

2009-2010 High School & Middle School Athletic Student-Parent Handbook



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2009-2010 High School & Middle School Athletic Student-Parent Handbook

BEXLEY ATHLETIC PROGRAM INFORMATION

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For daily updates and cancellations:
Sports Information Hotline: (614) 237-4273 ext. 4890

For more complete information, including daily updates, cancellations, schedules, results, coverage, forms, announcements, etc.:
www.bexleylions.com

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League Information

Mascot: Lions
Colors: Royal Blue and White
League: Mid-State League, Ohio Division
League Schools: Columbus Academy, Granville, Heath, Lakewood,
Licking Valley, Newark Catholic, Whitehall-Yearling

SPORT BY SEASON: HIGH SCHOOL

Fall	Winter	Spring
Cross Country (B&G)	Basketball (B&G)	Baseball
Cheerleading (Football)	Swimming (B&G)	Softball
Field Hockey	Wrestling	Track & Field (B&G)
Football	Cheerleading (Basketball)	Tennis (B)
Golf (B&G)		
Soccer (B&G)		
Tennis (G)		
Volleyball		

SPORT BY SEASON: MIDDLE SCHOOL

Fall	Winter	Spring
Cross Country (B&G)	Basketball (B&G)	Baseball
Field Hockey	Swimming (B&G)	Softball
Football	Wrestling	Tennis (B)
Golf (B&G)	Cheerleading (Basketball)	Track & Field (B&G)
Tennis (G)		
Volleyball		
Cheerleading (Football)		

The information provided within this handbook makes both your child's and your experience with Bexley High School's interscholastic Athletic Program less stressful and more enjoyable.

Philosophy

The Bexley Board of Education supports the role of student activity programs as part of a well-rounded educational program. Such activities should either be an extension of the school curriculum or complement the education of students in ways not provided by the curriculum. The goal of the Bexley City Schools is to promote extracurricular activities as an important part of a student's education. A good academic background is important for later success, but research has also shown a strong correlation between a high school student's participation in school activities and later career success. The responsibility of the Bexley City School District is to educate our athletes with the ability to reason, to make decisions, and to function effectively in a pluralistic and changing society. Also, it is the goal of the Bexley City Schools to provide a broad range of opportunities for students to explore and develop their talents and interests.

Important Participation Information

1. Mandatory Meetings:

A. Student-Athlete Meeting

The Bexley City Schools require that all students attend a mandatory informational meeting at least once during the school year. These meetings are held three times per year. No athlete may participate in a game or a contest in any sport until he/she has attended one of these meetings.

B. Parent Meeting

In addition, all parents are required to attend a mandatory meeting for each particular sport that a child may be participating in. These meetings are set and arranged by the head coach of that particular team. Attendance at these team meetings is required throughout your child's athletic career for every sport they participate in. No athlete may participate in a game or a contest in any sport until a parent has attended this meeting, as well.

2. Insurance:

The Bexley City School District requires that all athletes be covered by insurance. The district doesn't provide such insurance. If you are in need of afford-

able coverage in place of, or to supplement, family health insurance, you may take advantage of our program run through the N. Carol Insurance Agency. A form is available through school offices, the athletic department, or individual coaches. This form allows the family to purchase affordable insurance for their athlete at their own cost. The new athletic department forms require you to acknowledge your insurance coverage.

3. Participation Fee:

The Bexley City School District has adopted an increased participation fee schedule for athletes beginning in the fall of 2003-2004. Each athlete participating on a team in grades 7-12 must pay this fee in order to participate. The approved fee structure calls for a fee of \$50 to be paid for the first sport of the school year in which an athlete participates. All subsequent sports in which the athlete participates during the school year will require a payment of \$25. A family cap of \$200 is in place. Athletes will not be permitted to participate in contests until their participation fee is paid. The fee may be turned in to the coach or directly to the athletic office. Checks only, please, made out to "Bexley City School District". Please note on the memo line the sport the payment is for, and note the athlete's last name if different from the parent or guardian's name on the check.

Policy IGDE offers waivers to these fees for those qualifying for free or reduced lunch program. Forms can be obtained from the superintendent's office.

