



OAK GROVE LUTHERAN SCHOOL ACTIVITIES HANDBOOK

Oak Grove Lutheran School • Fargo, North Dakota

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Philosophy of Activities at Oak Grove Lutheran School

Activities opportunities are for the benefit of all youth. The aim is maximum participation, with athletic and non-athletic activities provided in a balanced interscholastic setting that emphasizes safe and healthful standards of competition for various levels of maturity and achievement. Oak Grove Lutheran School considers these programs to be an integral part of programming at the middle school and high school levels.

As part of the extracurricular, educational experience, the competitive programs are administered by school authorities, with instruction provided by competent, well-qualified coaches and advisors. Goals for these programs include the promotion of spiritual, physical, moral, social, and emotional well-being of the participants with an emphasis on the ideals of good sportsmanship, Christian conduct, and fair play.

Harassment Policy

“Harassment or intimidation will not be tolerated and those found guilty of such conduct may receive a disciplinary warning, a suspension or may be withdrawn from school, depending on the seriousness of the misconduct. Harassment is unwelcome behavior to the recipient and may include actions such as 1. Unwelcome teasing, taunting or other verbal messages; 2. Unwelcome physical contact such as pushing, shoving, hitting and carrying; 3. Sex-oriented verbal “kidding” or abuse; 4. Subtle or overt pressure for sexual activity; 5. Demands for sexual favors, accompanied by implied or overt promises of preferential treatment or threats.”

It is the policy of Oak Grove Lutheran School to maintain a learning environment that is free from any form of harassment or violence on the basis of race, color, national origin, gender, disability, age, religion, marital status, or any other basis prohibited by federal, state, or local law, ordinance, or regulation.

Harassment consists of unwelcome, offensive, abusive, belittling or threatening behavior directed at students or staff.

Harassment is usually based on some real or perceived difference such as sex, race or disability and which may lead to the person harassed being offended, humiliated, intimidated or disadvantaged.

Harassment may include

- Insulting or threatening language or gestures
- Continual unjustified comments about a person's work or work capacity
- Jokes and comments about someone's ethnicity, color or race
- Pictures, posters, graffiti, electronic images, which are offensive, obscene or objectionable
- Unwelcome physical contact

We expect all in this community including administrators, faculty, staff, parents and students to foster positive attitudes and behaviors toward members of the Oak Grove Lutheran School community. Furthermore, we encourage those who experience or observe forms of harassment to bring such incidents to the attention of those who carry special responsibility for nurturing in this community.

Extracurricular Student Participation Policy

The extracurricular programs at Oak Grove Lutheran School exist for the development of skills, attitudes, and self-esteem of students, and are intended to enhance the spiritual, physical, social, emotional, artistic and intellectual growth of our young people.

Parents are encouraged to be positive and supportive in their relationships with advisors and coaches. It is the prerogative of the advisor/coach to manage the activity in such a manner that sound human relationships are encouraged and the regulations of the North Dakota High School Activities Association (NDHSAA) are met. A team effort by parents, school officials, and the participants is needed.

Our extracurricular programs are voluntary. Therefore, when a student signs his/her name to accept the code, it means that he/she voluntarily accepts it as part of his/her extracurricular endeavors while attending Oak Grove Lutheran School.

The basic purpose of this code is to provide assurance that our students and their parents are informed of the standards of behavior, conduct and appearance that are appropriate for the young people who represent our school and the community of Oak Grove in the various areas of extracurricular activities.

Eligibility

Academic Policies

The basis for our Oak Grove policy regarding extracurricular eligibility is determined by the North Dakota High School Activities Association guidelines and Oak Grove. The Oak Grove Eligibility Policy is as follows:

- Students receiving a GPA below 2.0 at the end of a quarter will be academically monitored until the midterm of the following quarter. At the midterm, grades will be collected and reviewed for these students. Students below a 2.0 GPA or receiving any F's at this time will be ineligible for the remainder of the quarter. Students without any F's and a 2.0 or above will have full eligibility.
- Students falling below a 1.6 GPA at the end of a quarter will automatically be ineligible and their progress monitored until the midterm. At the midterm, students who have improved their GPA to a 2.0 or above and without any F's will regain eligibility. Students below a 2.0 GPA or receiving any F's at the midterm will continue ineligibility and academic monitoring for the remainder of the quarter. Eligibility may be regained for the following quarter.
- The eligibility policy as stated above is also in effect from the 4th quarter of the school year to the first quarter of the following school year.

