete (OHS only)

This athletic award is a prestigious honor that recognizes and celebrates athletes for their hard work, dedication, and commitment to greatness in both academic and athletic pursuits.

Criteria:

- Must have a cumulative weighted GPA (term 2) of a 3.5 or higher
- Any athlete earning a varsity letter
- Managers who earn a varsity letter
- No athletic code violations of any kind that are served in that school calendar year ~ July 1 through June 30.

Parent/Athlete/Coach Expectations & Communication

Parenting and coaching are extremely challenging vocations. By establishing an understanding of each other's expectations, we are better able to accept the actions of both parties and provide greater benefits to the student-athlete. When a child becomes involved in a co-curricular activity, parents and coaches have a right to understand what expectations are going to be placed on the athlete and on each other. This begins with clear communication from the athlete, parent, coach, and activities office.

Communications That Parents/Athletes Should Expect From Coaches:

1. The expectations the coaches have for all their team members.
2. Location and times of all practices.
3. Team requirements, fees, special equipment, game dress, and off-season opportunities.
4. The policy dealing with excused and unexcused absences. (What will the consequence be for missing a practice/game because of vacation, etc.?)

The OHS and WIAA requirements for eligibility.

1. Teams' rules beyond the OHS Athletic Code.
2. The lettering requirements.
3. Cut policies (if cuts need to be made)
4. The coaching staff act as a role model for good sportsmanship, use of appropriate language, promoting a healthy environment, and safe teaching techniques.
5. Well planned practices.
6. A resource for college opportunities.

Expectations/Communications Coaches Should Expect From the Athlete and Parents:

1. Notification of any schedule conflicts that may occur, well in advance of the date.
2. Special concerns regarding coaching expectations. (Practice requirements, etc.)
3. Support for the OHS Athletic Code and all team rules.
4. Support all team members and coaching staff. (Team comes first)
5. Positive support at games for their son/daughter, their teammates, and coaching staff.
6. Exhibit good sportsmanship and appropriate language by the athlete and parents at games and/or practices.
7. A great work ethic and attitude at practice and in games.

8. If the athlete has a concern, please see the coach ASAP to talk about the issue at hand.
9. Parents should not expect to meet with a coach before or after a game to communicate concerns. Any meeting with a coach is to be scheduled in advance. ***Please honor a 24 hour no-contact policy.**

Appropriate Concerns Athlete/Parent May Address With Coaching Staff:

1. The treatment of the athlete mentally and physically.
2. Ways to help their son/daughter mentally and physically.
3. Concerns about the athletes' behavior in school/practices/games.

Areas That Are Not Appropriate For Parents to Discuss With Coaches:

1. An individual's playing time
2. Team strategy
3. Play selections
4. The make-up of the team and the decision as to who plays on what team
5. Other members of the team, other parents, and other coaches

The Proper Method to Address a Concern:

Step One:

The athlete speaks with the coach. (I would suggest the coaching staff be involved/present when this conference takes place.) Parents should help their son/daughter prepare to discuss his/her concerns with the coach, to empower them to take responsibility.

Step Two:

If the meeting between the athlete and the coach does not resolve the concern, the parent should schedule a conference with the coach (with the student-athlete present). Please do not approach a coach before or after a contest. If the coach cannot be reached, the parent should contact the athletic director and he will arrange for the coach to contact the parent.

Step Three:

If the conference between the parent/athlete and coach does not resolve the concern, there will be a meeting set up by the athletic director. The A.D. will moderate the conference.

Step Four:

If there is no resolution, the parent must put in writing his/her concern(s) and submit it to the District Superintendent. Within **10** days of the letter, the Superintendent will meet with the parent(s) in an effort to resolve the concern(s).

Academic Eligibility

A student-athlete must meet school and Department of Public Instruction requirements defining a full-time student (Including Home Schooled Students) and have received no failing grade in the most recent grade-reporting period. A senior who has acquired all necessary credits toward graduation is not exempt from this rule. (Ex – Any senior wanting to graduate early will be **ineligible** to compete the rest of the school year)