REQUIRED FORMS All these required forms are available at www.bexleylions.com

A. Pre-Participation Physical Examination Form

Those students participating in athletic activities from the Bexley School District are required to undergo physical examinations pursuant to the regulations of the Ohio High School Athletic Association. The O.H.S.A.A. requires students participating in athletic activities in grades 7 through 12 to have the athletic participation form properly signed by a physician, by the participant, and by a parent or guardian. This form must be on file with the athletic director before any candidate for a team may participate in a practice or tryout. These forms necessitate the physician's certification of the individual's physical fitness no less than once each school year. The physical examination is the responsibility of the student athlete. Each exam is good for one calendar year from the time it is taken.

B. OHSAA Forms

Both the OHSAA Authorization Form and the OHSAA Eligibility Authorization Statement are required from each student as part of athletic participation eligibility. The forms are available at www.bexleyions.com.

C. Emergency Medical Form

The Emergency Medical form is required by state law in order to help us with treatment in the event the athlete is injured. This form also contains an acknowledgement of insurance coverage.

D. Drug/Alcohol Policy Sign-off

This form highlights the Board of Education Policy IGDJA on drug/alcohol and athlete eligibility.

E. Bexley Schools' Policy Sign-off

This form highlights the policies you need to be aware of related to athletics. Included are explanations of the policies on OHSAA and Bexley Academic eligibility, Student Code of Conduct, Acknowledgement of Risk, Equipment/Locker Responsibilities, and Permission to photograph.

ATTENDANCE

High School - All high school students are required to be in school at least one half day of a contest in order to be eligible to participate (Friday is used for Saturday contests).

Middle School - All middle students are required to be in school the entire day of a contest in order to be eligible to participate.

*Exceptions - The building principal or athletic director may grant exceptions to this rule based on review of individual cases and any extenuating circumstances.

Other absences - (an athlete may not be required to practice or participate in a game if the parents voice objections specifically related to religious observances.) Athletes may not be punished for missing practice or games due to a legitimate and recognized religious observance. However, all athletes, regardless of religion, may face reduced playing time as a result of missing practices for any reason at the discretion of the coach.

Family vacations are disruptive to the team and individual's chances for success. We strongly discourage family vacations during a sports season. Family vacations are strongly discouraged during the season and are subject to the same potential consequences as for any other absence.

College visits are expected to be arranged when they do not conflict with the athletic activity.

Conflicts with other school activities should be anticipated and discussed with the coaches/advisors of the activities before the season. Activities for which the athlete receives a classroom grade take priority over athletics.

COMMITMENT TO SCHOOL TEAM

During the sports season your high school and middle school team activities shall take precedence over all select or outside athletic programs.

TRANSPORTATION

Athletes are expected to ride school provided transportation to and from all contests and practices. Exceptions to this on an emergency basis are to be made at the coaches' discretion, then communicated to the athletic director.

It is ultimately at the discretion of the coach in charge to set up guidelines and make decisions as they relate to the transportation policy.

When approved, parents may NOT transport any student other than their own child/children. **Parents may NOT give approval for others (parents, siblings, etc.) to transport their children.** Parents must notify the coach when leaving with their children.

In the event that school transportation is NOT provided to or from a contest, parents may car-pool for transportation purposes.

EQUIPMENT

Athletes will be issued equipment at the beginning of each season. The individual athlete is responsible for the proper care and return of all equipment. Students will be billed for any and all lost or missing materials. Grade cards and transcripts will also be withheld until payment is made.

ANTI-HAZING

Policy: JFCF

It is the policy of the Board that hazing activities of any type are inconsistent with the educational process and shall be prohibited at all times, on and off school property.

Hazing is defined as any action taken or situation created by a student or group of students relating to the status or membership in a club, team, class or other formal or informal group that causes or is reasonably likely to cause bodily danger, physical harm, emotional harm, extreme embarrassment or ridicule, personal degradation or loss of dignity.

Permission, consent or assumption of the risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

Administrators, faculty members, coaches and other employees of the District shall be particularly alert to the possibility of situations, circumstances or events which might include hazing. It shall be the responsibility of administrators, faculty members and other employees of the District to intercede when they see any incident of hazing or harassment. Hazing or planned hazing shall be immediately reported to the Superintendent or designee upon discovery. Students, administrators, faculty members and other employees who fail to abide by this policy shall be subject to disciplinary action and may be held personally liable for civil and criminal penalties in accordance with the law.