- Once a student is ineligible, they must earn a 2.0 GPA or above at the end of a quarter to regain eligibility.
- In consultation with the Dean of Academic Affairs, teachers and parents, students who routinely fall below a 2.0 at the end of the quarter may be declared ineligible.
- New students with a cumulative GPA below 2.0 will be academically monitored upon enrolling at Oak Grove.
- Any exceptions or appeals to the above policy should be directed to the Dean of Academic Affairs.

General Standards

Dress and Grooming

Students who participate in extracurricular activities will be required to observe the dress code outlined in the student handbook at all times. Students are expected to dress appropriately for out-of-town trips. Coaches/Advisors may establish appropriate standards with each individual group.

Travel

Students designated to participate in out-of-town events are to travel to the event with the group. No other means of transportation is to be arranged unless approval has been granted by the Activities Director. Travel home from the event must be with the group or by arrangement with the advisor/coach. Arrangements must be made with a parent/guardian of an Oak Grove student.

Citizenship

The conduct and behavior of participants is closely observed in many areas of school life and is a direct reflection of themselves, their parents, the school, the organization, and their coach/ advisor. Participants shall be courteous and show respect for people and property. Exceptional leaders accept these responsibilities, realizing that they influence many others in the school. Inappropriate activities will not be tolerated among student participants.

Specific Standards

The supervisor of any extracurricular activity shall have the authority to suspend a participant for 1) engaging in behaviors not specifically mentioned in this code, or 2) being suspected of engaging in behavior not specifically mentioned in this code but deemed to be detrimental to the program. Such a suspension shall be for a minimum of one week or one event.

Use of Alcohol, Tobacco and Other Drugs

Oak Grove Lutheran School recognizes that the possession and use of alcohol, tobacco and other drugs, by our students, is unlawful, harmful and wrong. Any substance that takes away our health or clear thinking diminishes our effectiveness in determining and carrying out God's will for our lives.

Prohibited Substances include: 1. Tobacco; 2. Alcohol or any alcoholic beverage; 3. Any controlled substance or dangerous drug; 4. Any abusable glue or aerosol paint or any other chemical substance; 5. Any prescription or nonprescription drug not taken in accordance with the authorized use policy. It is against school policy for any student:

- To sell, deliver, give, or attempt to sell, deliver or give to any person any of these substances or what the student represents or believes to be any of these substances.
- To possess, procure, purchase or receive, or to attempt to possess, procure, purchase or receive any of these substances or what the student believes to be any of these substances. The student will be determined to be “in possession” when the substance is on the student’s person or in the student’s locker, car, bag or when he/she owns it completely or partially.
- To be under the influence of (legal intoxication is not required), or to use or consume or attempt to do so, the listed substances or what is represented by the student to be any of the substances.

The policy applies to any Oak Grove student who is on school property, who is in attendance at school or at a school-sponsored activity or whose conduct at any time or in any place interferes with or obstructs the mission or operations of Oak Grove or the safety or welfare of our students. *Oak Grove’s first concern is to help students who are using prohibited substances. We want to do all we can to encourage you to seek help for yourself or your friends without fear of punishment.*

1. *Student contacts staff member in regard to use by another student.* There are no consequences. The student who contacts a staff member is encouraged to get the friend or classmate with the problem to personally seek assistance from the school counselor and/or campus pastor.
2. *Student voluntarily informs staff member about personal alcohol, tobacco or drug use and asks for help.* There are no consequences. The student is informed of local services available and encouraged to seek help from them or from the school counselor and/or campus pastor. Parent(s)/guardian may be notified only with the consent of the student, unless there is clear and imminent danger.

Students involved in extracurricular activities are governed by NDHSAA. Those consequences are listed at the end of this section.

