

North Olmsted City Schools



High School Athletic Participation Handbook

Rev. 6-14



North Olmsted
Athletic Department

Michael Ptacek
Athletic Director
Michael.Ptacek@nocseagles.org

Dear Parents and Students,

The North Olmsted City Schools offers student-athletes and their parents a high quality, comprehensive athletic program. We are pleased that you have decided to participate. It is our goal to assist each student in reaching his/her ultimate potential through positive interaction and relationship building with coaches and fellow students, as well as team instruction, competition and activities. Our athletic program is based on uncompromised integrity. The program and staff promote honesty and ethical standards, as well as insist upon sportsmanship, fairness, and respect for others.

To ensure a quality athletic program of which the community can be proud, this handbook is provided to explain the program rules, regulations and guidelines. ***The High School Athletic Participation Handbook*** contains the academic standards and Code of Conduct that applies to all students who participate in athletic related activities, including cheerleading, and Eaglets. Please use it as a reference throughout the year.

We strive to promote ongoing communication with students and parents. Because continued eligibility to participate in the athletic program is based upon following the policies and procedures in this handbook, it is important that all student-athletes and their parents carefully read the handbook and become familiar with its contents.

If you have questions or concerns regarding any provision, policy, rule or regulation, please don't hesitate to contact an activity sponsor, coach or administrator.

Sincerely,

Michael Ptacek
Athletic Director

I do not choose to be a common man.

It is my right to be uncommon--if I can.
I seek opportunity--not security. I do not
wish to be a kept citizen, humbled and dulled
by having the state look after me.

I want to take the calculated risk; to dream and
to build, to fail and to succeed.

I refuse to barter incentive for a soul. I prefer
the challenges of life to the guaranteed existence;
the thrill of fulfillment to the state of calm utopia.

I will not trade freedom for beneficence nor
my dignity for a handout. I will never cower
before any master nor bend to any threat.

It is my heritage to stand erect, proud and
unafraid; to think and act for myself, enjoy
the benefit of my creations and to face the
world boldly and say, this I have done.

**All this is what it means to be
an American.** -- "*My Creed*" by Dean Alfange



INTERSCHOLASTIC SPORTS AND ACTIVITIES

Baseball

Basketball (boys and girls)

Bowling (boys and girls)

Cheerleading (basketball and football)

Cross Country (boys and girls)

Eaglets (kick, flag, and dance)

Football

Golf (boys and girls)

Ice Hockey

Soccer (boys and girls)

Softball

Swimming and Diving (boys and girls)

Tennis (boys and girls)

Track and Field (boys and girls)

Volleyball

Wrestling

NORTH OLMSTED ATHLETIC DEPARTMENT MISSION STATEMENT

The North Olmsted City Schools Athletic Department is dedicated to excellence in academics and athletics. Student-athletes are provided the opportunity to develop lifelong learning skills while becoming productive citizens. Participation in school activities and athletics helps students develop the skills of leadership, work ethic, collaboration, communication and problem solving. The North Olmsted Athletic Department encourages the student-athlete to work toward his/her ultimate potential in a positive environment and through the team effort.

- 1. Success** - Develop your desire to excel. We do not always win a competition, but we succeed when we continually strive to do our best. By striving to win with earnest dedication and commitment, we can learn to accept defeat.
- 2. Sportsmanship** - Develop and demonstrate emotional control, honesty, cooperation, and dependability. Accepting success and defeat while knowing you have done your best exemplifies true sportsmanship.
- 3. Improvement** - Better yourself not only as an athlete on the field of competition, but as a person. As an athlete, establish your goals and strive constantly to reach them.
- 4. Enjoyment** - Give of yourself to preserve, improve and enrich the program. Acknowledge the personal rewards derived from athletics. Share a sense of school loyalty and pride with others.
- 5. Personal Health Habits** – Practice good physical fitness and health habits. There is an integral relationship between a sound mind and a sound body.

RESPONSIBILITIES OF A NORTH OLMSTED HIGH SCHOOL ATHLETE

Participation in the athletic program is a privilege extended to students who meet specific standards for academics and conduct that have been established by the Athletic Department staff and adopted by the North Olmsted Board of Education.

A great athletic tradition is not built overnight. It takes hard work and the commitment of many people over many years. As a member of an interscholastic team at North Olmsted High School, you have inherited a wonderful tradition of commitment, success and pride.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school and our community. Such a tradition is worthy of the best efforts of all that are involved. Over a period of many years, our teams have achieved in many league and tournament championships.

Participation in the athletic program is a privilege, not a right. The contributions you make to the athletic program should be rewarding to both you and your family. As a member of one of our athletic teams you are expected to not only understand our traditions, but to uphold the responsibilities that go with them.

1. RESPONSIBILITY TO YOURSELF

The most important responsibility is to broaden yourself and develop strength of character. This can be achieved by making an all out commitment to yourself and your fellow teammates. Learning to push yourself to give maximum effort for the good of the team is an honorable trait. Learning how to work in a cooperative effort with other individuals for the good of the team is the true sacrifice one must make. You owe it to yourself to have an outstanding scholastic career. This can only be achieved by taking on the proper mental attitude and approach to your school studies and the extra-curricular activities you participate in.