TRAINER AND REPORTING OF INJURIES

1. Coaches may not allow athletes to participate who do not have the necessary forms on file with the athletic trainer.
2. All injuries to an athlete should be reported to the athletic trainer as soon as possible. If the trainer is not available, the athlete's parents and athletic director should be notified.
3. Athletes on prescribed inhalers for asthma and other respiratory problems pose a special risk to coaches. Coaches should not allow athletes with such known conditions to practice or participate in games without their prescribed inhaler.

4. A doctor's note can be superseded by the judgment of the athletic trainer when it comes to protecting the health of your son or daughter. The trainer may be aware of symptoms and risks that your physician is not aware of. When there is a conflict, the trainer and medical doctor will discuss your child's participation before final clearance is given.

BANQUETS AND AWARDS

All coaches and athletes are expected to participate in the season-ending recognition night sponsored by the athletic department or team parents. In the event that there is no single athletic department recognition night, parents may host individual team banquets. These banquets must be held in the school or other free public facility. If a school facility is to be used, a Building Use Form must be completed and on file before the activity.

End of season awards banquet costs are to be kept to a minimum. No private catering is allowed, and coaches are encouraged to have pot-luck dinners where food is desired.

Students who have not completed the season due to disciplinary reasons, academic ineligibility, or quitting the squad will NOT receive awards at the end of the season.

OFF-SEASON AND CLUB PLAY

Club or recreational play is prohibited by OHSAA rules during the competitive school season. In addition, rules apply during certain times of the year that **restrict how many athletes from the same school team may participate on a club or recreational team** at any time of year. **Penalties for violations of these OHSAA rules can mean ineligibility for the player or the entire school program.**

School coaches are restricted to very specific contact periods during the summer and off-season by the OHSAA. **In general, coaches are allowed 10 contact days during the summer off-season with school athletes.** This is when most of the camps, clinics, etc. for the various sports take place.

For more information on athletic rules and eligibility from the OHSAA for every sport, please go to www.OHSAA.org.

FOR THE PROSPECTIVE COLLEGE ATHLETE:

At the end of an athlete's junior year, they should begin the process of registering with the NCAA Eligibility Center to establish their collegiate eligibility. The process is fairly simple but can be time consuming. The entire process can be done online at your convenience. Go to <http://web1.ncaa.org/eligibilitycenter>

Contact your school counselor with questions - they are familiar with the process and can help!

Eligibility for Participation in Athletics and Extra-Curricular School Activities (Policy IGDJA)

The Bexley City Schools strongly believe in a “no use” position on drugs, alcohol, tobacco, and other supplements for all of our students. As part of a revision of Board Policy IGDJA, this expectation has been expanded to include the participation of students in all extra-curricular, co-curricular, and interscholastic athletic activities as well as school sponsored camps, trips, and other special activities. The Bexley Board of Education encourages student participation in athletics and other extracurricular activities as part of a well-rounded educational program. To emphasize scholarship as the first pursuit of all students, eligibility for participation in athletics and other school activities will be contingent upon two criteria; academic and discipline standards. **Students in grades 7-12 will be subject to this policy.**

Definitions: The following definitions apply to the language in this policy:

1. Athletics is participation on interscholastic teams, including cheerleading, offered through the Bexley City School District's Athletic Program.
2. An **extra-curricular** activity is an activity that involves events, performances, or attendance outside of the classroom, but for which the student receives no grade or academic credit toward graduation. Examples of extra-curricular activities would include French Club, National Honor Society, certain drama productions, Student Council, etc.
3. A **co-curricular** activity is an activity for which the student receives a

grade and/or academic credit toward graduation, but involves events, performances, or attendance outside of the classroom. Examples of co-curricular activities would include marching band and vocal music ensembles.

4. **Trips** are defined as school-sponsored trips. For seniors, this includes school-sponsored trips the summer after graduation.
5. A **leadership position** includes an officer, captain, co-captain, student council representative, or any other appointed or elected role in any activity.

