Oak Forest Sports

SPORTS REGISTRATION FORM

Last Name _____ First Name _____ MI ____ Cell: _____ Gender: _____

Player's Email: _____ Birthdate ____/____/____

Address _____ City _____ Zip Code _____ Height ____ft ____in

Homeschool registered with DNPE: _____ School Name _____ Administrator: _____

County where registered _____

Have you played for another homeschool team in the past two years? _____

If YES: Team_____ Sport(s):_____ When: _____

Father/Guardian: _____ Telephone (Cell): _____ (Home): _____ Email_____

Mother/Guardian: _____ Telephone (Cell): _____ (Home): _____ Email_____

Emergency Contact: _____ Telephone (Cell): _____ (Home): _____

Please Read Carefully **Signature Required**

Does this child have any disabilities, handicaps, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness, diabetes, or any other significant medical condition, and/or does this child carry an emergency medical device such as inhaler or EpiPen? _____

If yes, please state condition _____

Do you wish to have your doctor contacted in case of emergency? _____ Doctor's Name _____ Phone: _____

EMERGENCY AUTHORIZATION (from above)

I, the undersigned parent, or legal guardian of the participant, a minor, hereby authorize the coaches, assistant coaches or parents of team members acting in the capacity of activity supervisors/vehicle drivers, as my Agent, to consent to medical, surgical, or dental examination and/or treatment. In case of emergency, I hereby authorize treatment, and/or care at any hospital. If there is an emergency and I cannot be reached, please contact the above emergency contact.

Authorization Signature: _____ Personal health insurance carrier: _____ Policy No. _____

WAIVER OF LIABILITY, DISCLAIMER, AND PERMISSION

I, the parent, or guardian of the above-named individual, acknowledge that participation in athletic events necessarily involves risk of physical injury. I further acknowledge that the programs of Oak Forest Sports are primarily administered by parents, who volunteer their time, rather than by paid, trained professionals. In consideration for accepting the registration of the named individual and permitting voluntary participation of said individual in its program, I (for myself as well as for my child, his heirs and assigns) hereby release, discharge, and hold harmless Oak Forest Sports and its employees, volunteers and other representatives or affiliates (including without limitation the participating Home School organizations, sponsors, game or event workers, officials, facilities and volunteers) from and against any and all claims arising out of or relating to illness, physical injury, death or other damages that may result to said individual while participating in a Oak Forest Sports sponsored event, including any physical injury by negligence of any official, referee or coach while performing his/her duties during any practices or games. I attest that my child is physically capable to participate in this event. However, should officials, representatives or volunteers determine in their sole discretion that completion or participation in any games or events would be injurious to my child's health, or should my child become ill or injured, I consent to his or her removal and treatment by any physician or medical care provider at the direction of the event or game officials, sponsors, representatives and/or volunteers. I give my permission for free use of my child's name and picture in broadcasts, telecasts, social media, etc. or written accounts of any game, practice or participation in any Oak Forest Sports sponsored event.

Signature of Parent / Legal Guardian: _____

Program Commitment and Non- Transfer Rule Acknowledgement

The official rules (NCHEAC Handbook section 5) will supersede this document,

Please consult the rules for any questions.

Once an athlete is submitted on an official NCHEAC team roster and participates in any contest, game, or match for that team, they are bound to that sport/program unless:

1) That sport in that program no longer exists or chooses not to participate in NCHEAC.

2) The program itself no longer exists or chooses not to participate in NCHEAC.

Clarification of rule:

(A) This means that if a player is seeking to leave their original program in hopes of joining another NCHEAC program, they cannot do so until they sit 365 days. (see rules section 5.2)

(B) If the player leaves to play outside of NCHEAC and wants to come back to the program they left, then they are allowed to come back without sitting the 365 days.

(C) This is only binding per individual sport within a program. It is possible to be committed to different programs in separate sports.

Exceptions:

1. If the program cannot field a team in a particular division under NCHEAC of the current athletic season and they are not eligible to play on another division within that program – then a player can join another program in NCHEAC in that sport with the option of returning to the original program at the next athletic season. If the original program does not enter a team for two (2) consecutive seasons or the player decides not to return to the original program after one (1) season, then the player must remain with the program they left to join. See Handbook Section 5.5.3

2. If a player moves or the program changes their practice facility/game facility, and this causes an increase in travel of 25 additional miles (one way), then the family must submit a Distance Release Request for approval to the NCHEAC council in order to move to a closer program within NCHEAC. See Handbook Section 5.5.1.1.

