

# Oak Hills Christian College Athletic Handbook

## Oak Hills Christian College Athletics

Oak Hills Christian College is a member of the National Christian College Athletic Association (NCCAA) Division II and the Association of Christian College Athletics (ACCA). Oak Hills has two varsity intercollegiate sports for men (cross country in the fall and basketball in the winter); we also have three intercollegiate sports for women (volleyball and cross country in the fall and basketball in the winter). Oak Hills Christian College men and women's basketball student-athletes compete in the Northern Intercollegiate Athletic Conference (NIAC).

## Philosophy of Intercollegiate Athletics

The Oak Hills Christian College mission statement is to provide biblically centered higher education which contributes to growth toward Christlikeness and prepares students for effective service in their homes, careers, churches, and communities. Athletics at Oak Hills serves as an additional opportunity to aid in the fulfillment of this mission.

Oak Hills Christian College athletics exists to enhance the mission of the college by encouraging student-athletes to *grow in their faith*, while pursuing *academic and athletic excellence*, and with the ultimate goal of *glorifying God* and *impacting the world for Him*.

## Run with the Pack!

When we say Run with the Pack we are talking about embracing our philosophy and approach to Christian athletics.

### Pursuing Christ

Academic excellence

Championship oriented

Kingdom focused

1 Corinthians 9:24-25  
New International Version

<sup>24</sup>Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup>Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

Varsity athletic programs aim to pursue excellence on three levels: in the classroom as students, in competition on the playing field or on the court, and in the school and local community as citizens of the Cross. Program goals focus on developing our student-athletes not only as athletes, but more importantly as followers of Jesus, and to use sports as a means to further the Kingdom of God. Winning is only a goal rather than an end.

## Eligibility & Academics

A student athlete becomes identified with an institution if he/she enrolls in 12 or more hours and attended one or more regularly scheduled classes.

### Eligibility Requirements

1. A student-athlete must be making normal progress toward a recognizable degree and must maintain the grade points required to remain in good standing, as set forth by the official catalog of OHCC.
2. 12 hour rule: A student-athlete must be *enrolled* in a minimum of 12 credit hours at the time of participation or, if participation takes place between terms, he/she must have been enrolled in the term immediately preceding the date of participation.
3. 24 hour rule: A student-athlete must *accumulate* a total of 24 credit hours for semesters in the two terms of attendance immediately preceding the term of participation, except that the second term student, i.e., freshman, must have passed 9 credit hours in their first term of attendance.
4. A student-athlete must obtain and maintain a cumulative grade point average (GPA) of at least a 2.00 as certified by the institutional Registrar.

5. To participate a second season in a sport, student-athletes must have accumulated at least 24 semester institutional credit hours. To participate the third season in a sport, student-athletes must have accumulated at least 48 semester credit hours. To participate the fourth season in a sport, student-athletes must have accumulated at least 72 semester institutional credit hours.
- For all eligibility information (transfer rules and guidelines, definitions, etc.): [http://www.thenccaa.org/sports/2012/6/7/GEN\\_0607125132.aspx?id=187](http://www.thenccaa.org/sports/2012/6/7/GEN_0607125132.aspx?id=187)

### *Academic Specifics*

- Academic Trackers
  - ➔ All Student-athletes are required to turn in grade checks every two weeks throughout the academic calendar.
    - Due: Sept. 9<sup>th</sup>, Sept. 23<sup>rd</sup>, Oct. 7<sup>th</sup>, Oct. 21<sup>st</sup>, Nov. 4<sup>th</sup>, Nov. 18<sup>th</sup>, Dec. 2<sup>nd</sup>, Jan. 20<sup>th</sup>, Feb. 3<sup>rd</sup>, Feb 17<sup>th</sup>, Mar. 17<sup>th</sup>, Mar. 31<sup>st</sup>, April 14<sup>th</sup>, and April 28<sup>th</sup>.
  - ➔ The purpose of the grade check is to encourage class attendance and a pursuit of excellence in the classroom.
    - Grade Checks must be turned in to the head coach.
    - Student-athletes who fail to turn in grade checks when they are due, are subject to **Immediate** practice and/or game suspensions.
- Study Hall
  - ➔ The purpose of study halls for student-athletes at Oak Hills Christian College is to promote and encourage academic performance.
  - ➔ Required Study Halls
    - Student-athletes who receive conditional or special acceptance into Oak Hills Christian College are subject to study halls by the athletic dept. and/or coaching staff.
    - Student-athletes with a GPA under 2.5 for that term or with a cumulative GPA at or below a 2.3 are subject to study halls by the athletic dept. or coaching staff.
    - Student-athletes with grades at or below a C during the semester are subject to study halls by the athletic dept. or coaching staff.

### **Classes Attendance Policy**

Students are expected to be *present* at all class sessions. However, in cases where this is not an option, notifying instructors and arranging for missed work is your responsibility. It remains at the discretion of each instructor as to if/how work is to be made up. The instructor determines the attendance policy for each class (**5 absences for CLH and 7 for classes**) and students should be aware of his or her specific policy. Students are expected to be *punctual* in their attendance at all classes. All athletic absences are unexcused absences unless informed by the CLH Director or Instructor.