3. *Student uses tobacco on school property or at any school-related activity off school property.* Student is confronted and the Principal/Dean of Student Affairs is notified. The student and his/her possessions will be searched and tobacco confiscated. Parent(s)/guardian will be notified. Participation and perfect attendance at a tobacco use program approved by Oak Grove will be required. Parent(s)/guardian will pay for the cost of the course. Refusal to attend or complete the tobacco program will result in suspension until the student has started the course. The Oak Grove school counselor/campus pastor will conduct a conference with the student, parent(s)/guardian and Principal/Dean of Student Affairs upon completion of the tobacco use program.

4. *Student possesses drug-related paraphernalia but shows no evidence of use.* The Principal/Dean of Student Affairs will be notified and paraphernalia confiscated. The student, his/her locker and other possessions will be searched. There will be confiscation of any substances found. Parent(s)/guardian will be notified. Police will be notified and any paraphernalia and substances found will be turned over to them.
5. *The student possesses, uses or is under the influence of alcohol or other prohibited substances at a school-related activity on or off school property.* The chaperone/staff member will confront the student and contact the Principal/Dean of Student Affairs. The student and his/her possessions will be searched and any substance will be confiscated. Parent(s)/guardian will be notified immediately and will make arrangements to get the student home. The student will be detained until arrangements are made by the parent(s)/guardian. Police may be notified and illegal substances found will be turned over to them. The student may be required to submit to drug/alcohol testing.
6. *A student is distributing alcohol, drugs or controlled substances on campus or at any school-related activity.* The student will be confronted and the Principal/Dean of Student Affairs will be notified. The student, his/her locker and possessions will be searched and substances will be confiscated. Parent(s)/guardian will be notified and requested to come immediately. Police will be notified and the illegal substance(s) will be turned over to them as evidence. The student will be turned over to parent(s)/guardian and/or police.

**If it seems advisable in 4, 5, or 6, that the student be removed from campus while the school's response to the infraction is being considered, he/she will be suspended for a specified period of time. The school's response may include: A. Expulsion; B. If the student is to remain at Oak Grove the following may be required: 1. Drug/Substance Abuse evaluation; 2. Participation and perfect attendance in a chemical abuse/drug rehabilitation program approved by Oak Grove. Parent(s)/guardian will pay for the cost of the program. Refusal to comply will result in suspension until there is cooperation. The Oak Grove School Counselor/Campus Pastor will meet with the student periodically to reinforce the chemical abuse sessions; 3. Submit to periodic drug testing paid for by the parent(s)/guardian; 4. Be willing to have behavior closely monitored while on campus.

There are additional consequences for students involved in extracurricular activities as outlined in Section XII of the North Dakota High School Activities Association Constitution and By-Laws. It states:

The use or possession of tobacco, alcohol, or any controlled substance as defined by North Dakota Law is prohibited. Any extracurricular participant who is in violation of the foregoing shall be suspended from participation in interscholastic contests or activities for a minimum period of six consecutive school weeks for the first offense and a period of eighteen consecutive school weeks for any subsequent offense.

The use, possession or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited. Any student athlete found to be in violation of this

policy shall be subject to the penalties provided in Section 12 of Article 13 of the Constitution and By-Laws of the Association. The use or possession of anabolic steroids prescribed or directed by a physician shall not be in violation of this section.

When a violation is reported the Principal/Dean of Student Affairs shall immediately investigate the alleged violation. If the Principal/Dean of Student Affairs finds probable cause to believe that this rule has been violated, he shall give the student notice as provided below:

- The period of suspension shall begin from the date and time notification is given to the student by the Principal/Dean of Student Affairs.
- The student shall have the right to a hearing within three school days after such notification.
- During the period between notification and hearing, the suspension may be deferred for good cause shown. However, if the suspension is not imposed and the student is found in violation of the alcohol, tobacco, and controlled substance rule, any inter-scholastic contests or activities participated in by that student after initial hearing will be forfeited and the suspension will start from the date that guilt was established.
- Such hearing shall be on notice and conducted by the Principal/Dean of Student Affairs.
- The student shall have the right to be present at the hearing and offer such testimony and other evidence the student deems material.
- Such student shall also have the right to confront and question the person or persons who complained of such student's violation of this NDHSAA rule.
- If the student is not satisfied by the ruling of the hearings officer, such student shall have the right to have the ruling reviewed by the Executive Committee of the Oak Grove Board of Regents.