A. ACADEMIC STANDARDS FOR ATHLETICS AND OTHER ACTIVITIES

To be academically eligible for participation in athletics and extra-curricular school activities (EXCEPT co-curricular activities), students at Bexley Middle School and Bexley High School must meet the following standards:

Academic Eligibility

1. Athletes must meet all requirements of the Ohio High School Athletic Association;
 - a. **OHSAA Standards for Eligibility** - According to the OHSAA, quarterly (9wks) grades are used to determine an athlete's eligibility for the following quarter. This means fourth quarter grades determine eligibility for first quarter the following year, and so on.
 - b. **High School Standards** - OHSAA dictates that a student must have passed 5 credits or the equivalent in the preceding nine weeks in order to be eligible. All full year and semester credits at Bexley that generate .5 Bexley credits toward graduation count as ONE OHSAA CREDIT EQUIVALENT. Physical education, some support study halls, and any other course that generate .25 Bexley credits toward graduation count as ONE-HALF OHSAA CREDIT EQUIVALENT.

THEREFORE, IT IS VERY IMPORTANT THAT ALL ATHLETES BE SCHEDULED IN AT LEAST FIVE CLASSES PER NINE WEEKS, NOT COUNTING GYM AS ONE OF THE FIVE!

2. The student must have passed all classes during the grading period immediately previous to the grading period of participation, for participation in athletic or extra-curricular activities.
 - a. **Middle School Standards** - OHSAA dictates that a student must have passed 75% of the courses for which they received a quarterly grade in order to be eligible the following quarter.
 - b. For both middle school and high school, Bexley's Board Policy dictates that students may have no F's for a quarterly grade if they wish to participate in sports the next quarter. Students receiving an F but passing the OHSAA mandated 5 credit equivalents explained above may seek an academic waiver from the building principal.
3. Exceptions to these standards may be made upon appeal to the principal. The principal will have the authority to waive Bexley standards in order to allow participation. Factors to be considered in the appeal are:
 1. Illness and accident
 2. Appropriateness of service to the student because of ability level;
 3. Other factors that the principal deems important.

B. DISCIPLINE STANDARDS FOR INTERSCHOLASTIC ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

These standards will be enforced throughout the calendar year and are in effect both on and off school grounds.

1. **Drug/Alcohol and Tobacco Violations** - When upon school administrator investigation it is established that a student has violated the Chemical Abuse Policy, JFCH/JFCI, and Tobacco Use by Students Policy, JFCG, as set forth in the Student Code of Conduct the student will be subject to the following consequences:
 - a. **First Offense:** The student will be denied participation in all current and future interscholastic athletics and extra-curricular activities for a period of three months as defined in the definition section of this policy. In addition, any positions of leadership (e.g., Football Captain, Student Council President, etc.) held in any sports and extra-curricular activities will also be denied for a period

of three months. If a student does not complete an athletic season or term of commitment in any athletic or extra-curricular activity because of a denial under the Student Code of Conduct, the student will not be eligible for any letter or award that might otherwise have been given.

If the student attends the twelve hour minimum student-family education (or its equivalent approved by the District) pertaining to alcohol and other drugs, or the appropriate tobacco cessation program, an athlete will be reinstated to their sports team after two weeks of contests or five contests, whichever comes first. Students participating in extra-curricular activities shall miss twenty percent of participation in each activity. Following either the three month period, or the reduced participation period, a student will be reinstated to their athletic and all extra-curricular activities and may be eligible for returning to leadership positions.

Games and contests postponed because of weather or other such factors, and scrimmages shall not count toward fulfilling the denial period. During the denial period, the athlete may continue to practice at the coach's discretion, but may not travel with the team, sit on the team bench, or wear the team uniform for any contests.

- b. **Second Offense:** The student will be denied participation from athletics, all extra-curricular activities, and positions of leadership for a period of one calendar year. If a student does not complete an athletic season or term of commitment in any extra-curricular activity because of a denial under the Student Code of Conduct, the student will not be eligible for any letter or award that might be given.

A student will be reinstated to their athletic and all extra-curricular activities and may be eligible for returning to leadership positions after three months provided that the student and family develop a plan for improvement with a school administrator. The plan shall stipulate the condition for continued participation in athletics and other school activities. The plan may include, but not be limited to, requiring the completion of an additional student-family education program pertaining to alcohol and other drugs, participation in relevant and appropriate community service, writing a research paper, composing an essay and/or other appropriate requirements.

Games and contests postponed because of weather or other such factors, and scrimmages shall not count toward fulfilling the denial period. During the denial period, the athlete may continue to practice at the coach's discretion, but may not travel with the team, sit on the team bench, or wear the team uniform for any contests.