2. RESPONSIBILITY TO YOUR SCHOOL

Another responsibility you assume as a member of our athletic teams, is to your school. The North Olmsted City Schools cannot maintain their reputation as an outstanding school district with a high quality athletic program unless you do your best in whatever activity you choose. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are part of an athletic team. Our community forms opinions about our school by observing you - your conduct and attitude - both on and off the field. Make the North Olmsted community proud of both you and your school.

3. RESPONSIBILITY TO YOUR FAMILY

As a team member, you also have a responsibility to your family. When you know that you have lived up to all the training rules, practiced to the best of your ability every day, and that you have played the game giving your maximum effort, you will earn self respect and make your family proud of you.

4. RESPONSIBILITY TO YOUR TEAM

By joining a team you have made a significant commitment. Once you have joined or become a member of a team affiliated with the North Olmsted City Schools, you are expected to follow and abide by all rules established by that team as well as the policies set forth by the North Olmsted Board of Education and Athletic Department. Loyalty to your fellow team members is an essential ingredient to any successful team. Loyalty means being at every practice and game on time and abiding by the rules for the good of the team. Be willing to learn from your coaches so that you can become a better player. Follow through with your commitment.

5. CONDUCT

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach both on the field and off the field, including the classroom. Respect yourself and others. Losing is something that no one likes; it is a part of athletic participation. If you lose, it is expected that you do so with dignity. Learn to be gracious in defeat. Similarly, you are expected to show modesty and dignity in victory.

Academic standards must be met for eligibility. Always do your best in the classroom; you will find that it carries over onto the field of competition and into life. Time management is the key to balancing academics and athletics.

6. REQUIREMENTS FOR PARTICIPATION

Remember that as an athlete you are not eligible to participate until the following items have been completed (forms available in the Main Office):

- Parents responsibility form
- Physical examination completed and form on file in main office
- Emergency medical form
- Athletic training rules
- Risk of participation form
- Parent's and Athletes' Pledge
- Concussion Form

7. STUDENT PARTICIPATION AND PHYSICAL FORMS

All students in grades 7-12 must submit a completed student participation form and pass a physical examination before they may practice for a school sport. Physical examinations are valid for one calendar year.

8. NON-INTERSCHOLASTIC PARTICIPATION

Participation by an athlete in a non-interscholastic program (tryouts, practice or contest) while a member of a school squad in the same sport is **PROHIBITED**. An athlete becomes a member of a squad by participating in an interscholastic contest (scrimmage, preview or regular season contest). Exceptions: In individual sports, an athlete may practice and try out for a non-school team but may **NOT** compete in a contest.

9. CONCUSSION FORM

All students in grades 7-12 must submit a completed Ohio Department of Health concussion Information sheet prior to participation in a sport. Concussion forms are valid for only one calendar year.

THE COMPETITOR

It is not the critic who counts, nor the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again...who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat...

Theodore Roosevelt



TRAINING RULES AND REGULATIONS

(Please refer to the forms handed out by the coach)

Individual teams may supplement Athletic Department training rules by adding their own rules and regulations. Training rules and team rules apply beginning with July 31 or the first practice until the last day of school or the last athletic contest.

RULES

In seeking the privilege to participate in these activities, participants choose the responsibility of living a lifestyle free of tobacco, alcohol and drugs. As such, the athletes of North Olmsted must refrain from the following:

1. Drinking, possessing, selling or giving away alcoholic beverages.
2. Smoking, possessing, selling or giving away tobacco products of any kind.
3. Using possessing, selling or giving away drugs. Drugs are defined as:
 - a. All dangerously controlled substances as so designated and prohibited by Ohio statute.
 - b. All chemicals which release toxic vapors.
 - c. All alcoholic beverages.
 - d. Anabolic steroids.
 - e. Any prescription drug or patent drug, except for those which permission to use in the school has been granted pursuant to Board policy and that are provided by the student's parent (i.e. over-the-counter medications).
 - f. Any substance that is a "look-alike" to any of the above.

These rules apply 24 hours a day, seven days a week from the start of the first day of OHSAA sanctioned date of practice. They will continue to be enforced throughout the school year through the last day of school or the last athletic contest. While under the school's jurisdiction, enforcement will take place at all school-sponsored activities on weekends and holidays, pre-season practices and in season practices. Clinics and camps that are attended by students are also included even though they may not be during the school year. Any student-athlete, who violates the training rules and cannot serve the penalty in the same school year as the infraction was committed, will carry the consequence for the violation over into the next school year.

*In order to assure parental awareness and involvement, parents and/or guardians must sign the **Parents' Pledge** form before their student can begin participation in an activity.*

4. Participants shall not engage in malicious behavior in sports or in their everyday activities. Malicious behavior includes, but is not limited to the following examples:
 - a. Vandalism.
 - b. Disruption of school activities.