### *Class Absence Procedure*

1. Students must notify instructors beforehand so that they are clear on any assignments that might be missed and possible assignment or exam deadlines.
2. Students are expected to complete all work prior to missing class (when possible) and making up missed work according to the instructor's policies.
3. Students need to be aware of each instructor's specific absence policy.
4. If concerns, problems, or questions arise about absence policies, contact the individual instructor, the Faculty Athletic Representative, and/or the Director of Athletics.

### **Drug and Alcohol Policy**

Oak Hills Christian College has a strict drug and alcohol policy in place and student-athletes will be held to the highest standards. There will be a zero tolerance policy in place. Drug tests will be administered in the event that use comes into question. If found to be using you will automatically be suspended until all the facts are complete. As Christian student-athletes we are called to live an above reproach lifestyle. Random Drug testing will be conducted throughout the school year in accordance to local and national associations.

## **Ethical Conduct: Sportsmanship & Behavioral Guidelines**

### *Sportsmanship*

Oak Hills Christian College does not accept unsportsmanlike behavior at any athletic contest. Conduct in and out of the athletic arena is a direct reflection on Oak Hills Christian College, the local community, and most importantly on our Lord and Savior, Jesus. Athletics is an arena where we represent our school in a very public light, so both participants and spectators are reminded to behave in a responsible manner. This includes, but is not limited to, treating opponents, officials and spectators with respect, never using improper or foul language, cheering for our team and not against our opponents, and abiding by all rules and regulations. By using the role of education through sports we aim to teach our student-athletes and surrounding community acts of good sportsmanship and respect for others. Through sportsmanship we show and teach values of love, humility, responsibility, sincerity, equality, pride, and the goal of excellence. Furthermore, players and spectators shall never behave in a manner that is an embarrassment to our programs, athletes, or college. People not adhering to this policy will be removed from that event and may be banned from future contests. *Remember that participating in intercollegiate athletics at Oak Hills Christian College is a privilege, not a right.*

### *Behavior Guidelines*

Each student-athlete represents Oak Hills Christian College and is expected to conduct himself/herself responsibly and in a mature manner. Behavior on and off the playing surface reflects Oak Hills Christian College and each team. Make this reflection a positive one. Disciplinary action leading to athletic suspension may result from such violations. Following are a list of specific areas of conduct to be aware of but not limited to this list:

- *Language:* Keep all language clean no matter where you are. This includes the music played in the gym.
- *Social Media:* Student-athletes must remember that they are representatives of Oak Hills Christian College and are in the public eye more so than other students. Please keep the following in mind as you participate on social networking websites: no offensive or inappropriate pictures or comments, no content that could embarrass or disrespect you, your family, your team, the athletics department, or Oak Hills Christian College (including information that may be posted by others onto your site), and never post your home address, phone number, birth date or personal info for safety reasons.
- *Travel:* Remain with the team at all times on road trips except when extenuating circumstances arise and are approved by the head coach, adhere to all on-campus collegiate policies while representing the college abroad. It is the department's request that all student-athletes travel to and from away contest with Oak Hills Christian College's transportation and supervision. Any special transportation arrangements must be arranged prior to the event.
- Unexcused practice or game absences will be handled per case by the coaching staff and athletic director
- Student-athletes academically ineligible will **NOT** be allowed to accompany their respective team on road trips
- Student-athletes under disciplinary action from the school, athletic dept. or coaching staff will **NOT** be allowed to accompany their respective team on road trips.
- All teams will have a maximum number of student-athletes on road trips and is dependent on the overall size of the team and current budget numbers: cross country- 12, women's volleyball- 15, men's and women's basketball- 15. The head coach and athletic director will be the final word.
- Student-athletes could face discipline and even dismissal for violations of team, athletic department, college and/or NCCAA/ACCA/NIAC policies.



# #KINGCHASING STANDARDS

## LOVE

*Be devoted to one another in love. Honor one another above yourselves. Romans 12:10*

### Respect Everyone

Treat others how you want to be treated.

### Encourage Others

Applaud & inspire through words & actions.

### Show Sportsmanship

Be gracious in victory & defeat.

## INTEGRITY

*Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out. Proverbs 10:9*

### Be Honest

Speak truthfully & be trustworthy.

### Be Sincere

Be genuine & without deceit.

### Have Self-Control

Remain disciplined at all times.



## Grow in Christ

Seek Him & know Him at a deeper level.

### Worship

Offer your efforts in sport as an act of worship.

### Share

Proclaim your faith & testimony.

*Now faith is confidence in what we hope for and assurance about what we do not see. Hebrews 11:1*

## FAITH

## Be Committed

Finish what you start & give it your all.

### Aspire

Pursue greatness in all you do.

### #PlayForHim

Compete for God's glory.

*Whatever you do, work heartily, as for the Lord and not for men. Colossians 3:23*

## EXCELLENCE

I have read the Oak Hills Christian College Athletic Handbook and will follow the said to policies that are covered within it.

Printed Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_