

ORCUTT ACADEMY HIGH SCHOOL

610 Pinal Avenue Orcutt, California 93455



Athletics Handbook

2023-2024

ORCUTT ACADEMY HIGH SCHOOL

Office: (805) 938-8550 Fax: (805) 938-8599

School Administration

Principal	Rhett Carter
Vice Principal	Joshua Ostini

Athletics

Athletic Director	Bridgette DePalma-Steed
Athletic Trainer / Assistant Coordinator	Chelsea McIvor
Athletic Boosters President	Adrian Duncan

Board of Education Trustees

Board President	Shaun Henderson
Board Member	Lisa Morinini
Board Member	Liz Phillips
Board Member	Mark Steller
Board Member	Melanie Waffle

Executive Team

District Superintendent	Holly Edds, Ed. D.
Assistant Superintendent, Educational Services	Joe Dana
Assistant Superintendent, Business Services	Sandra Knight
Assistant Superintendent, Human Resources	Susan Salucci
Executive Director of Special Education	Rusty Gordon
Executive Director of Curriculum and Instruction	Julie Kozel
Executive Director of Technology/Ed. Services	Leslie Wagonseller

The Board of Trustees is committed to maintaining a safe school environment that is free from harassment and discrimination. The Board prohibits, at school or at school-sponsored or school-related activities, sexual harassment targeted at any student by anyone. The board also prohibits retaliatory behavior or action against any person who reports, files a complaint, or testifies about, or otherwise supports a complainant in alleging sexual harassment.

The district strongly encourages any student who feels that he/she is being or has been sexually harassed on school grounds or at a school-sponsored or school-related activity by another student or an adult who has experienced off-campus sexual harassment that has a continuing effect on campus to immediately contact his/her teacher, the principal, or any other available school employee. Additionally, students may report harassment of any kind using the [QAHS Incident Report Form](#).

Any employee who receives a report or observes an incident of sexual harassment shall notify the principal or a district compliance officer. Once notified, the principal or compliance officer shall take the steps to investigate and address the allegation, as specified in the accompanying administrative regulation.

For more details, please see the entire [Orcutt Union School District Sexual Harassment Policy](#)

UNIFORM COMPLAINT PROCEDURES

[\(Click to View Full Policy\)](#)

The district's uniform complaint procedures (UCP) shall be used to investigate and resolve the following complaints:

1. Any complaint alleging district violation of applicable state or federal law or regulations governing adult education programs, After School Education and Safety programs, agricultural vocational education, American Indian Education Centers and early childhood education program assessments, bilingual education, peer assistance and review programs for teachers, career technical and technical education and training programs, child care and development programs, child nutrition programs, compensatory education, consolidated categorical aid programs, Economic Impact Aid, English learner programs, federal education programs in Title I-VII, migrant education, Regional Occupational Centers and Programs, school safety plans, special education programs, State Preschool Programs, Tobacco-Use Prevention Education programs, and any other district-implemented program which is listed in Education Code 64000(a)
2. Any complaint alleging the occurrence of unlawful discrimination, (such as discriminatory harassment, intimidation, or bullying) against any student, employee, or other person participating in district programs and activities, including, but not limited to those programs or activities funded directly by or that receive or benefit from any state financial assistance, based on his/her actual or perceived characteristics of race or ethnicity, color, ancestry, nationality, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or any other characteristic identified in Education Code 200 or 220, Government Code 11135, or Penal Code 422.55, or based on his/her association with a person or group with one or more of these actual or perceived characteristics (5 CCR 4610)
3. Any complaint alleging district noncompliance with the requirement to provide reasonable accommodation to a lactating student on school campus to express breast milk, breastfeed an infant child, or address other breastfeeding-related needs of the student (Education Code 222)
4. Any complaint alleging district noncompliance with the prohibition against requiring students to pay fees, deposits, or other charges for participation in educational activities (5 CCR 4610)
5. Any complaint alleging district noncompliance with legal requirements related to the implementation of the local control and accountability plan (Education Code 52075)
6. Any complaint, by or on behalf of any student who is a foster youth, alleging district noncompliance with any legal requirement applicable to the student regarding placement decisions, the responsibilities of the district's educational liaison to the student, the award of credit for coursework satisfactorily completed in another school or district, school transfer, or the grant of an exemption from Board-imposed graduation requirements (Education Code 48853, 48853.5, 49069.5, 51225.1, 51225.2)
7. Any complaint, by or on behalf of a homeless student as defined in 42 USC 11434a, , a former juvenile court school student, or a child of a military family as defined in Education Code 49701 who transfers into the district after his/her second year of high school, alleging district noncompliance with any requirement applicable to the student regarding the award of credit for coursework satisfactorily completed in another school or district or the grant of an exemption from Board-imposed graduation requirements (Education Code 51225.1, 51225.2)
8. Any complaint alleging district noncompliance with the requirements of Education Code 51228.1 and 51228.2 that prohibit the assignment of a student in grades 9-12 to a course without educational content for more than one week in any semester or to a course the student has previously satisfactorily completed, without meeting specified conditions (Education Code 51228.3)
9. Any complaint alleging district noncompliance with the physical education instructional minutes requirement for students in elementary school (Education Code 51210, 51223)
10. Any complaint alleging retaliation against a complainant or other participant in the complaint process or anyone who has acted to uncover or report a violation subject to this policy
11. Any other complaint as specified in a district policy The district shall protect all complainants from retaliation. In investigating complaints, the confidentiality of the parties involved shall be protected as required by law. For any complaint alleging retaliation or unlawful discrimination (such as discriminatory harassment, intimidation, or bullying) the Superintendent or designee shall keep confidential the identity of the complainant and/or the subject of the complaint, if he/she is different from the complainant, confidential as long as the integrity of the complaint process is maintained.