- c. Using, possessing, handling or concealing dangerous weapons, instruments or substances, including but not limited to firearms, knives, mace, tear gas, firecrackers, explosives, incendiaries.
- d. Violations of the rights and responsibilities of other individuals as outlined by the North Olmsted Board of Education in its student code and its rules and regulations.
- e. *Any student-athlete who violates the training rules and cannot serve the penalty in the same school year as the infraction was committed will carry the consequence for the violation over into the next school year.*

CONSEQUENCES FOR VIOLATION

Action will be taken in accordance with the due process procedure of the Board of Education when a member of a sports team does not follow the rules and regulations set forth by the Athletic Department.

VIOLATIONS OF TRAINING RULES

A. FIRST OFFENSE

1. **Voluntary referral** - When a student-athlete or his/her parents voluntarily shares the violation of a training rule with the coach or administrator. This is referred to as a voluntary referral.
 - A student-athlete is entitled to one voluntary referral in his/her four years at North Olmsted High School.
 - The consequences will be one, or a combination of, the following, additional conditioning in that sport, community service, game suspension or mandatory participation in a self-help program. This will be determined by the coach and Athletic Director.
2. **Involuntary referral** - When a student-athlete violates a training rule he/she may be subject to consequences set forth under involuntary referral.
 - a. The student-athlete will be denied the privilege to participate in athletic contests for 2 weeks.
 - b. The student-athlete will also be required to participate in a self-help program sponsored by the school.
 - c. The student-athlete may also be required to participate in additional team conditioning or community service.
 - d. If the violation occurs at the end of the season (with less than 2 weeks left), it will carry over to the next season the athlete participates in until such time A, B, or C are satisfied.

- e. Any student-athlete who violates the training rules and cannot serve the penalty in the same school year as the infraction was committed, will carry the consequence for the violation over into the next school year.

B. SECOND OFFENSE

When a second violation occurs or when a student-athlete who lies about the facts involved in an alleged voluntary referral the student-athlete will be treated as a second offense violator.

- The student-athlete will be denied the privilege of participating for the remainder of the season.
- The student-athlete will be required to participate in a self-help program sponsored by North Olmsted High School.
- The student-athlete will be required to undergo an evaluation by school personnel to determine whether or not the student-athlete is at risk.
- If the violation occurs at the end of the season (with less than 2 weeks left), the student-athlete may be denied participation for up to 50% of the next season, which he/she participates.
- The student-athlete will not receive any awards in that sport in that season whether earned previously or not.

C. THIRD OFFENSE

- The student-athlete will be denied participation in athletics the remainder of the school year.
- A student-athlete may undergo a professional evaluation at his/her expense to determine the degree of the student/athlete risk.
- If the violation occurs at the end of the school year, the consequence may carry over into the next school year. The student-athlete will be permitted to return to athletics after a determination by the parent, professional counselor and Athletic Director.
- The student-athlete will not receive any awards in that sport in that season whether earned previously or not.

VIOLATIONS - GENERAL

The importance of enforcing of all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to maintain the standards of behavior expected of our student-athletes. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a quality athletic program.

In the event an athlete fails to comply with these necessary standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participating until such time as he/she can prove this desire.

The precise period of participation denial will depend on the violation and the attitude of the athlete and parent. Generally a minimum of two weeks denial of participation will be necessary to prove the desire to participate and comply with the standards which have been established for the benefit of the athlete and the team. Repeated or flagrant violations may result in total denial of participation from the interscholastic athletic program.

Religious commitments that conflict with athletic activities (practices or games) should be brought to the attention of the Athletic Director as soon as possible. Every effort will be made to reach a fair and reasonable solution.



ATHLETIC DEPARTMENT POLICIES

1. DROPPING OR TRANSFERRING SPORTS

On occasion, however, an athlete may find it necessary to drop out of a sport. If this is the case, the following procedure must be followed:

- Talk with your position coach and then your head coach.
- Report your circumstances to the Athletic Director.
- Return all issued equipment to head coach.

Those individuals who are selected as team members of any athletic team shall be considered as members of that team through the completion of that sport season unless they are removed for disciplinary reasons, academic ineligibility, or mutual agreement between player and coach. Coaches have the responsibility for the selection of specific team members for tournament competition. All team members who complete the season in good standing are expected to participate in the athletic award ceremonies at the end of the season.

2. EQUIPMENT

All school issued equipment checked out by the student-athlete is his/her responsibility. The student-athlete is expected to keep it clean and to take proper care of all issued equipment. Loss of any equipment is the athlete's financial responsibility. Failure to return any issued equipment may result in the denial of future participation as well as financial restitution.