3. Exceptions to the 365-day rule specified in rules section 5.2.1

NCHEAC has the option to review any occurrence of a player leaving to determine if this causes a program to not have enough players and can deny the player re-entry back into the league unless they sit for 365 days.

NCHEAC will only grant releases based on distance due to a family or program moving.

NOTE: This form is your acknowledgement of the rule. It is your responsibility to understand the Program Commitment/Non-Transfer Rule and seek answers if clarification is needed. The rule is designed to protect the league and teams/programs. The rule is binding based on submission of your athlete on an official NCHEAC roster and participation in any game, match, or contest with their team whether you have signed this document or not.

I/we, the custodial parent(s) of _____ (list athlete's names), acknowledge receipt of this rule and agree to abide by the provisions listed

County/City Team Name: Oak Forest Sports / Oak Forest Warriors / NCHEAC | Raleigh Sport: Basketball

_____ _____

(Custodial Parent) (Custodial Parent)

Date: _____

AMATEUR ATHLETIC WAIVER

AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in North Carolinians for Home Education Athletic Commission (NCHEAC), athletics/sports programs, and related events and activities, I the undersigned and Custodial Parents:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction, and negligence of others, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.
4. Release, waive, discharge and covenant not to sue NCHEAC, its affiliated clubs, their respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Athletes Name:_____

Athletes signature if over 18yrs of age:_____

Parent(s)/Legal Guardian(s): _____

Parent(s)/Legal Guardian(s): _____

Date:_____

Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Information Sheet

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (http://www.cdc.gov/concussion/)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Statement Form

Instructions: The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the right column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Student-Athlete Name: (please print)_____

Parent/Legal Custodian Name(s): (please print)_____

Student-Athlete Initials		Parent/Legal Custodian(s) Initials
	A concussion is a brain injury, which should be reported to my parent(s) or legal custodian(s), my or my child's coach(es), or a medical professional if one is available.	
	A concussion cannot be "seen." Some signs and symptoms might be present immediately; however, other symptoms can appear hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	Not Applicable
	If I think a teammate has a concussion, I should tell my coach(es), parent(s)/ legal custodian(s) or medical professional about the concussion.	Not Applicable
	I, or my child, will not return to play in a game or practice if a hit to my, or my child's, head or body causes any concussion-related symptoms.	
	I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away, right away. I realize that resolution from a concussion is a process that may require more than one medical visit.	
	I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury.	
	After a concussion, the brain needs time to heal. I understand that I or my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms listed on the Student-Athlete/ Parent Legal Custodian Concussion Information Sheet.	
	I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand.	

By signing below, we agree that we have read and understand the information contained in the Student-Athlete & Parent/Legal Custodian Concussion Statement Form, and have initialed appropriately beside each statement.

_____ _____

Signature of Student-Athlete Date

_____ _____

Signature of Parent/Legal Custodian Date

Oak Forest Sports

Parent & Players Handbook

Mission Statement: Oak Forest Sports is a Christian homeschool sports program which seeks to lead men, women, boys, and girls to a life changing relationship with Jesus Christ through the platform of competitive sports. We seek to edify and disciple our brothers and sisters in Christ by building friendships and a sense of community within our organization. We believe that while competitive sports is not for all people, all who are involved in competitive sports have a unique opportunity to have an impact for Christ. By encouraging a culture of teamwork, self-discipline, and respect, we seek to train athletes to be effective collaborators and contributing warriors in God's Army.

Participation: OFS is a program that operates under the principles of our Statement of Faith. OFS offers a competitive sports programs open to all area homeschoolers ages 11-18. Students must be homeschooled in a legally recognized homeschool listed with the NCDNPE to participate.

Age: Middle Schoolers should be at least 11 years old on August 1st. JV must be no older than 16 years old on August 1st. Varsity must be no older than 18 years old on August 1st and still in high school.

General Schedule: Practices begin the week after try-outs, Generally, teams will practice 1-3 times a week at the beginning of the season and will vary once season games begin. The practice may vary based on gym availability and coaches' needs, but typically teams practice in the evenings and on Saturdays.