For any concerns regarding discrimination and equity in educational programs or activities, contact:

Susan Salucci, Assistant Superintendent
 Human Resources and Discrimination/Equity and Title IX Compliance Officer
 500 Dyer Street, Orcutt, CA 93455
 (805) 938-8908
ssalucci@orcutt-schools.net

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Sports Offered at OAHS

Here at Orcutt Academy High School we offer 19 different sports throughout the 3 different sports seasons.

Our small school size allows for a wide range of athletic commitment—from exploration, to skill development, to fierce competition—in team and individual sports. There's room here for committed athletes and curious participants. Across all divisions, the goal is for students to participate, have fun, and find challenge.

In a school of just over six hundred, OA competes with other schools that have student populations that often triple our attendance. Orcutt Academy Spartans remain true to a winning culture, with sport programs rivaling any on the Central Coast.

Our student athletes' abilities range from newcomers to elite athletes. We encourage all of our students to participate in a sport and possibly try something they have never done before. Several of our sports are favorable to newcomers such as cross country, track and field, and swimming, while others such as basketball, volleyball and tennis, require some previous experience. Below you will find the list of sports by season.

Fall:

Football	Cross Country
Girls Tennis	Girls Golf
Girls Volleyball	Sports

Winter:

Girls Soccer	Boys Soccer
Girls Basketball	Boys Basketball

Spring:

Track and Field	Swim/Dive
Boys Tennis	Boys Golf
Boys Volleyball	Baseball
Softball	eSports

Year Round:

- Cheer
- Dance
- Team Manager (10-12 grade)

Tryout Procedure

All student athletes will go through a tryout for the chosen sport. This tryout will be conducted by the coach/coaches and will be based on a ranking system. Student athletes will be assessed on their skill level, team play, sportsmanship and attendance.

Student athletes who are in a sport season and wish to try out for the next season of sport will be given an opportunity to try out immediately after their season has ended. The try out must be at a time agreed upon by the coach and player and approved by the Athletic Director.

Qualifications for trying out for athletic teams are the following:

1. Passing a physical examination given before participation in a sport.
2. Meeting citizenship and scholastic achievement criteria and completing 20 units per semester.
3. Completing parental consent and medical release form. All [Athletic Forms](#) can be found here on our website. **Athletes will not be permitted to participate without these forms.**
4. Having all financial responsibilities cleared through the Business Office.

Season Practice Rules

Off Season and NOT the incoming season

- Maximum 2 per week practice- 2 hours per day
- If any athlete is in a CURRENT SEASONS sport, they are NOT obligated to come to those practices
- **Athletes MAY NOT miss a current practice or game to go to an off season practice**
- This would run from the end of a season until the DEAD period begins.