3. MISSING PRACTICE OR GAMES

An athlete should always inform his/her coach before missing a practice or a game. Illness or some personal or family emergency would be a good reason for missing practice or a game. The need to catch up on schoolwork or to do a college visit is good reasons for missing a game or practice. Missing practice or a game without a good reason could result in the denial of participation. Athletes should not regularly schedule other activities, including practices for other teams or events, which conflict with regularly scheduled practices or games for her/his sport or activity. Attending another sporting event or a social event, or participating in an outside athletic event that is not school related are not good reasons for missing a practice or game. Denial of participation will be as follows:

- a. Missed practices by an athlete that are not caused by illness, a longer term illness or injury, emergency related, or otherwise considered excused by a head coach, will not be tolerated. Athletes will be notified of the penalties for these infractions by their respective coach prior to the start of their season. These rules set forth by the coaches will be approved by the Athletic Director prior to the start of each school year.
- b. For every game a student-athlete misses that is not caused by illness, a longer term illness or injury, emergency related, or considered excused by a head coach, will result in the athlete being denied participation for 10% of their regular season. Determinations of percentage is rounded to nearest whole percent (e.g. 1.5=2, 1.7=2, 1.3=1).

- c. If the sum total of the games missed (actual games missed plus denial of participation games missed) which are not due to illness, long term illness or injury, personal or family emergency, or otherwise considered excused by the head coach, by an athlete add up to at least 25% of the total number of games scheduled for that sport season, the athlete will then be removed from the team.
- d. All athletes who become a member of a North Olmsted High School Athletic team are expected to begin the season with the team on the designated date set by the Ohio High School Athletic Association.
- e. Any student who lives outside the North Olmsted school district before the start of an athletic season and then moves into the North Olmsted school district may be allowed to join an athletic team.

4. **TRAVEL**

All athletes **MUST TRAVEL** to and from athletic contests on school provided transportation when it is provided by the Athletic Department. Athletes will remain with their squad and under the supervision of a coach when attending away contests. All regular school bus rules will be followed regarding food, noise, seating, and care and respect for equipment and drivers. Waiver for an excused travel absence may be obtained in the athletic office.

5. **TRAVEL ATTIRE**

Appropriate attire is absolutely mandatory when traveling to away contests. Jeans are not acceptable for athletes or coaches. Travel warm-ups or proper attire is necessary. Any athlete not properly attired to attend an away contest will be asked not to board the bus and may be denied participation for that contest.

6. **COLLEGE RECRUITMENT POLICY**

In the event an athlete should be contacted personally by a college recruiter or coach, he/she has an obligation to work through his/her coach and should inform his/her coach as soon as possible.

In the event that a college would like you to visit for the purpose of recruitment, this would be considered an educational trip. This trip would need to be carefully planned in cooperation with the head coach if you are participating in a sport when the recruiting visit is to take place. Every attempt must be made to carefully plan a recruiting trip to minimize missing classes, practices and games. An athlete may miss no more than two games per season for recruitment purposes, even though this is considered an educational trip. Visiting a campus with friends is not considered a recruiting trip and therefore is not an educational trip.

At times colleges have specific testing dates when they invite students to visit their campus. If this is the case, this would be considered an educational trip.

7. **CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES**

The Athletic Department recognizes and encourages each student to participate in a broad range of extra-curricular activities. Individuals who attempt to participate in too many extra-curricular activities, however, will at some point find themselves in a conflict with different activities. Once a student has joined or becomes a team member of a team affiliated with the North Olmsted School District that student is expected to follow and abide by all rules established by that team and the policies set forth in this handbook.

Students must realize that they have a responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to occur. Students must also realize that once they become a member of one of our school teams, they have a responsibility and commitment to that team.

Curricular activities such as SITES or educational field trips will take precedence over athletic events or practices. Every effort should be made to avoid these conflicts.

8. **RECOGNITION CEREMONY**

- a. All teams and individuals are expected to attend the Recognition Night Ceremony to receive their school award (i.e. Varsity letter, numerals, pins, certificates, etc.) All school awards must be presented on recognition Night even if the varsity team has won a championship.
- b. After a 30-40 minute introduction in the gymnasium, each team will convene to a separate area of the building.
- c. Varsity teams who have won a championship will receive individual awards provided by Eagle Boosters. These awards may be presented at a function after Recognition Night.

If you are considering having an outside function, please contact the Athletic Director to set a date, etc. Our main objective is to have 100% attendance at our Recognition Night and put the emphasis on the student-athletes.

9. **ABSENCE FROM SCHOOL**

When an individual is absent from school because of illness, he/she must be in school by 11:30 a.m. in order to participate in practice or games. Failure to do so will result in denial of participation. Excused absences made in advance through the Attendance Office are permitted.

Polaris, SITES, and PSOP students must also comply with these attendance rules as well as the rules and regulations of programs of which the individual student is a member.

10. HAZING

It is the policy of the North Olmsted Board of Education, the School District and the Athletic Department that hazing activities of any type is inconsistent with the educational process and shall be prohibited at all times.

No Administrator, faculty member, or other employee of the school district shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in hazing.

