



# Oley Valley Athletic Department

Frequently Asked Questions about Middle School/Junior High School Sports



## 1. What sports are offered for Middle School students?

The Oley Valley School District currently offers the following organized sports for 7<sup>th</sup> and 8<sup>th</sup> graders:

Sport	Season	Approximate time-line for 2022-2023
Boys' Soccer	Fall	August 23 – October 21
Girls' Soccer	Fall	August 23 – October 21
Girls' Field Hockey	Fall	August 23 – October 21
Cross Country	Fall	August 23 – October 21
Football (coop w/ Fleetwood)	Fall	August 22 – October 28
Cheerleading	Winter	November 29 – February 11
Boys' Basketball	Winter	November 29 – February 11
Girls' Basketball	Winter	November 29 – February 11
Wrestling	Winter	November 21 – February 11
Girls' Softball	Spring	March 13 – May 19
Boys' Baseball	Spring	March 13 – May 19
Track & Field	Spring	March 13 – May 19

## 2. When are practices? What is the duration of each practice session? What about away contests?

Typically, practices are held every day (Monday-Friday) and occasionally on Saturdays in some sports. The practice sessions are usually 2 hours in duration. Most practices start at 2:45 or 3:00 depending on the coaching staff and facility availability. Upon dismissal, athletes are expected to report to the locker room area to prepare for the start of practice. They are not allowed to roam the halls while they wait. All practices are mandatory unless students have emergencies or doctor appointments, although we appreciate if appointments can be scheduled after practices. We consider athletics another classroom period and treat attendance the same as classroom attendance. A bus will be used for all away competitions. Students will be brought back to the Middle School after all away contests. If you wish to take your child directly from an away competition, please make sure that you notify your child's coach in advance and that you check in with the coach before taking your child. We ask that all parents are prompt in picking their child up after practices and contests, as coaches may not always be able to wait around for students to be picked up.

## 3. Are there any special requirements prior to participation?

Prior to athletic participation, all students must receive medical clearance from a physician, who must sign the PIAA Pre-Participation Physical Evaluation Form. Prior to participating in a sport for the first time during a school year, a student must receive a medical exam. This physical exam can be performed by your own family doctor (recommended), at most Urgent Cares or at one of the St. Luke's Health Network school sports physical exam clinics. This exam must occur on or after June 1 each year to be valid for the following school year. More information on the St. Luke's Health Network school sports physicals will be posted on the District athletic website at [www.ovlynx.org](http://www.ovlynx.org). All online registration forms must be completed before a student is permitted to start official practices.

## 4. How do we get the required physical forms?

To sign your child up for a sport (Fall, Winter or Spring) you should complete the online registration forms. We ask that all students sign up by June 30, 2022 so that communication can be sent to teams throughout the year as needed. Changes to signups (additions or removal) can be done at any time by accessing your PlanetHS account and checking/unchecking any sport on your child's profile. The PlanetHS registration process will require a parent as well as the student to create an account in order to complete all required information and sign all required acknowledgements. The health history section and physician evaluation form will need to be printed and taken to the physician who performs the physical. The completed physician evaluation will then need to be scanned and uploaded to the student's account. More detailed information on this process is available on the athletic website at [www.ovlynx.org](http://www.ovlynx.org). If needed, additional help or computer/internet access can be attained by scheduling an appointment with the Athletic Office.

## 5. Does an athlete need more than one physical if he/she plays multiple sports in a school year?

The PIAA, which is the organization that governs state athletics, only requires student-athletes to have one physical exam per year unless they have an injury or illness which causes them to miss an extended amount of practice or game time. After an initial physical exam for the year, athletes must be recertified for each subsequent season that they participate in a sport. Recertification Forms will also be completed online using the same account used for initial registration and physical forms, and more information on how to complete the Recertification Form will be provided to your child as we get closer to the Winter and Spring seasons. If the student sustains an injury during any season and plans on playing a subsequent season, then a physician will be required to also complete the Recertification Form. This doctor recertification form can be accessed on the Athletic Website or attained from one of our Athletic Trainers. It will save you time to have the doctor complete the re-certification form when your child is cleared from the injury so that you do not have to go back to the doctor before the start of the next season.