Games & Tournaments: OFS teams play against homeschool, public school, charter school, and private school teams. Home games are played mostly on Saturdays in Wake Forest. Away games are during the week and tend to be mid-afternoon for Middle School teams and late afternoon/early evening for JV and Varsity teams. Travel for conference play can extend north to Henderson, south to Fayetteville, east to Wilmington, and west to Burlington. League tournaments are held in Wake Forest/Raleigh and Greensboro/Winston-Salem. Most non-NCHEAC schools charge entrance fees for spectators.

NCHEAC: OFS is a conference member of NCHEAC and is known as "Raleigh".

Registration: All players should come to try-outs with completed registration forms and a deposit of $50.00 (if not paid online at Tryout Registration). If the participant is offered a spot on a team, then the deposit will be applied towards your Participation Fee. No deposits will be refunded.

Participation Fee: The fee will include uniforms, all practices, regular season games, and tournament registration costs. It does not include the cost for travel expenses or lodging for out-of-town tournaments. Participation fees must be paid upon receipt of the invoice and are late after October 15, 2025. Participation Fees for 2026-2027 Basketball are $475.00 for Middle School and $545.00 for Junior Varsity and Varsity.

Fundraising: OFS welcomes and expects the support of its families in fundraising and sponsorship for all sports seasons.

Parents' Meeting: A mandatory Parents' Meeting will be held and at least 1 Parent *must* be in attendance. The Parents' Meeting is scheduled for Saturday, October 31, 2026 at 1:00 pm.

Uniforms: Game uniforms will be provided before the first game. The uniforms must be returned at the end of the season. Players and parents are responsible for replacement cost of lost or damaged uniforms.

Coaches: It is affirmed and understood that OFS coaches serve as volunteers. That gift and sacrifice of time and energy is greatly appreciated. It is affirmed and understood that coaching is a great privilege and responsibility. One primary way OFS will thrive in the coming years is through excellent coaching. We exhort our coaches to honor God by pursuing excellence both on and off the court based on these verses: *"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable" (1 Cor. 9:24-25).*

Oak Forest Sports Philosophy for Each Level of Play:

A. Middle School - Foundational (building skills and culture), family environment; preparation for JV is a primary goal; development and building of an environment that highlights the OFS vision, mission, and purpose; 75/25 split between development and strategy moving toward 50/50 as the season progresses
B. Junior Varsity - Mindset shifts to a clear, competitive mindset; primary goal is preparation for V; 50/50 split between development and strategy, moving toward 75/25 as the season progresses; ensuring fundamental skills are infused in a team; encouraged to invest in Middle School teams
C. Varsity - strictly a competitive mindset; 15/85 split between development and strategy; encouraged to invest in Junior Varsity teams.

These are estimates and can vary from game to game.

Players & Parents: It is affirmed and understood that those young men and young ladies who play for OFS are each uniquely shaped by God with unique personalities, gifts, skills, and abilities. The desire to compete, as well as pursue their dreams and goals, is a good gift from God and deserves a high level of commitment from coaches, parents/guardians, and players. We encourage OFS players to honor God by pursuing excellence both on and off the court based on these verses: *"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable" (1 Cor. 9:24-25).*

OFS provides a competitive opportunity for homeschooled students in middle school and high school team athletics. Note the difference between recreational sports and competitive sports. In recreational sports, the emphasis is on the development and enjoyment of the individual players, which is considered more important than the success of the team. However, in competitive sports the focus is on the development and success of the team through the contributions of individual players.

Policies & Code of Conduct for Parents & Players: Parents and Players agree to the following policies and/or maintain the following code of conduct or risk forfeiture of the privilege of participating:

- At OFS, we understand that part of an athlete's development starts with the parent(s). Parents should encourage their sons/daughters to strive to compete according to the OFS vision, mission, and purpose.
- Because OFS is a volunteer organization, parents are expected to engage in a support role during the season (i.e., helping with concessions, keeping stats, running the clock, etc.) during OFS activities.
- Parents should support their children by attending as many games as possible. Parents should always conduct themselves in a responsible and/or Christ-like manner during the season and realize they are just as responsible for representing OFS, as well as the coaches and players.
- Players & parents should encourage their teammates, coaches, and others involved in the OFS Advisory Board in as many ways as possible. Cheering on other OFS teams is strongly encouraged.
- Players & parents are exhorted to show hospitality toward visiting teams and referees.
- OFS will fill spots on each team from the students who tryout. Each team only has a certain number of spots available. The number of students cut, in part, depends on the number of students who tryout.
- Selection for a team will be based on the following key considerations (in no particular order): Attitude (effort level, teachable spirit); Skill Level; Athletic Ability; Development Aptitude; Players Needed to Form a Competitive Team.
- Being offered a spot on a OFS team is both a privilege and responsibility. Players/parents are expected not to take that lightly. Other activities should be planned around practice and game schedules.