- c. **Third Offense:** The student will be denied participation from athletics and all extra-curricular activities for the remainder of their Bexley City School District career. Positions of leadership in athletics and any extra-curricular activities will also be denied for the same period of time for the third offense. If a student does not complete an athletic season or term of commitment in any extra-curricular activity because of a denial under the Student Code of Conduct, the student will not be eligible for any letter or award that might otherwise be given. A student will be reinstated to their athletic and all extra-curricular activities, and may be eligible for returning to leadership positions, after six months provided that the student and family develop a plan for improvement with a school administrator. The plan shall stipulate the condition for continued participation in athletics and other school activities. The plan may include, but not be limited to, requiring the completion of an additional student-family education program pertaining to alcohol and other drugs, participation in relevant and appropriate community service, writing a research paper, composing an essay and/or other appropriate requirements.

Games and contests postponed because of weather or other such factors, and scrimmages shall not count toward fulfilling the denial period. During the denial period, the athlete may continue to practice at the coach's discretion, but may not travel with the team, sit on the team bench, or wear the team uniform for any contests.

- d. **Fourth Offense:** The student will be denied participation in athletics and all extra-curricular activities for the remainder of their careers in the Bexley City School District.
2. **Other Violations** - Students may also be denied participation in athletics and extra-curricular activities under the following circumstances:
 1. Any other violation of provisions of the Code of Conduct, or

2. The violation of written disciplinary standards, announced in advance, promulgated by the coach of an athletic activity or the advisor of an extra-curricular activity,
3. **Self-Referral** – The self-referral option is provided to permit students to seek adult intervention without penalty.
 - a. A student who refers him/herself to a coach, athletic director, school counselor, activity advisor, or other school official and submits him/herself to the twelve hour minimum student-family education (or its equivalent, approved by the District) for alcohol and other drugs will not be denied any participation.
 - b. Depending on the nature of the problem, additional counseling, medical treatment, or intervention may be required as a condition of continued participation.
 - c. In situations where there is documentation of a violation, as defined in this policy, the district will proceed with application of consequences according to the policy.
 - d. A student may not use self-referral to avoid denial of participation for a documented violation.

Co-Curricular and Extracurricular Activities

(Board Policy IGD)

The Board supports the role of student activity programs as part of a well-rounded educational program. Such activities should either be an extension of the school curriculum or complement the education of students in ways not provided by the curriculum. While student activity programs are sanctioned by the Board, in case of conflict, the District's curriculum should be given priority. Any exception to this order of priority must be specifically approved by the building principal. In every case, conflicts are to be resolved on the basis of reasonableness, with the instructional program being given priority.

In the case of all activities, it is the expectation of the Board that students be allowed to participate regardless of gender, race, or origin, except in those cases where exclusions are made based on Federal or State laws or regulations.

Participation in extracurricular activities is a privilege, dependent upon a student's willingness to observe rules that are applicable to participation in that activity. Accordingly, each coach or advisor shall reduce to writing the rules

applicable to the activity, communicate them to participants and file a copy with the principal.

As it relates to the athletic program, every effort will be made to field competitive, winning squads at the varsity level. Parents and coaches should be aware that the focus of lower level teams (JV, Freshman, and Middle School) will be on player development and preparing the players for success later in their careers rather than simply winning games. Therefore, it follows that more athletes will see more playing time at the lower levels as opposed to the varsity level.

Coaches will work with the Athletic Director in making decisions regarding team size, procedures and criteria for team selection, facility use, and scheduling. Decisions regarding team selection are a difficult but necessary aspect of some programs. There are multiple variables that are related to decisions regarding team selection including but not limited to long and short term program and team development, student athlete skill level, team size, and student athlete academic performance. The team selection process should include procedures for sharing information with student athletes in a responsible manner and coaches are expected to be able to objectively describe reasons why a student athlete was not selected to a team. Coaches will provide each athlete not selected for a team with an explanation for the decision. Such a discussion will take place in an individual setting as opposed to a more public, or group, setting. At this time, suggestions for the athlete's improvement may be made, as well as suggestions for the athlete's continued participation in that sport or some other extracurricular activity.

Sponsors of all activities are expected to submit evidence of the requisite qualifications to serve as a sponsor. In those cases where qualifications are not prescribed by either laws, Board policy, or regulations, the decision will be made by the building principal in which the activity occurs. Principals' decisions are appealable to the Superintendent, whose decision is final.