Hazing is defined as doing any act of coercing another, including the victim, to do any act of initiation into any student or other organization that uses or creates a substantial risk of causing mental or physical harm to any person or persons. Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

11. GUIDELINES FOR ELIMINATING (CUTTING) STUDENT-ATHLETES FROM ATHLETIC TEAMS

North Olmsted City Schools offers 25 sports in High School and 11 sports in the Middle School. In the sports of football, cross country, swimming, wrestling and track, student-athletes are not eliminated. This means that whoever tries out and attends all practices will automatically become a member of that team. Please note that this does not mean any student-athlete has the right to be on any team. It is still a privilege to be an athlete and all athletes must follow general training rules and specific rules for that sport prescribed by the coaching staff.

In the sports of golf, tennis, volleyball, soccer, basketball, hockey, baseball, softball, cheerleading and Eaglets, student-athletes may be eliminated or denied the privilege of participation because the sport prescribes a specific number that may participate. The number in each sport is set by the coach of the team, based on specific criteria. Some of the criteria that may help determine the size of a team include:

- Talent and work ethic of those trying out.
- Number of individuals trying out.
- Optimum number determined by coach to conduct practice.
- Academic eligibility of those trying out.

The most difficult job of any coach is when he/she must make decisions regarding the personnel of their team. If a coach is involved in a sport where cuts must be made, we ask them to be as sensitive about the situation as possible and to follow some simple guidelines. First, we ask each coach to make sure they discuss with each participant the criteria on which they will be judged. Second, each coach must have at least three practice sessions to evaluate each athlete who is trying out for a team. If a coach feels more time is needed for evaluation, the tryout time can be extended.

Finally, we ask each coach to be as empathetic as possible to each student athlete who has tried out but does not make the team. Each coach should choose what they feel is the best possible way for their specific team to notify those that fail to make the team. Any student who does not make a team and wishes an audience with the coach, will be granted one at a mutually agreed upon time.

12. SCHOOL CANCELLATION/SNOW DAY/CALAMITY DAY

You are encouraged to check the North Olmsted City Schools' website, www.northolmstedschools.org, for up-to-date information. The Athletic Director will make a determination regarding the status of practices after consultation with the Superintendent.

Athletic practices will be scheduled if the weather and road conditions sufficiently improve to safely allow the practices to occur. Any practice held during a day in which school has been cancelled will not begin prior to 1:00 p.m. If practice is scheduled on a day when school has been cancelled, the student athlete will not be penalized by the coach if he/she is late to practice or unable to attend.

There will not be a "standing rule" that practice will be held if school is cancelled. All decisions will be individually made in accordance with prevailing weather and road conditions, as well as weather forecasts. Each coach will determine a communication process to inform the team whether practice will be held or not. Ultimately, it is the parents' decision whether to allow or not allow their children to attend practices on days of school cancellation. These guidelines will be applicable only to varsity teams.

13. NON-PLAYER/NON -COACH DISQUALIFICATION POLICY

- a. The suspension is considered immediate when the ejection occurs.
- b. The suspension is in effect for any further interscholastic competition on that day. (i.e., the freshman parent is ejected during the first game may not be in the gym for the subsequent varsity game, baseball/softball parent ejected in first game of multiple game tournament may not be allowed at the field during any subsequent games that day).
- c. When a non-player/non-coach is ejected from a scrimmage or contest, the individual is to leave the vicinity of the playing area and remove himself/herself completely from the area of the playing facility. In football and soccer for example, this means to leave the field and stadium area; in basketball, this implies leaving the building altogether (not simply relocating to another room); in other sports, completely leaving the venue.
- d. Following the date of ejection, there shall be a minimum of two additional games/meets/contests suspension for non-player/non-coach ejected from a contest.
- e. If the ejection was for the final game/contest of the season the person ejected shall serve the required suspension in the next varsity level contest at the school for the suspended individual.
- f. For the second ejection during a sports season, the suspension shall be for the remainder of the season.
- g. If the second ejection was for the final game/contest of the season the person ejected shall serve the suspension in the next varsity level contest at the school for the suspended individual.

STATE OF MIND

If you think you're beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but think you can't;
it's almost a cinch you won't.
if you think you'll lose, you're lost;
for out in the world you'll find
Success begins with a fellow's will;
It's all in the state of mind.

Full many a race is lost
Ere ever a step is run
And many a coward fails
Ere ever his work's begun.
Think big, and your deeds will grow;
Think small and you'll fall behind;
Think that you can, and you will.
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the fellow who thinks he can.
It's all in the State of Mind!

ELIGIBILITY RULES

In Ohio, the governing body of high school athletics is the Ohio High School Athletic Association OHSAA.org. This District is a member of OHSAA. So as to have some semblance of order for competition, the OHSAA has established a set of rules that all member schools must abide by. All sports which fall under the Athletic Department umbrella (this includes club sports and activities), are subject to the training rules set forth by the OHSAA and Athletic Department. Some of the most noteworthy rules that all student-athletes need to be familiar with are:

AGE LIMITATION

If a student enrolled in high school attains the age of 19 before August 1, the student shall be ineligible to participate in high school interscholastic athletics for the school year commencing in that calendar year.

PHYSICAL EXAMINATION

A student who wishes to participate in interscholastic sports must have passed a current year physical exam. This must be on file in the Athletic Office.

