



OAKLAND MILITARY INSTITUTE
3877 Lusk Street
Oakland, California 94608

Cadet-Athlete Participation Guidance for SY 2024-25

An interscholastic athletic program as a co-curricular activity is integral to OMI's total education and growth experience. Athletics is designed to affirm and promote cadet values. Cadet athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those cadet values can be revealed, tested, and proven relevant to both participants and the entire school community.

Cadets and parents are expected to conduct themselves positively and display good sportsmanship at all times as participants and spectators at all athletic events.

Athletic Philosophy Objectives:

1. To develop positive attitudes through working with others
2. To provide as many athletic activities for as many cadets as possible
3. To help cadets develop agility and overall physical coordination
4. To promote general physical fitness and an appreciation for physical activity
5. To develop school spirit, morale, and loyalty
6. The purpose is to expose cadets to various situations that will aid them in developing sportsmanship, team cooperation, courtesy, and self-control.

Participation in school sports programs is a privilege, not a right. To earn that privilege, cadet athletes must abide by the rules and act as positive role models who exemplify good character on and off the field.

Nondiscrimination

OMI prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived ancestry, color, disability, race or ethnicity, religion, gender, gender identity or gender expression, immigration status, national origin, sex, sexual orientation, or association with a person or group with one or more of these actual or perceived characteristics. For concerns/questions or complaints, contact the Title IX Coordinator:

Jonathan Pike, Director of Teaching and Learning, (510) 594-3900.

Absences

An athlete must attend school for at least half the class periods that day to practice or compete in a contest. The Director of Cadre Functions and Cadet Support will decide what constitutes attendance for each case.

While absences for athletic events are considered "approved" absences, it is still the cadet's responsibility to inform their teachers of their upcoming absences and to make up any classwork or homework missed due to the absence. Cadets and parents are asked to see the "Absence/Tardy" section of the Cadet-Parent Handbook for more information on the school's attendance policy.

Athletic Early Dismissals

Cadet-athlete class dismissal for an athletic event (home or away) will be submitted to the Director of Cadre Functions and Cadet Support. Parents will not be required to contact the OMI's main phone number for their cadet-athletic dismissal or school absence due to an athletic event. The cadet-athlete will be responsible for missed class work and should notify their teacher of their expected absence before their early dismissal.

Athletic Eligibility

Academic: All cadet athletes are expected to achieve at least a 2.00 grade point average (GPA). Cadets who fall below a 2.00 GPA at the end of a grading period (quarter or semester) will be placed on academic probation for the following one-quarter grading period. Each quarter, a cadet is on academic probation; they will be required to attend an Academic Honor Board. Cadet athletes who do not improve their GPA to 2.00 or better immediately following a quarter of academic probation will remain on academic contracts for a consecutive term and will be deemed ineligible to participate on any of our athletic teams. Conversely, if a cadet improves their GPA to a minimum of 2.00 immediately following their initial quarter of academic probation, their athletic participation will not be interrupted.

Behavior

Cadet athletes are to conform to the codes and regulations of OMI as stated in the "Rules of Conduct" section of the Cadet-Parent Handbook. A cadet may be suspended from participation by a coach for violation of a training rule or by the Director of Athletics when he violates a cadet code that ordinarily calls for suspension. All cadet athletes must sign the OMI Cadet Athlete Contract before participation. This contracts will be maintained by the coach and the Director of Athletics.

Communication Protocol

The following topics are appropriate to discuss with coaches and school administration:

- The treatment of your cadet mentally and physically
- Ways to help your cadet improve and develop
- Concerns about your cadet's behavior
- Notification of schedule conflicts well in advance
- Status of injuries and/or rehabilitation timelines

The following topics are to be left to the discretion of the coach and his/her staff and are not appropriate to discuss with coaches and school administration:

- Playing Time
- Decisions regarding which athletes make or don't make a team
- Team Strategies (play calling)
- Other cadet-athletes

Cadet athletes (with parents) will meet individually with a coach to discuss conflicts/issues.

Such meetings should be scheduled at a mutually agreeable time and should avoid the following:

- Immediately before/after an athletic contest
- During an "active" practice session
- When other cadet-athletes are present or are readily visible to others
- When it is apparent that sufficient time is not available to complete the discussion

Physicals

Each cadet will participate or compete once he has submitted evidence of having a current physical and is cleared for unlimited participation by an MD, DO, NP, or PA. An athletics physical expires 365 days from the date of the exam. The athletic director will track the physical date. Head coaches, in coordination with the Director of Athletics, will ensure their athletes meet their requirements.

OMI does not provide sports physicals or reimburse the costs of physicals. In addition to primary health providers, many urgent care sites have 'pre-registration physicals'. CVS, Walgreens also may offer physicals through their online scheduling using Sports Physicals as a search term. Cost vary between \$75-\$90 dollars.

Drug and Alcohol Policy

Unfortunately, the use and abuse of drugs and alcohol are widespread and persistent in society, and it is often highlighted in the athletic community because of the visibility and public nature of the athletic programs. The policy of the Athletic Department regarding drug and alcohol use is consistent with the school policy, as it is found in the Cadet-Parent Handbook.

If a coach becomes aware of any situation (both on-campus and off-campus) involving drug and/or alcohol use by one or more of their cadet athletes, they will immediately bring such information to the Dean of Cadets. Since the Drug and Alcohol Policy applies to all cadets, its enforcement falls under the responsibility of the Director of Teaching and Learning. A coach shall not take disciplinary action above and beyond what the school takes before the dialogue with the Superintendent, the Commandant, and the Director of Athletics. Any cadet-athlete-specific or team-specific discipline shall be appropriate to the nature of the offense (time, place, severity, frequency) and may involve suspension from practices and/or contests and possible expulsion from the team.