- Team members are expected to show up on time (as prescribed by each coach) for all practices and games that are scheduled/published by OFS. Please be aware that athletes may be disciplined for missing practices/games.
- If parents choose to observe practices, please avoid distracting players and/or coaches during our limited practice times. In addition, OFS would like to keep the area around the court clear so that players from other OFS teams can work on their conditioning.
- Parents are responsible for the transportation arrangements of their players to and from practices/games. It is imperative that your son or daughter be picked up and dropped off for practices/ games on time. Please be aware that athletes may be disciplined for tardiness.
- Players should communicate with coaches at least two weeks in advance of absences outside of emergencies. Player absences and tardiness can have a significant impact on practices and game preparation, as well as affect team dynamics. Coaches are watching game film and designing practices and game plays with player personnel in mind. Unplanned absences can void many hours of coaching preparation.
- Players must communicate the specific reason(s) for missing the practice/game to the Head Coach.
- Non-excused absences/tardiness will affect playing time. Excessive, non-excused absences/tardiness may lead to dismissal from a team (without a Participation Fee refund).
- It is the Head Coach's discretion whether the reason is excused (examples would be sickness, special church events, etc.) or unexcused (choosing special events, repeated missed practices that are work-related, lack of communication, etc.).
- Players & parents should not expect equal playing time among players in games, including no or minimal playing time for some players as determined by coaches. Parents should encourage players to develop their skills so that they can help the team improve and increase the possibility of playing time in games.
- Players & parents should understand their value as people and to the team is not determined by the number of minutes played in games. Each player has an important role regarding the success of the team, whether a starter playing the whole game or a sub cheering from the bench, who is ready to go into the game when needed. "Practice players" might be on some teams with no or minimal playing time expected as determined by coaches.
- Starting line-ups and substitutions are decided by each Head Coach based on the following guidelines (in no particular order): attitude and attendance; ability to contribute to a victory; importance of particular games; game situations; value of an individual getting game experience; not starting a better player to assure a competitive mix of talent late in quarters or end of games; etc.
- Players must wash and care for their uniform after each game. Please launder uniforms separately from dark colors. *Wash all uniforms in COLD water. NEVER place uniforms or warm-ups in the dryer on high heat. Hang uniforms to dry.*

- OFS players may only wear the team uniform for scheduled games/contests or for other special events as requested by the coach. OFS players may not alter or change the original shape/form of the uniform.
- OFS players must wear their uniform with the jersey tucked in and keep the uniform on until the team has entered the locker room or changing area after the game. Players should not change out of uniforms at the end of the game until the coach is done with postgame discussions and leaves the locker room.
- Players & parents are expected to respect the decisions made by coaches regarding playing time, substitutions, and game strategy.
- OFS players, parents, coaches, and fans are expected to always show good sportsmanship. We cheer for our team, not against our opponents or the referees. We will strive for a reputation of friendliness, respect, enthusiasm, competitive intensity, humility, and grace in victory or in defeat.
- Players and parents should address any questions regarding players or coaching decisions to the Head Coach the day after games 24 hours, if possible (*never before or just after a game*). Please approach these situations in a mature and responsible manner and in private, if needed. Appointments can be arranged.
- Parents should avoid "coaching" their child during a game out of respect for their son/daughter, the team, and the team coaches.
- Parents are expected to take responsibility for their child when practice ends on the court and when the coach stops the post-game talk and leaves the post-game "locker room area."
- The Oak Forest Sports Advisory Board reserves the right to suspend or dismiss any player from a team at any time for insubordination, possession/use of substances (tobacco, alcohol, illegal drugs, drug paraphernalia, marijuana), or other serious inappropriate behavior. In such cases, the Participation Fee will not be returned.
- Parents might find themselves in a position where they feel the need to discipline their child in these situations, players are encouraged to be on the bench encouraging their team during games and participating in all practices. OFS is supportive of parental discipline. Please communicate these situations with Head Coaches as soon as possible.

Oak Forest Sports

We have read the *Parent & Player's Handbook* provided by Oak Forest Sports for the 2026-2027 season and agree to its contents.

_____ _____

SIGNATURE OF PARENT DATE

_____ _____

SIGNATURE OF PLAYER DATE