GRADE POINT AVERAGE

In order to be eligible in grades nine through twelve, a student must be currently enrolled and must have been enrolled in school in the immediately preceding grading period. During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent which count toward graduation (OHSAA, 4-4-1). A student enrolled in the first grading period after the advancement of eighth grade must have passed a minimum of 5 courses carried in the preceding period in which the student was enrolled (OHSAA, 4-4-4). Freshman must meet the minimum grade point average of 1.25 in addition to passing a minimum of five one-credit courses. Sophomores must have passed a minimum of five one-credit courses or the equivalent and have a minimum grade point average of 1.5 in their preceding nine-week grading period. Juniors must have passed a minimum of five one-credit courses or the equivalent and have a minimum of 1.75 grade point average in their preceding nine-week grading period. Seniors must have passed five one-credit courses or the equivalent and have a 2.0 grade point average in their preceding nine-week grading period. The above guidelines shall apply whether or not a student fails a particular class.

RESIDENCE

There are just three bylaws in the OHSAA section entitled "RESIDENCE. Bylaw 4-6-1 denotes that the State Board of Education establishes all public school districts. In addition, every Ohio resident lives within the boundaries of one of those public school districts. The bylaw further defines what it means to be a bona fide resident of our state. Criteria including but not limited to 1) where the parents and family members sleep the majority of the time; 2) where mail is received; 3) where meals are prepared and eaten; 4) where the parents are registered to vote; and 5) where important family activities take place a significant part of each day. These are just some of the factors that the OHSAA will examine in determining whether a residence in our state is bona fide.

Visit: OHSAA website –www.ohsaa.org/ for further information or see your athletic director.

CHANGING SCHOOLS -- TRANSFERS

The transfer bylaws apply to all students enrolled in grades 9-12 who are transferring high schools whether the schools are public or non-public, member or non-member or whether the high schools are within the same school system or district.

Visit: OHSAA website –www.ohsaa.org/ for further information or see your athletic director.

NCAA ELIGIBILITY

Student-athletes must register with the NCAA Eligibility Center to be eligible to play NCAA Division I or II sports in college. Athletes playing in Division III do not have to register.

What is the NCAA Eligibility Center?

The NCAA Eligibility Center certifies whether prospective college athletes are eligible to play sports at NCAA Division I or II institutions. It does this by reviewing the student-athlete's academic record, SAT® or ACT scores, and amateur status to ensure conformity with NCAA rules.

When should students register?

The NCAA recommends that student-athletes register at the **beginning of their junior year** in high school, but many students register after their junior year. There is no registration deadline, but students must be cleared by the Eligibility Center before they receive athletic scholarships or compete at a Division I or II institution.

How do students register?

Students must register online at the [NCAA Eligibility Center](http://www.ncaa.org/eligibility-center). They will have to enter personal information, answer questions about their course work and sports participation outside of high school and pay a registration fee.

What are the NCAA academic eligibility requirements?

To play sports at an NCAA Division I or II institution, the student must:

- Complete a certain number of high school core courses.
- Earn a certain minimum grade point average in these core courses.
- Earn a certain minimum score on the SAT or ACT.
- Graduate from high school.

For more information, please refer to the NCAA Clearinghouse website – www.ncaa.org.



PARENTS SHOULD BE A POSITIVE INFLUENCE

How badly you must want to win,
Not for yourself but me,
So help me play this game, dear Parent,
With dedication, goals and dignity.
It's embarrassing for me,
When you criticize my coach,
If you think you can be helpful,
Then try a new approach.
Call and make arrangements,
To meet him face to face,
Far better than to yell at him
In such a public place.
I think that you will also find,
Your friendship will be sealed,
In a more conducive atmosphere,
Than on the playing field.
Please try to go along with him,
Not judging wrong or right.
You know he's got a job to do,
That must be done tonight,
As he stands alone down there,
In front of all the fans,
Help him do the job he must,
By standing silent in the stands,
Snap decision he must make,
Under pressure of the game,
And certainly where you must sit,
Tis' not really quite the same,
Even when he calls it right,
I often make a mistake,
That surely makes him look as though
His coaching is at stake.
Sometimes he will chew me out,
Then he'll pat me on the back,
And I will get it next time,
You can count on that.
He'll take the blame for losses
And walk out on a limb,
But he'll give his team credit
For each and every win.
So be there when I need you.
Shout encouragement to me.

PARENT RESPONSIBILITIES

1. Encourage your child to participate in sports, but don't pressure them.
2. Understand what your child wants from sports and provide a supportive atmosphere for your child to achieve these goals.
3. Don't make sports everything in your child's life, make it a part of their life. Keep winning and losing in perspective and help your child do the same.
4. Help your child set challenging but realistic performance goals.
5. Help your child understand the valuable lessons sports can teach.
6. Help your child understand the meaning of team, and the responsibilities they have to their coach and teammates.
7. Turn your child over to the coach at practices and games.
8. Help your child understand the meaning of commitment.
9. Supply your child's coach with any pertinent medical information that may be needed regarding your child.
10. Realize that a ticket to an athletic event is a privilege that you can purchase to observe a contest. Be supportive and understanding of your child and of the team on which he or she plays. The ticket you purchased is not a license to verbally assault others or to be obnoxious.
11. Respect decisions made by coaches and officials.
12. Be an exemplary role model and respect the opposing team's fans.
13. Don't be negative. Nothing is ever gained through negativity.