Suppose a cadet-athlete approaches a coach voluntarily (not influenced by prior knowledge of an offense) and seeks help for a drug and/or alcohol problem. In that case, the coach will immediately bring this to the attention of the cadet-athlete's counselor. The coach will endeavor to work together with the cadet-athlete, the counselor, and the cadet-athlete's parents to provide whatever assistance is necessary. Such situations will not be considered disciplinary matters.

Coaches are required to address the issue of drug and alcohol use with their cadet-athletes and to review with them the policy of the school and the Athletic Department regarding drug and alcohol use.

Practice Dress Code

Participation in practice should only occur in OMI or blank (black, red, beige, gray, white) attire.

No apparel from other high schools, club teams, or colleges should be worn at practice. Coaches may also determine that special attire needs to be worn (e.g., white shirts with last names on them for freshmen tryouts). Coaches are permitted to have stricter practice attire as well. Practice attire is also applicable to weight room use.

Practice Times

Per CIF By-Law 506, sports programs may spend a maximum of 18 hours per week on sports-related activities. Practices may be at most four (4) hours per day, and double sessions cannot be held on consecutive days (three-hour rest period between). Team activities include practice, weight-lifting, film study, and competition days, which count as three hours (regardless of the length of the day). Study halls, tutoring, and team dinners are not counted towards the 18-hour limit.

No athletic practice may be held on the following days without the permission of the Superintendent of OMI:

- Winter Break
- Spring Break
- Thanksgiving
- Sunday

Schedules and Cancellations

Schedules are developed by each Head Coach under the supervision of the Director of Athletics and in cooperation with the Delta League. Contests are scheduled to minimize lost class time and to avoid conflict with semester exams.

Should a condition occur when playing an athletic contest is unsafe or undesirable, the Director of Athletics, in consultation with the respective head coach, will cancel the contest and notify the opposing school and the officials. If a contest during the week is to be canceled.

Donations

OMI does not have the benefit of charging for sports event admissions. Yet, the OMI administration attempts to ensure our cadet athletes have the training, appearance, and support they deserve to Win! Donations of time and money are becoming increasingly crucial as transportation, league participation, and insurance costs continue to increase. Parents are encouraged to donate to OMI Athletics. OMI will have volunteer sign-ups available at the beginning of the year and at the Main Office.



**Oakland Military Institute
Cadet Athlete Contract
Eligibility for 2024-25 Interscholastic Athletics**

1. Cadets are responsible for knowing their eligibility, subject to the OMI Athletic Handbook. This includes being cleared for participation by OMI staff and maintaining a 2.0 GPA. Grade reports will be generated and reevaluated at the progress report and marking period. Cadets failing to maintain a 2.0 GPA during the semester will be placed on probation. This will require a meeting with the AD and/or Coach.
2. Cadets must maintain good attendance in all classes as defined in the Cadet Parent Handbook. Cadets who miss four periods or more on the same day as a contest are to participate with approval from the athletic director. Cadet athletes with ten unexcused absences will be placed on probation. This will require a meeting with the AD/ and or Coach.
3. Cadets failing and/or not putting forth appropriate academic effort may be prohibited from participating in interscholastic athletics. An example would be receiving an F grade for a progress report/marketing period in any course. This will result in a meeting with the Athletic Director and Coach.
4. For any level III or IV offense, cadets assigned out-of-school suspension are prohibited from participating in games or practices during their suspension. For any further level offenses, cadets will be prohibited from participating in sports for the remainder of the calendar year.
5. For any Level II offense, cadets serving in-school suspension are allowed to practice but cannot compete in athletic contests during that time. After (3) level II offenses, cadets will be removed from the team for the rest of the season.
6. Cadet athletes who act improperly or inappropriately may be subject to game suspension, disciplinary action, or dismissal from the team. Subsequent discipline will be decided by a committee that may include the sport's Head Coach, Athletic Director, Commandant, and Superintendent.
7. Athletes quitting a team must clear all responsibilities and obligations with the coach of that sport. Participation in the following sport can start after the previous sports season.
8. All cadet athletes are visible representatives of OMI and are expected to act respectfully and demonstrate good judgment. Any negative behaviors not listed above that do not represent OMI's values will be subject to review and possible disciplinary consequences, up to and including the removal of athletic privileges for the academic year.
9. Cadets-athletes acknowledge OMI's support for cadets experiencing drug and alcohol issues while realizing indefinite removal from interscholastic sports is in the interest of their welfare.

Cadet Signature _____ Print name _____

Parent Signature _____ Print name _____

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

Patient Health Questionnaire Version 4 (PHQ-4)
Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)			Yes	No
1. Do you have any concerns that you would like to discuss with your provider?				
2. Has a provider ever denied or restricted your participation in sports for any reason?				
3. Do you have any ongoing medical issues or recent illness?				
HEART HEALTH QUESTIONS ABOUT YOU			Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?				
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				
7. Has a doctor ever told you that you have any heart problems?				
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.				

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)			Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?				
10. Have you ever had a seizure?				
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?				
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?				
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?				

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height:	Weight:	
BP: / (/)	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

Medically eligible for all sports without restriction

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

Medically eligible for certain sports

Not medically eligible pending further evaluation

Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____