1. OHS grades are checked each term. **4** terms in a school year (1st term, 2nd term+1st semester, 3rd term, 4th term+2nd semester), NHI/SLI grades are **4** times a year
2. Student-athlete(s) will be informed by the athletic office and a letter will be sent home to the parents
3. Only a counselor with the approval of the principal and/or associate principal can approve a grade change
4. Ineligibility period is 15 consecutive school days once grades are checked
Note: Only school days count towards the 15. (Weekends, vacation days, and non-school days do not count) Grade check will occur on the 15th day and eligibility shall be restored on the 16th day as long as the student has 1 or less failing grades.
5. A student who receives more than one failing grade in the previous school year's fourth quarter, and wishes to participate in the fall, shall be ineligible for the lesser of these two periods:
 - 21 calendar days from the date of the first WIAA allowed competition in that sport, **or**
 - One-third of the maximum number of games/meets the WIAA allows in that sport
6. If a student-athlete is still failing after a grade check on the 15th day another 15-day suspension will be imposed.
7. Early graduates are not eligible to participate in all related WIAA and non-WIAA sports.

Athletic Grade Check
(__ Day Ineligibility Period)

Name of Athlete:

Period of Academic Ineligibility:

Due back on:

Time:

Grade:

Sport:

Class	Teacher	Grade	Teacher Signature	Date

Athletic Director

Approved

Not Approved

Oconomowoc Code of Conduct

****This code is in effect 12 months a year****

Being a student-athlete athlete is a “privilege” not a right. Participation in the athletic program(s) at OHS is entirely voluntary and can be revoked at any time if rules and regulations are not being followed. Behavior of student-athletes in and out of school at all times during the calendar year will reflect a credible attitude to the school, the team and the community.

The Interscholastic athletic program of Oconomowoc High School is an integrated part of the total school program and is designed to help students become better citizens. While the academic area of our school is of paramount importance, it is believed that participation in a well-directed athletics program affords definite opportunities, training, and experiences not ordinarily obtainable in the regular curriculum.

The following rules, in compliance with the WIAA, exist to ensure the best interests of OHS student-athletes.

An athlete shall be suspended from the interscholastic athletics for:

1. Use or possession of tobacco or nicotine products (smoking and/or chewing, e-cigarettes, e-hoka, possession, use or sale of Vape pens including any supplies related to Vape pens and/or vaping including but not limited to, e-liquids/juice (NON NICOTINE, NICOTINE, THC oil/wax, or CBD oils), atomizers, tanks, chargers, cartridges, juuling, dab-pens)
2. Possession, use, or sale of illegal drugs, drug paraphernalia, or controlled substances as defined by Wisconsin State Law and/or the WIAA
3. Possession, or use of a weapon
4. Possession, consumption, or sale of intoxicants including all fermented malt beverages, wine, and intoxicating liquors as defined by Wisconsin State Law.
5. Being charged with any criminally related activity: shoplifting, burglary, sexual assault, vandalism, theft, trespassing, possession of stolen property (this includes athletic and school equipment), etc., obstruction of the law, or municipal or county ordinance, or state law violation.

Note: Suspensions will run through the duration of the legal proceedings. The student will be ineligible during this period and if proven innocent at court, the suspension will end on that date.

Note: Ticket exemptions include: curfew tickets, speeding tickets, and homecoming toilet paper wars, as long as there is no criminal damage to property.

Code Violations and Penalties

(Suspensions carry over during all 4 years of WIAA/Non WIAA Eligibility)

A. First Offense – The student-athlete will be suspended from 30% of the concurrent scheduled contests (games, meets, etc.)

AODA Assessment – This is only available on a first-time offense. If a student-athlete is found to be in violation of the Athletic Code and agrees to complete an AODA assessment, a restorative justice program, and follows their recommendations, there will be a 5% suspension reduction. If the student-athletes parent(s) complete an AODA assessment as well, another 5% suspension reduction can be applied. This would be a total reduction of 10% if both the student-athlete and parent participate. If a student-athlete chooses not to complete the AODA assessment the suspension goes back to the original 30%.

Note: In order to receive a suspension reduction, the student athlete will complete the following steps within one month from the day of the suspension unless there is special approval by the athletic director.

1. AODA Detour Course

- Register online for the next available class. If you have any questions, please call our office at 262-354-8344.
- Use code OHS2023 at checkout to receive a refund when finished.
- Complete the Detour class.
- At least one parent/guardian must attend a two-hour parent education session.
- After you have completed all the requirements of the class, the instructor will send out certificates of completion.
- Give a copy of the certificate to Mrs. Loppnow in the OHS Athletic Department within one month of the suspension.

