

# Homeschool PE Handbook

## 2024-2025 School Year



Orange County Sportsplex

101 Meadowlands Drive  
Hillsborough, NC 27278

919-644-0339 ext. 231  
gfinch@oc-sportsplex.com



# 2024-2025 School Year Homeschool PE Program



Welcome to our Homeschool PE program at the Orange County Sportsplex!

Inspiring kids to lead active, healthy, and social lifestyles through engaging activities led by our enthusiastic and skilled team.

Our program aims to introduce children in the homeschool community to different physical activities, fostering a love for an active lifestyle. We strive to create a safe and empowering environment where kids can explore the diverse options available at the Sportsplex. Our program serve children ages 5-14 years old and offers both a one-day and a two-day option. Participants will experience ice skating, swimming, and a variety of different court and turf sports. Upon enrollment, each child will be assessed for their swim and ice skating level (depending on the day(s) they registered for) and split into appropriate groups based on their level. At the end of the program, they will receive a certificate of completion, indicating their progress from the starting level and ending level.

In this handbook, you will find our policies and schedules. Should you have any further questions, please contact Field House and Fitness Manager Gracie Finch at [oc-sportsplex.com](http://oc-sportsplex.com) or call at 919-644-0339 ext. 231.



# Registration

## **Registering:**

By registering your child, you are committing to that specific schedule for the entire semester. Should you need to make changes, we will do our best to accommodate your request, provided we receive a month's notice to assess availability. All requests should be done via email to Gracie Finch.

\*\*All registration is done online so that parents can fill out appropriate registration paperwork ahead of time.

## **Deposit:**

Upon registering, the first month's tuition will be required as a non-refundable deposit to secure your child's spot.

## **Waitlist:**

If the program reaches capacity, you can join the waitlist for your preferred schedule online or by contacting Gracie Finch.

## **Billing:**

Billing is processed automatically the first of each month. This program runs year-round from September to May, with open enrollment in the fall and spring semesters for new families.

## **Withdrawal:**

To withdraw your child from the Homeschool PE program, an email notice must be sent to Gracie Finch at [gfinch@oc-sportsplex.com](mailto:gfinch@oc-sportsplex.com) **at least 1 week before the billing date**. Failure to provide one week's notice will result in billing for the subsequent month.



# Drop Off and Pick Up

## **Drop-Off**

The drop-off location is dependent on the activity for that day. On ice skating days, children will be dropped off in the ice rink. On swim days, kids will be dropped off at the pool. Kids should be dropped off in the proper attire for the activity (outlined later in handbook).

We encourage parents not to stay during the program to promote independence and maintain schedule consistency. On site we do have tables and chairs that parents are more than welcome to use as well as other parts of the facility. For special accommodations, please contact Gracie Finch. Each request will be individually evaluated.

## **Pick-up Policy:**

Pick-up is held in the field house (the large blue building) each day at 11:30am. During registration, please accurately complete the “authorized pick-up” section, to ensure we have a complete list of all approved pick-ups.

Sportsplex reserves the right to request ID from any unrecognized individual attempting to pick-up a child.

Contact Gracie Finch to make any changes to your authorized pick-up list.

## **Late pick-up fee:**

A one-time grace period of 5 minutes is allowed. For subsequent late pick-ups, a \$5 fee per child will be charged upon pick-up.



# Basic Rules/Expectations for Each Department:

## Ice Rink:

On ice skating days, we meet in the ice rink. Please have your child dressed appropriately. Gloves, long socks, a coat, and pants are recommended as it is cold. Helmets are optional (must be provided by the parent if desired), and ice skates are provided for those who do not have their own.

NO Kicking the ice

All skate lessons follow the learn-to-skate USA program

## Pool:

On swim days, we meet on the pool deck. Children should arrive dressed in their swim suite ready to go into the water. Please have your child bring a towel, goggles, and a bag for your wet clothing. Children will change into their sports/games clothes after their HAC swim lesson and before snack time.

No outside life vests (will be provided if needed)

Swim tests are mandatory for children opting out of life vests who cannot stand with their head and shoulders above the water

No hanging on the railing in the pool

No street clothes are allowed in the pool

Kids need to be fully potty trained and fully dress themselves to participate

We have partnered with the HAC swim team for our swim lessons. For more information about how these lessons will be run, please see the HAC Swim Lessons tab

## Sports (Courts and Turf):

All sports activities occur in the field house (big blue building) on our indoor courts or our outdoor turf field.

Children should be dressed in sports-appropriate attire.

Tennie shoes are required to play any sports (no boots or crocks)!

No food, drink, or gum on the courts or turf field

Heat index guideline: 89 or below - no restrictions. Between 90-98 degrees - breaks every 10-15 minutes. Over 99 degrees - no outside activities.



# Medical/Health Policies

## **Medical Information:**

Parents must keep Homeschool PE staff informed and up to date on any medical needs.

If your child has a medical issue that requires an action/response plan, provide a copy to keep in your child's file.

We do not administer medications to children in this program.

In case of a medical emergency, EMS will be called along with the parent/guardian to ensure the child's safety.

## **Sick Child Policy:**

To ensure the health of all participants, please do not bring your child to the program if they have had any of the following in the last 24 hours (without medication):

- Fever
- Chills
- Severe cough or runny nose
- Skin rash that cannot be identified
- Diarrhea
- Vomiting
- Pink eye
- Evidence of head lice
- Covid symptoms

If your child displays these symptoms, staff will isolate the child and contact parents to arrange pick-up.

## **Allergies:**

A short snack time will be provided between activities. All children should bring their own peanut-free snack and water bottle.



# Misc:

## **Conduct:**

There is a no-bullying policy in place. If kids are caught bullying, they will be asked to sit out from the activity and a parent conversation will take place at pick-up. Repeated incidents may result in temporary suspension or withdrawal from the program.

Bullying includes harmful verbal or physical behavior. Physical violence is strictly prohibited.

## **Appropriate clothing:**

Different clothing is required for each activity. The list of what is required is listed above in the “Basic Rules/Expectations for Each Department’ section.

Please no crocks or boots, keep t-shirts and shorts an appropriate length, and please wear shorts under any dresses to allow children to move freely.

If kids are not in their appropriate clothing, they cannot participate.

## **Communication:**

We value your trust in allowing us to be part of your child’s education. To tailor their experience, please keep us informed of any specific needs or challenges. We encourage open communication between parents and staff.

## **Media Policy:**

Our marketing team actively takes pictures and videos to promote the program. If you do not want your child’s image to be used, please contact Gracie Finch.

## **Outside Items:**

Children should not bring any toys, gum, or special jewelry to the program.



## Semester Dates:

Fall Semester: September 3<sup>rd</sup> – December 19<sup>th</sup>, 2024

Fall Break: November 28<sup>th</sup> – 29<sup>th</sup>, 2024

Spring Semester: January 10<sup>th</sup> – May 30<sup>th</sup>, 2025

Spring Break: April 1<sup>st</sup> – 4<sup>th</sup>, 2025

End of Year Party/Awards: An email will be sent out closer to time, but this will take place in early June

### **Main Contact For Homeschool PE Program:**

Gracie Finch: Field House and Fitness Manager

[gfinch@oc-sportsplex.com](mailto:gfinch@oc-sportsplex.com)

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