Off Season but IS the incoming season

- Maximum 8 hours per week practice
- If any athlete is in a CURRENT SEASONS sport, they are NOT obligated to come to those practices until their current season is done.
- **Athletes MAY NOT miss a current practice or game to go to an off season practice**
- This would run from the official start of Fall Sports until the START of the season

In Season (directly from CIF)

- Maximum 18 hours per week
- No more than 4 hours in 1 day
- **All athletes must attend all practices unless otherwise arranged with the coach prior to practice.**
- Golf is the exception- allowed 2 days per week of 18-hole rounds (counts as 4 hours)
- A competition counts as 3 hours toward the allowable 18 hours no matter the length of contest

- No practice may be held following the conclusion of a contest

Specifics of the team practices will be determined by the Head Coach. (days/times)

Athletic Facilities

Most of our athletic facilities are off site for both practice and games/matches. It is the responsibility of the student athlete and parent to communicate with coaches regarding facility location for practices and games. Parents are responsible for transportation to and from these facilities.

Athletics Physical and Athlete Participation Packet

All Student Athletes must have a current physical on record. Our Pre-Participation Physical form is posted on our SCHOOL website under Athletics. We offer a “Physical Night!” in late May/ early June as a fundraiser for General Athletics. The Physical Night is posted well in advance. If you choose to not attend our Physical Night, then you may do it on your own using our form. Physicals must be **COMPLETED AND SIGNED OFF BY A MD/DO/PA/NP.**

All athletes/parents must complete the Athlete Participation Packet and Role of the Parent, also located on our SCHOOL website under Athletics. There are many pages to read through, but only 2 pages to sign and upload onto Dragonfly MAX: the initial page of the Athlete Participation Packet and the Role of the Parent. This paperwork must ALL be submitted on or before the FIRST PRACTICE. **Athletes will not be permitted to participate without these forms.** Please read through the packet carefully, especially the CODE of ETHICS.

Funding Athletics

Our athletics program is funded by our athletes participating in fundraisers. Each sport has their own account, and all monies raised go into that account. Each team has a varying degree of needs which determines the type and how much fundraising will occur. Most teams will pay for facility rental, and this can be costly. Some teams will provide transportation. Except for personal use items, fundraisers also pay for team uniforms, team equipment, coaching tools, tournament entry fees, overnight travel. Every sport is asked to do a minimum of 2 fundraisers per season and a student athlete will fundraise for each sport they play.

Transportation

For the most part, parents are responsible for transporting their student athletes to practice and games. On some occasions, a team will rent a bus or utilize the vans we have at school. Parents volunteering to drive students other than

their own student athlete must be cleared to transport and will need to contact the OAHS Office Manager, [Vannessa Gonzalez](#), for details regarding how this is done.

Grade Requirement and Grade Check

All students must have a 2.0 or higher to participate in any sport. If a student does not have a 2.0, they will be permitted to practice, at the discretion of the Coach and Athletic Director, but not be permitted to play until the next satisfactory grade check.

For try out purposes, students below 2.0 will be allowed to try out, but we will do a grade check and this could be considered in choosing an athlete for a team. Again, they would be permitted to practice, at the discretion of the Coach and Athletic Director, but not play in a game until the next satisfactory grade check.

Eligibility

To be eligible to participate in extracurricular and co-curricular activities, students must meet California Interscholastic Federation (CIF) scholastic eligibility for extracurricular and co-curricular activities. The student must:

1. Be enrolled in at least 20 semester periods of work (four 5 credit courses).
2. Pass the equivalent of at least 20 semester hours of work (four 5 credit courses) at the completion of the most recent grading period.
3. Maintain minimum progress toward meeting the high school graduation requirements.
4. Maintain, during the previous grading period, a minimum 2.0 grade point average in all enrolled classes.
5. Be in good standing without any major discipline issues.

If a student does not have a 2.0, they will be permitted to practice, at the discretion of the Coach and Athletic Director, but may not participate in the “performance” or “contest” until the next satisfactory grade check.

Absence From Class or Independent Study Agreements

Student Athletes must be in school the day of an athletic event to be eligible to participate. Only excused absences approved by the Administration/Athletic Director are the exception.

Student Athletes who are absent from class whether it is for a sports match, illness, or appointment are responsible to get their work from their teacher BEFORE they leave school. If they are ill, they should email their teacher and have their work completed by the time they come back.

If a student is going on an extended absence they should do an **Independent Study Agreement** for that time period. **IS Agreements must be filled out 5 days prior to the absence or we can not do them.** Please contact the office in this situation.