2. Restorative Justice

- The student-athlete will need to meet with our leadership coordinator, Kim Mueske, to review our school values and leadership responsibilities in being a student-athlete.

B. Second Offense – The student-athlete will be suspended from 50% of the concurrent scheduled contests (games, meets, etc.)

C. Third Offense – The student-athlete will be suspended **permanently** from the athletic program. A student-athlete who has been suspended for a third time may appeal to be reinstated into the athletic program on the one (1) anniversary of the date of the third suspension, not the date of the occurrence of the third violation. The reinstatement appeal must be in writing to the

Athletic Director. The Athletic Director will have 5 school days to review the appeal. A student-athlete may only be eligible to reinstatement if he/she has not violated any aspect of the Code of Conduct during the previous suspension period. If a student-athlete is reinstated, the earliest they can participate is the day after the date of the (1) year anniversary of the suspension.

- **Note:** The suspension starts with the next scheduled contest.
 - All suspensions require that the student-athlete must attend practices and attend both home and away contests.
 - Scrimmages count as a practice not a contest therefore student-athletes can participate in a scrimmage. **(Coaches Discretion)**
 - All suspensions will round down. (Ex – 14 games X .30 = 4.2 goes to 4) The suspension percentage is based off the entire regular season (based on the athletes' current season they are participating in) schedule of events regardless of when the suspension occurs. If there are not enough contests left in the current season, the remaining contests left in the suspension will carry over into the next sport they participate in. If a suspension carries over into the WIAA/Non WIAA tournament series, the student-athlete will miss the entire tournament series. **NO EXCEPTIONS WIAA RULE**
- D. Any behavior deemed “conduct unbecoming an athlete” including but not limited to: bullying, fighting, harassment, hazing, insubordination, disorderly conduct, improper use of cell phones, computers, any social media (some examples include Facebook, Instagram, Snapchat, tweeting, blogging, chat rooms, TikTok, etc.) poor classroom behavior, academic dishonesty, etc. Any of the above infractions will be subject to disciplinary action which may include game suspensions. Athletic Director will make the final decision as to what the suspension will be.
- Note:** If a ticket is issued for any of these offenses listed in letter D, the suspension will fall under the first, second, or third offense criteria.
- E. The student-athlete must finish their season in good standing (coach's approval) for their suspension to be served. “Good standing” means that the student-athlete must finish their entire season including the WIAA playoffs for the suspension to be considered served. If a student-athlete does not finish in good standing, the full suspension (regardless of what was served) will carry over into the next sport/club they choose to participate in. The student-athlete may also be subject to lost post-season honors as well. (Ex – All-Conference, Capt., Letter, Scholar Athlete, Team awards, etc.)

Clubs and Activities Code of Conduct

Participation in Clubs and Activities is a **privilege** not a right. Students will be subject to Code of Conduct violations as stated in this handbook. This Code of Conduct is in effect **12** months a year.

- If a student is participating in both athletics and clubs/activities at the same time their suspension will be in athletics and/or the next sport they choose.
- If a student is only participating in clubs/activities, they will serve their suspension based on the club/activity suspension model.

Club and Activity Code of Conduct:

Category 2–(Non Athletic activities that have contests or performances). Those include DECA, Digital Design, FBLA, FFA, Forensics, JSA, Jazz Combo, Jazz 1 & 2, Math Team, Model UN, Prep/Marching Band, Robotics, Rock Climbing, Rockestra/Chamber Strings, Theater, Trap Shooting, Video Game Club, Vocal Jazz.

Note: All Suspensions in Category 2 will follow the Athletic Code of Conduct Model

Category 3- (All other school clubs and organizations that do not have competitions, performances, and/or contests). These include AFS, Best Buddies, Chess, Chinese Honor Society, C.L.A.S.P., Computer Science Honor Society, Delta Epsilon Phi, English Honor Society, Fashion Club, HOSA, Intramural Basketball, French Honor Society, Link Crew, Math Honor Society, MTARC, National Business Honor Society, National Honor Society, OHS Builders, Powerlifting, Puentes, Rho Kappa, Science National Honor Society, SAGA, Spanish Honor Society, Student Council, OJWC Students For Service, Students for Unity, Thespian Society, TRI-M.

Note: All Suspensions in Category 3 will follow this model.

First Offense – Suspension from participation in club and/or organization activities for a period of **15** consecutive scheduled school days.