COMMUNICATION IS THE KEY

Good communication is an essential ingredient to any successful program. Parents need to provide the coach with all pertinent information regarding their child. As a parent, you should notify the coach of any schedule conflicts or appointments well in advance so the coach may have the opportunity to work around the conflicts. Missing practice or a game is taken very seriously. Be committed to the program. Have your child to practice on time and think soundly about curfew rules the night before games. If you have a concern to discuss with the coach, make an appointment. Don't approach a coach before or after a game. This is not the ideal time. Keep your discussion on your child. You have the right to talk with the coach about the treatment of your child, their skill development or their behavior. You don't have the right to speak about other players on the team. If you are having trouble reaching the coach call the Athletic Office and ask the Athletic Director to help set up the meeting.

Just as a coach expects communication from one of his players, parents, you too have every right as a parent to expect communication from your child's coach. Some of the important items that the coach should convey to both you and your child are:

1. When is practice? Where is practice? What time does practice start?
2. Practice schedule and game schedule.
3. Coach's philosophy.
4. What are the expectations the coach has of his/her team?
5. What are the requirements to be a part of the team? Fees, special equipment, etc.
6. Training rules and any special rules specific to his/her team.

We are continually attempting to improve communication with parents, student-athletes, and coaches. We must all work together to achieve and to keep our program heading in the right direction. It all starts with you!

EXPECTATIONS

The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed by the North Olmsted School District as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.

SUCCESS HAS A PRICE

Whatever you want in life,
you must give up something to get it.
The greater the value, the greater the sacrifice required.

There's a price to pay if you want to make things better,
and a price you'll pay for just leaving things as they are.

Nothing worthwhile comes easily.
Work, continuous work and hard work,
is the only way to accomplish results that last.
Don't let the fear of change stop you.

Your highway to success is a toll road.
There is no success at bargain basement prices.



COACHES

Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship a priority. Respect the judgment of contest officials, abide by the rules of the event, and make sure that no display of your behavior could incite any fans. Treat your opposing coaches, participants, and fans with respect. Develop and enforce penalties for your participants who do not abide by good sportsmanship standards. Shake the hands of your opponents after each game and keep winning and losing in the proper perspective.

STUDENT PARTICIPANTS

Treat your opponents with respect. Respect the judgment of contest officials, abide by the rules of the event, and do not display any behavior that may incite fans. Cooperate with officials, coaches, and fellow participants to conduct a fair contest. Accept seriously the responsibility and privilege of representing your school and community. Live up to the high standards of sportsmanship established by the coach.

FANS

Most fans know how to act when observing an athletic contest. However, some fans have attended too many pro games and unfortunately observed some inappropriate behavior of people and think that it is acceptable. Unacceptable behavior at high school sporting events would include disrespectful or derogatory yells, chants, songs, or gestures, verbal heckling of an official, display of temper over an official's call, antagonistic calls or gestures toward the opposing team, use of profanity or displays of anger, threatening words or gestures directed at an official, coach, or team member.

RISK OF PARTICIPATION

All parents and athletes must realize the risk of serious injury which may result due to participation in athletics. The North Olmsted School District will use the following safeguards to make every effort to eliminate injury: All coaches will follow state guidelines by being trained in sports first aid prior to their employment. In addition, all coaches must have taken instruction in CPR. A certified trainer will be available to all athletes for consultation and rehabilitation of injuries.



VARSITY LETTER REQUIREMENTS

In all sports, the athlete must complete the season as a squad member in good standing. In addition, you will need to meet the criteria by each individual sport and the athletic department:

SUMMARY OF ATHLETIC AWARDS

- 9th Grade Team Member** - Participation Award
- First Year Junior Varsity** - Participation Award
- Second Year Junior Varsity** - Participation Award
- First Year Varsity** - Numerals & Letter, Pin, Bar and Varsity Certificate
- Second Year Varsity** - Bar and Second Year Varsity Certificate
- Third Year Varsity** - Bar and Wooden Plaque
- Fourth Year Varsity** - Bar and Wooden Plaque

Southwestern Conference Scholar Athlete Award

Criteria - Given to an athlete for each sport who has the highest accumulative average on the team and has earned a varsity letter in that sport. The GPA must be a minimum of 3.0. Seniors are considered first, juniors second, and sophomores third. Athlete must have an outstanding record of sportsmanship.

Little Eyes Upon You

There are little eyes upon you
and they're watching night and day.
There are little ears that quickly
take in every word you say.
There are little hands all eager
to do anything you do;
And a little boy who's dreaming
of the day he'll be like you.