Counseling Services Utilized

- Drake Counseling Services 293.5429
- Prairie at St. John's 476.7200
- Cass County Public Health 241.1360
- Valley Christian Counseling Center Inc. 232.6224

Sports Cautions, Considerations, and Responsibilities

Activities can be highly competitive and physical conditioning plays a major role in the preparation of the student athlete. Because of the intended demands of participation, students must observe the practice rules, procedures, and training progression that are given. This, in turn, should address the need for safety, learning, and the overall desire to succeed and enjoy the sport. A few risks will be highlighted, however, additional risks may not be mentioned, but care should be taken to follow these suggestions:

Preparation for the Activity

Clothing, shoes, and protective equipment for your sport should fit properly and be worn during practices and contests. Remove all jewelry before participation.

Individuals requiring training services should arrive early to receive treatment to avoid being late for practice. All physical problems that are chronic or may interfere with participation should be reported to the trainer and coach(es).

All athletes must have a physical exam (either Form A or B) on file prior to the start of the season, and should report in sound physical condition/sport appropriate.

If needed, shatterproof glasses and/or appropriate eyewear should be worn when needed.

Locker Room and Practice

Be alert to the surroundings to prevent any injuries. Students should not engage in roughhouse or horseplay, which could lead to injury.

Close and lock your lockers whether you are at home or a contest on the road. Do not leave valuables out.

When spikes are used for the sport in which you're participating, they should not be worn in the building. Please remove them before entering.

General Sport Cautions

Be alert to dehydration symptoms. Students should remain well hydrated throughout the season of participation.

Do appropriate warming up before the start of the activity.

Horseplay with required equipment for the sport is forbidden.

Unsportsmanlike conduct is not acceptable. Please follow sport etiquette.

Assist with the equipment check at practice and game sites to insure safety.

Do not overload equipment. Always be certain to observe noted limits.

When practice or competition is taking place outdoors, always be mindful of pending weather conditions that could threaten safety.

Proper safety procedure for individual sports will be covered by coaches in each specific activity.

Emergencies

Because of the nature of sports, injuries may occur. All injuries must be called to the attention of the coaching staff and athletic trainer. Some injuries may require more intense management.

When such an incident occurs, the practice, scrimmage, drill, or contest should be stopped. Make sure the coach, trainer, or other site manager is aware of the problem. If necessary, additional assistance should be called. If a fire or fire alarm occurs, the site should be evacuated, with all participants moving a safe distance away from the facility.

Athletic Insurance and Injuries

Activities can play an important role in your student's development, however there is a risk of injury occurring during participation. We encourage all parents to have medical coverage in the event that an injury occurs while their student is involved in activities or during the regular school day. Oak Grove Lutheran School does not provide insurance coverage for student participants other than prescribing to a catastrophic insurance through the NDHSAA. We have a certified, athletic trainer on duty during practices and many contests, so immediate attention is provided. They will consult with the parents/guardians and make recommendations if they believe further attention is needed by a physician.

NDHSAA Eligibility

Oak Grove is a voluntary member of the North Dakota High School Activities Association and the National Federation. Both of these associations have developed guidelines and rules, with those listed here representing a summary of the regulations dealing with student eligibility. Most of the rules are found in the NDHSAA Handbook, a copy of which is available by contacting the office.

Your role in following the rules will insure eligibility to participate in interscholastic activities. Not following the rules could lead to ineligibility and/or forfeiture of contests.

Age

A student becomes ineligible on or after he/she reaches the age of 20.

Physical Exam

A student must have on file, the Form A or Form B, whichever is needed. A physical is considered current so long as it has been signed by a physician after May 20 (within the last two years).

Enrollment

A student must be enrolled in the school for which he/she competes. After a student enrolls in the 9th grade, he/she will be eligible for no more than eight semesters. The 7th and 8th semesters must be consecutive.