## 6. Are there special rules that an athlete must adhere to?

All student-athletes must adhere to the Oley Valley Athletic Code of Responsibility, the rules of the Middle School building which are contained in the Student Handbook, and all rules established by the coaches of the sport. All students and parents will read and acknowledge the Athletic Code of Responsibility during the online registration process and the team rules will be given out at a parents' meeting at the beginning of the season.

## 7. Does my child need any special equipment to participate?

Generally, your child should have appropriate footwear (running shoes, cleats, etc.), workout clothing, and a water bottle. Fall/spring athletes should always be prepared for both cold or hot weather. Essentially the school will provide each athlete with a uniform that is issued and then returned at the end of the season. Any item that the student keeps from year to year must be purchased by the student athlete, and if a school uniform is lost the student will be charged for the replacement cost of a new uniform. In addition, the following items are also recommended:

<u>Sport</u>	<u>Equipment needed</u>	<u>What's provided for individual players</u>
Soccer	Cleats, Shinguards/Socks	Uniform
Field Hockey	Cleats, Shinguards/Socks, Stick, Mouth Guard, Goggles (optional)	Uniform, Goalie Equipment
Football	Cleats	Uniform, Protective Pads and Helmet
Cross Country	Running Shoes and/or Running Spikes	Uniform
Cheerleading	Bloomers, Sneakers, Socks, Bow	Uniform, Poms
Basketball	Basketball Sneakers	Uniform, Practice Pinnie
Wrestling	Wrestling Shoes, Head Gear	Uniform, Warmups
Softball	Glove	Uniform, Helmet, Catching Gear
Baseball	Glove	Uniform, Helmet, Catching Gear
Track	Running Shoes and/or Running Spikes	Uniform

Students are responsible for all school issued equipment. Any equipment that is lost or damaged must be paid for by the student. An invoice will be sent home at the end of the season for any lost uniforms.

## 8. What is the cost for playing a Middle School Sport at Oley Valley?

Unlike some schools that charge parents a participation fee for their child to be in a sport, there is no cost to participate in the scholastic athletic program at OV. We ask that student athletes participate in the Athletic Booster Club (OVABC) fundraisers whenever possible and we always need parents to get involved with our Booster Club. In High School, all parents are asked to help at at least 1 game/event in the concession stand which is the main fundraiser for the OVABC.

## 9. Where else can I get information regarding the athletic program at Oley Valley?

The Oley Valley Athletic Website offers a variety of information regarding the Athletic program. On the Athletic Website, parents and students are able to access game schedules, practice schedules, away game directions, and other Athletic Department information. Parents can and should also sign up to receive text and e-mail notices when games are changed or cancelled. In addition, important notices will be posted on the Athletic Website. This site can be accessed at [www.ovlynx.org](http://www.ovlynx.org) or through the school district website at [www.oleyvalleyisd.org](http://www.oleyvalleyisd.org). There is also a link to the League website ([www.bciaa.org](http://www.bciaa.org)) which contains specific game sites for all away contest sites in Berks County.

## 10. Can my child participate in club sports if he/she is also on a Middle School sports team?

Students at Oley Valley are encouraged to participate in a variety of activities. There is no school policy that forbids participation in both club and scholastic sports. However, students who make a commitment to the scholastic sports program are expected to attend all practices and games. Absences due to a conflict with a club sport are not considered excused. Before committing to any activity, parents and students should consider the impact that participation may have on the child's ability to complete schoolwork and on the child's physical well being.

## 11. Who should I contact if I have any other questions about Oley Valley Athletics?

If you have any questions regarding the athletic program at Oley Valley please contact the Athletic Office at 610-987-4111 or email Mr. Tim Rhoads, Athletic Director, at [trhoads@ovsdpa.org](mailto:trhoads@ovsdpa.org) or Mrs. Patti Kehoe, Athletic Secretary, at [pkehoe@ovsdpa.org](mailto:pkehoe@ovsdpa.org).