You're the little fellow's idol,
you're the wisest of the wise.
In his little mind about you
no suspicions ever rise.
He believes in you devoutly,
holds all that you say and do;
He will say and do, in you way,
when he's grown up like you.
There's a wide eyed little fellow
who believes you're always right;
And his eyes are always opened,
and he watched day and night.
You are setting an example
every day in all you do,
For the little boy who's waiting
to grow up to be like you.

TICKET POLICIES

Children under school age (including kindergarten) may be admitted free. Senior citizens who are residents of North Olmsted and are in possession of a North Olmsted City Schools senior citizen pass, need not purchase tickets for athletic events. These passes may be obtained in the athletic office.

Varsity Football - Student presale tickets are sold for \$4.00 at the high school and middle school during the day of the game. There is no adult presale. All tickets sold at the gate are general admission -- football is \$6.00 and admission tickets for all other sports are purchased at the gate for the following prices:

Sport	Adult	Student
Boys Basketball	\$6.00	\$4.00
Girls Basketball	\$6.00	\$4.00
Gymnastics	\$6.00	\$4.00
Hockey	\$6.00	\$4.00
Boys Soccer	\$6.00	\$4.00
Girls Soccer	\$6.00	\$4.00
Swimming	\$6.00	\$4.00
Volleyball	\$6.00	\$4.00
Wrestling	\$6.00	\$4.00
Football -Junior Varsity	\$3.00	\$2.00
Freshman Events	\$3.00	\$2.00



WHAT MAKES A GOOD COACH

A good coach...

- Knows the sport--and students. He or she must know about the physical development of boys and girls--what students are and are not capable of doing.
- Knows about differences in personality--that what is right for one student isn't necessarily right for another.
- Understands, and can deal with, differences in students' physical and emotional maturity and appreciates each student for her or his individuality.
- Is sensitive to students. The coach must give attention and instruction to all the players and attempt to make them all feel a part of the team.
- Is a skilled teacher, a clever psychologist, a practical philosopher, and a sensible negotiator.
- Has more than just winning in sight. Long-term goals of helping students develop physically, psychologically, and socially should take precedence over the goal of winning.
- Is skilled at teaching the fundamentals of the sport. Skill development is a major reason students' play--most want to improve their abilities. Improvement is a primary source of enjoyment for athletes.
- Teaches young athletes to enjoy success and to respond to failure with renewed determination.
- Emphasizes improvement, competence, and striving for excellence.
- Helps students develop positive self-images and learn standards of conduct that are acceptable to society.
- Teaches and models behavior that reflects desirable basic values.

EAGLES BOOSTERS

The Booster's Club is provides funds and equipment for all athletic programs. To continue to provide this support we encourage parents to join Eagle Boosters and become an active member in this important organization. Membership dues are \$10, 25, \$50 or \$100.

The Eagles Boosters offers scholarships ranging from \$500.00-\$1500.00 each year. You must be a member for your son or daughter to be eligible for these scholarships.



The Man in the Glass

**When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say.**

**For it isn't your father or mother or wife
Whose judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.**

**You may be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.**

**He's the fellow to please - never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.**

**You may fool the whole world down the pathway of years
And get pats on the back as you pass.
But your final reward will be heartache and tears
If you've cheated the man in the glass.**



North Olmsted High School

Our school is a member of the Southwestern Conference. The SWC has a rich tradition of high school academics as well as athletic achievement.

SWC Member Schools

Amherst High School 450 Washington Street 1-440/988-4433 Mascot: Comets Colors: Green and Gold	Take I-90 West to Rt. 2. Stay on Rt. 2 to Rt. 58. Go South on Rt. 58 to Cleveland Street. Go right on Cleveland Street to Washington Street.
Avon Lake High School 175 Avon Belden Road 1-440/988-5164 Mascot: Shoremen Colors: Maroon and Gold	Take I-90 West to Rt. 83. Go North on Rt. 83 (Avon Belden Road)
Berea/Midpark High School 165 East Bagley Road 1-440/234-5418 Mascot: Braves Colors: Red and Blue	Take Columbia Road South to Bagley Road. Take a left on Bagley Road and take to high school.
Brecksville/Broadview Hts. High School 4507 West 213th Street 1-440/740-4770 Mascot: Bees Colors: Red and Gold	Take 480 East to I-77 South to exit 20A toward Akron. Exit at Wallings Road Turn left onto Wallings Rd. Turn right on Mill Road and take to High School
Olmsted Falls High School 26939 Bagley Road 1-440/235-7866 Mascot: Bulldogs Colors: Blue and Gold	Take Fitch Road to Bagley Road. Go right on Bagley Road. High school is on the left.
Westlake High School 27830 Hilliard Road 1-440/835-6354 Mascot: Demons Colors: Green and White	Take Dover Center Road to Hilliard Road and turn left. HS is on the right.

Directions to all schools in Ohio can be found by going to www.ohsaa.org or visiting the NOCS website at northolmstedschools.org



**ATHLETIC DEPARTMENT
NORTH OLMSTED HIGH SCHOOL
5755 BURNS ROAD
NORTH OLMSTED, OHIO 44070
440/779-8797
northolmstedschools.org**