Academic Achievement

The Oak Grove policy replaces the NDHSAA policy as it meets the minimum standards set forth by NDHSAA. However, any 7th or 8th grade students must be passing all classes if they are to participate on a high school team as set forth by the NDHSAA policy.

Amateur Status

A participant will become ineligible in an activity if they receive cash for participating in a contest. They will also be ineligible if they participate in activities, schools, tryouts, or games spon-

sored by professional athletic organizations during the season of a sport. Competing in a contest under an assumed name will also cause a student to become ineligible. Participants may accept any cup, medal, or trophy (not cash) for winning or placing in a competition providing the value of the award does not exceed \$75.

Playing on Teams Outside of School

When a student is participating or under suspension in an activity during a season at a school, he/she may not play on an outside team or as an unattached individual in a non-school meet in the same sport (activity) during the school season of that same sport or activity. A student may participate at any time other than the high school season without affecting his/her eligibility. Students playing on a team outside of school may do so as an unattached individual so long as it is not the same activity during the school season. (Example: A student is on the school basketball team, he/she may not play on a non-school basketball team during the season. He/she may be on a volleyball team, and not lose eligibility.)

Summer Camps

Students may not participate in sports camps during the school year, but may do so during the summer months on their own. Participation in such camps for fall sports is not permitted after July 31. Students may participate on city recreation or independent teams or as unattached individuals during the summer until the opening of the high school season in that sport.

Transfer

If a student transfers from one school to another without the parents moving to the new district, the student will be ineligible for varsity competition for 90 school days. If students transfer after a natural break in the school system they are eligible. (Example: after middle school or junior high school before starting high school)

All Star Competition

Students shall not compete in any sport under NDHSAA jurisdiction in All Star events or in national competition without having written permission from the NDHSAA. Participation in such contests will cause the student to lose eligibility.

Misbehavior During Contests

If a student is found in gross violation of the ethics of competition or the principle of good sportsmanship, he/she may be barred from interscholastic competition either as a participant or spectator, or both.

If you have a question regarding one of the afore-mentioned regulations, or have some other question dealing with eligibility or participation, please feel free to contact the Activities Director.

Tryouts and Student Assignment Within the Program

All eligible students have the opportunity to try out for a school activity. Each activity has a starting date, and there will be a minimum of three practices or tryouts before team selections will be made. Sub-varsity and lower level program students need to be invited to try out for a higher level program. If the number of participants is unmanageable the head coach/advisor reserves the right to limit the roster size.

General Commitment to the Program

Each student who is involved in a school activity must have strong commitment to the program in general. Being involved will require teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, and perseverance.

Skill and Ability

Each student who participates will receive an assessment of his/her skills, talents, and ability from the advisor/coach. This information will serve as a major criteria in the selection of program members and their placement within the program.

Other

Participants will be evaluated in other areas to include grades and eligibility, attitude, mental toughness, dedication, as well as any other area deemed suitable.

Moving-Up Policy and Procedures

It is the belief of the Oak Grove Administration that moving a middle school student up to participate in a co-curricular program at the high school level is an exception rather than the rule. By strictly adhering to the criteria below, it is the belief of the Oak Grove Administration that a middle school student who is allowed to participate at the high school level will be physically, socially, and psychologically capable of handling the situation. The Oak Grove Administration has a responsibility to help students reach their full potential, and therefore a need exists to provide an opportunity for growth physically as well as mentally, socially, spiritually, and psychologically. A form will need to be completed when petitioning to move an exceptional middle school student to the high school level.

Criteria for reviewing a petition of exceptional students:

1. Level of skill appreciatively above those of his/her peers, which will limit a student's ability to develop to his/her full potential, and/or a need exists to fill a roster at the high school level. (Note: A middle school student who is moved up to the high school level must compete on the junior varsity or varsity squad. They can not be moved up to the freshmen or "C" squad level unless the move is made for the sole purpose of filling a roster.
2. The student must be emotionally stable and mature enough to advance to the high school level.
3. The student must be in good academic standing, display a strong attendance record, and have a proven behavioral track record. (A good citizen in and out of school related activities.)
4. The student must be self-disciplined and coachable.

Sportsmanship and Citizenship We All Play a Role.....