Athletic Code of Ethics

It is our belief that participation in athletics is a privilege at Orcutt Academy High School. Our goal is the development of commitment, discipline and sportsmanship as well as providing a safe and healthy environment to ensure all participants are provided with an opportunity to have a positive athletic experience. All student athletes will be required to sign and uphold the Athletic Code of Ethics, defining conduct expectations. Violations of the agreement can lead to dismissal from the sport and suspension from participation in athletics for up to one year.

Student Athlete Discipline: Drug, Alcohol, Tobacco and Controlled Substance

A student involved in the possession, use, sale or provision of drug paraphernalia, drugs, alcohol, tobacco or other controlled substances, as defined in the Health and Safety Code Section 11007, will be suspended.

First Offense: Students will be suspended from all co-curricular activities/athletics for two performances/contests from the day of incident. Students may only return to their co-curricular activity/athletics after two performances or contests. Student-athletes and parents/guardians may be required to receive counseling through after-school programs that address the specific issue. Any exceptions to this policy may be appealed to the Site Administrator.

Second Offense: Removal from all sports teams for the remainder of the school year.

Parent Volunteers: Events and Transportation

Volunteers:

Many sports require PARENT VOLUNTEERS in order to run the sporting event. For many “jobs”, CIF requires ADULTS to do these jobs. Event jobs might include:

- Set-up
- Clean-up
- Timing
- Pre/Post Game Meals
- Senior Game
- Snack Bar
- Ticket Sales

TRANSPORTATION:Bus/Van/Parent Drivers

We do not automatically get buses for our sports teams. Buses are provided based on availability and distance and are paid for by each team through fundraising. This includes school buses. We have 3 Vans for sports teams, again based on availability and paid for through team fundraising.

Our best and most reliable transportation is from **Parent Volunteers**. Parents are only permitted to drive their own athlete in their vehicle **UNLESS** they complete the **Volunteer Transportation paperwork**. This includes fingerprinting, clean driving record, and carrying an appropriate amount of insurance. Once this paperwork is cleared, parents may drive other athletes in their vehicle.

OAHS Athletic Boosters

The OAHS Athletic Boosters is an integral part of the Orcutt Academy High School Sports Programs. The OAHS Athletic Boosters is an organization formed to provide financial and organizational support to advance the Athletics Department, athletic teams and athletic-related activities. The goal of OAHS Athletic Boosters is to assist with fundraising opportunities, help manage and distribute funds, promote attendance and spirit at athletic events, provide parent-oriented assistance to the Athletic Department, promote awareness of the important relationship between success in athletics and academics, advocate for Athletics in the community, and provide a forum for discussions about athletic programs and related issues. Any parent/guardian or student interested in volunteering their time and effort may contact the OAHS Athletics Boosters president, [Adrian Duncan](#).

PE Credit/Athletic Awards/Honors

PE CREDIT

Athletes wishing to receive credit for PE must participate in 85% of the practices to earn credit for PE. Some team sports may not offer the ability to only do the practices for PE credit. Please check with the Athletic Director for those sports.

SCHOOL AWARDS/HONORS

All athletes must have 85% practice attendance and 50% participation in an actual game/match/meet to be considered for an award.

Certificates are awarded to athletes who complete a season in good standing in the Junior Varsity or Varsity sport.

Varsity Letters are awarded to athletes who have met the above requirement plus participate at a Varsity level. Only 1 letter is given to a Student Athlete in their time at OAHS.

Athletic Pins are awarded to a student athlete who already has a Varsity letter (from any sport). Pins are awarded all the following seasons of participation for any sport a student athlete participates at the Varsity level.

Patches are awarded for Scholar Athlete, All League, Captain, Tri Athlete, Quad Athlete.

Plaques are awarded to the Athlete of the Year- Female and Male- Senior only. Athlete of the year is chosen by the Administration and is based on participation in Sports as a stand out in one or more sports at a Varsity level for all years at OAHS, GPA, Sportsmanship and Teamwork.

Wall Signs are awarded for Student Athletes who are a League Champion or League MVP and individual CIF Champions. These will hang in the gym.

Banners are awarded to TEAMS who are League and/or CIF Champions. These will hang in the gym.

Northern Santa Barbara County Athletic Roundtable is a weekly event that is for athletes who have been standouts for the week. Chosen by their coach, they attend a luncheon where they are acknowledged. Each week the NSBCART committee chooses a male and female athlete of the week. At the end of the year there is a Scholarship dinner where some athletes who meet the GPA/Athletic requirements are chosen to submit an essay for the chance to win a scholarship.