Second Offense - Suspension from participation in club and/or organization activities for a period of **30** consecutive scheduled school days.

Third Offense – Suspension from participation in club and/or organization activities for a period of **One full calendar year** from the date of the suspension.

Suspensions from Athletics/Clubs

Suspensions from athletics will be made by the Athletic Director and or Administration. The Athletic Director/Administrator will meet with the student-athlete regarding the violation and a follow-up letter will be sent home to the parent(s) or legal guardian outlining the suspension. All student-athletes are expected to attend practices and contests with their team (not in full uniform) during their suspension.

Appealing Athletic/Club Suspensions

- A. Requests for an appeal from the parents, legal guardian, or student-athlete must be submitted in writing to the Athletic Director and/or Building Principal within 5 school days after the penalty has been imposed. Failure to meet the deadline will result in not having the opportunity to appeal.
- B. If an appeal has been filed in a timely manner, an appeals committee will review/hear the situation. The committee will consist of:
 - Building Principal or his/her designee
 - Two Faculty members
 - Athletic Director/Administrator (non-voting)

Note: Student athlete is required to be at the appeal meeting.

- C. The decision of the appeals committee is **final**, and the decision shall be reported to the parents and/or legal guardian and student-athlete in writing (via an email) within 24 to 48 hours by the Athletic Director/Administrator.

Oconomowoc Raccoons Captain Contract

As a captain of your team, it is the expectation that you will represent OHS, your teammates, and coaches in the most positive manner at all times. Being a captain is a privilege not a right.

As a captain of your team, you are agreeing to lead by example:

We are **GROUND**ED in our values and purpose as Raccoons.

- Character + Integrity = Foundation
- PrACTice like a champion
- Tradition of excellence in all we do!

We are **COMMIT**TED to our team and individual goals.

- In-season and out of season OPower commitment.
- If you start something, finish it!
- WE > me

We are **ACCOUNT**ABLE to ourselves and our teammates.

- We lead by example...Sportsmanship is our game.
- Our actions represent OHS and our community.
- Win with class, lose with class.

This year we will be learning about, and using, The 7 Habits of Highly Effective People to guide our work as captains.

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think Win-Win
5. Seek First to Understand, Then to be Understood
6. Synergize
7. Sharpen the Saw

Captains Document

Captain selection is based on the following criteria:

1. Passion and Commitment

- Having the drive to be the best teammate and leader – “go the extra mile”
- Having the drive to get teammates to work together for a common goal
- Having the ability to make mature decisions in the best interest of the **team**

2. Loyalty and Honesty

- Doing what is right all the time
- Putting the needs of the team before your own
- Expectation of being honest with yourself, coaches, and teammates

3. Caring and Attentive

- Having empathy for your teammates
- Being attentive to the needs of your teammates and coaches
- Emotionally mature – Keeping the drama element out of your team

4. Organization and Leadership skills

- Having the ability to organize players for events and keeping everyone on time and accountable
- Motivate with a clear direction. Leaders lead by example
- Being able to communicate clearly and effectively
- Captains will be nominated by current teammates based on above criteria
- Final decisions will be made by the head coach and his/her staff
- At any time if there is a breach of contract the captain may be dismissed of his/her captain duties
- Role of the captain is for one season; an athlete may be chosen more than 1 season but is not automatically guaranteed the role for consecutive seasons.
- Duties of the captain may extend outside the season
- Captains’ meeting throughout the season with the Life Ready/Leadership Development Teacher.

I, _____, fully understand the expectations and criteria
(Athlete Name)

delineated above and explained by the head coach. By signing this contract, I adhere to the criteria and expectations of being a captain.

Athlete Name (Print)

(Athlete Signature)

Parent Name (Print)

(Parent Signature)

Coach Name (Print)

(Coach Signature)

**This document must be completed and returned to Kim Mueske (Life Ready/Leadership Development Teacher) within one week of teams being established. All documents will be housed in the Athletic Department.

Raccoon School Song



Let us cheer, OCON High
Hail our colors as they fly!
We are loyal as onward we go.
Come along, sing the song
Praise the right against the wrong
On to victory for our OCON High
Oh, Fight! Fight! Fight!
Work to win with all your might
We boost our school, our coach our Team U, Rah!
For its Hi! Hi! Hee!
For a Raccoon victory,
Shouting Rah! Rah! for our OCON High