Rarely is a contest played without the negative reaction from a coach, participant, or spectator in the stands on a call made by the official. Officials, coaches, players, and yes, the “fans” may perceive a call differently. We realize that judgment calls are a part of any athletic contest. School activity programs can bring out the very best in our participants, students, and adults, or *it can bring out the worst*. Oak Grove believes that our programs are educational and that there are very important lessons in *citizenship* and *sportsmanship* to be learned in the process. Everyone has a role to play. We can do this by being a good example and by following a few simple practices.

General Guidelines

- Be a gracious host and show respect for our opponents.
- Respect the decisions made by the contest officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- BE A FAN, NOT A FANATIC
- Realize that a ticket is a privilege to observe the contest and support the activities, not a license to verbally assault others or be generally obnoxious.

Examples of a Good Sport

- Exhibits spirit of benevolence and genuine concern for the opponent.
- Accepts results gracefully and acts fairly and courteously at all times.

Unacceptable Behavior

- Disrespectful or derogatory yells chants, songs, or gestures.
- Criticizing officials in any way; displaying a temper with an official’s call.

Parent & Coach/Advisor Communication

Parent & Advisor/Coach Relationship

Both parenting and being an advisor are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As a parent, you have a right to understand what expectations are placed on your child when involved in our programs. This begins with clear communication from the advisor/coach of your child.

Communication You Should Expect From Your Child’s Advisor/Coach

1. Philosophy of the advisor/coach.
2. Expectations the coach has for your child as well as all the members of the group.
3. Location and times of all practices, contests, performances, etc.
4. Requirements: i.e. fees, special equipment, off-season conditioning.
5. Discipline that might affect your child’s participation.

Communication Advisors/Coaches Expect From Parents

1. Notification of any schedule conflicts well in advance.
2. Specific concerns in regard to advisor's/coach's philosophy and/or expectations.
3. Transportation changes.

As your children become involved in the programs of Oak Grove Lutheran School, they will experience some of the most rewarding moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. During those times it is important to have an open dialogue with the advisor/coach.

Appropriate Concerns to Discuss With Advisors/Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Personal or family matters that may affect your child's behavior.

It is very difficult to accept your child's achievement is not as great as you might hope. Advisors and coaches are professionals. They make judgment decisions based upon what they believe to be the best for all the students involved. As you have seen from the list above, certain things can and should be discussed with your child's advisor/coach. Other things, such as those listed below, must be left to the discretion of the coach. Please do not attempt to confront an advisor/coach before or after practice or a performance. Meetings of that nature usually do not promote resolution.

Issues Not Appropriate to Discuss With the Advisor/Coach

1. Participation Selection (Examples: Playing Time, Position Selection, etc.)
2. Team Strategy (Example: Play Calling)
3. Other Students

What Can A Parent Do To Provide A Satisfactory Resolution?

There are situations that may require a conference between the Activities Director, the advisor/coach and the parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern. Please be respectful of the advisor's/coach's family and personal time.

1. Call the advisor/coach during school hours to set up a mutually agreeable time to meet.
2. Call to set up an appointment with the Activities Director to discuss the situation.
3. At that meeting the next appropriate step can be determined.

Remember, please do not attempt to confront an advisor/coach before or after practice or a performance. Meetings of that nature usually do not promote resolution.

Lettering Policies

General Guidelines

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

Specific Lettering Requirements

Academic

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

Basketball

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

Cheerleading

- A student must cheer at all varsity competitions unless cleared by the advisor.
- Participate in poster making, pep fests, etc.
- A student who has served as a Junior Varsity Cheerleader for two years may be considered for a letter.

Drama

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

Football

A player who has competed in 1 quarter per game played during the season.

Golf

- A player who was selected to participate in the Regional Meet.
- A player who has their score counted in the team score in 60% of the meets during the regular season.

Music

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

Speech

- A student must compete in a minimum of six contests during one season. This includes Invitational, Regional, and State contests.
- A student who qualifies for the State Meet.

Support Personnel

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

Track

- A student accumulates an average of one point per meet that the team participates in during the season.
- A student who places in the Regional Meet.

Volleyball

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