SECTION 504 REHABILITATION ACT

Section 504 of the Rehabilitation Act of 1973 is a civil rights statute which provides that "No otherwise qualified individual with disabilities in the United States shall, solely by reason of his/her disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal assistance."

“Disabled person” means any person who has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment. Major life activities include caring for one’s self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, or working.

For further information about Section 504, please contact the district’s Section 504 Coordinator, Dr. Anne Hyland, Director of Curriculum & Instruction, ph. (614) 231-7611 at Bexley City School District, 348 S. Cassingham Rd. Bexley, Ohio 43209.

Sportsmanship

The Bexley City Schools support an extensive and wide-ranging sportsmanship program. Sportsmanship, ethics, and integrity are the focus of this program. Coaches, athletes, and parents are expected to set an example of sportsmanship that reflects positively on our school and community.

We want everyone to enjoy their participation in athletics, while maintaining a proper perspective. For this reason, we expect parents, fans, coaches, and athletes to adhere to the following:

1. The use of profanity, directed at officials, athletes, coaches, or fans will not be tolerated at practices or games.
2. The “riding” of officials, excessive questioning of their calls (from the stands or directly), or directly approaching an official in any way to express your dissatisfaction will not be tolerated at games.
3. Inappropriate cheers, even if profanity is not involved, will not be allowed. Cheer positively FOR your team, not negatively AGAINST the other team. The athletes on the other team are proud and hard working athletes, just like ours are.
4. When an injury occurs to an opposing player, do not celebrate it with cheers, etc. Sports involve risk of serious injury, and we want NO athlete to be hurt. Please have the courtesy to applaud as the injured athlete leaves the field.
5. Take the high road. An opponent, their fans, or their coaches being unsportsmanlike does not give us the right to behave in the same manner no

matter what the conduct from the opposition, our behavior should model sportsmanship for all to see.

Please report unsportsmanlike behavior during a contest to the nearest school official. Violation of any of the above expectations can result in being ejected from a contest. Purchasing a ticket does not give you the right to act in any way you choose. The school is legally within its rights to ask anyone deemed disruptive to the contest to leave. Show your “Lion’s Pride”!

Lion’s Pride

Sportsmanship

Ethics

Integrity

COACHES AND TEAM RULES

Coaches of each sport set their own rules and expectations which are approved by the Athletic Director. Coaches have the responsibility and authority to enforce these rules as they see fit. An athlete and his/her family agrees to these expectations by virtue of agreeing to participate on the team. If you have a question about team rules or expectations, it is the parent’s responsibility to contact the coach.

Remember some key items:

1. The coach determines playing time, positions, level of play, game strategy, practice routines.
2. These items are purely at the coach’s discretion and should not be items of discussion.

Conflicts and Problems:

Inevitably, problems arise between coaches, athletes, and parents. Coaches are hired to run their programs according to their best judgment, and are supported by the administration.

Questions regarding offenses and defenses, playing time, substitution patterns, etc. are not appropriate matters to challenge or discuss during the season, either with the coach or the athletic director.

Conflicts or questions arising around issues of communication, treatment of your son or daughter, or team rules and expectations ARE appropriate to dis-

cuss any time. If you have such an issue you would like to discuss, please follow these steps:

1. **Contact your son or daughter's coach directly to arrange a time to discuss the issue.** Do NOT approach the coach during practice, or immediately before, during, or immediately after a game.
2. **Keep in mind that the coach has your son/daughter's best interests at heart.** Every coach wants each athlete to succeed, and therefore help the team succeed.
3. **DO NOT contact the athletic director or other school administrators until you have spoken directly with the coach.** As professionals, coaches are to be given every opportunity to address concerns with their program directly with those raising the concerns. Unless it is an extraordinary situation, the athletic director will refer you back to a direct meeting with the coach if it has not already taken place.
4. **If the meeting with the coach does not resolve the issue, contact the athletic director to arrange a meeting.** The athletic director will listen to your concerns and determine if there are any other steps that can be taken to resolve the issue.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all members on the squad including all team rules.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment.
5. Procedure should your child be injured during participation.
6. Coaches off season conditioning program.
7. Teaching sportsmanship, ethics, good behavior and drug prevention.

Communication Coaches Should Expect From Parents

1. Concern expressed directly to the coach. Encourage your child to make this step first.
2. Notification of any schedule conflict well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.
4. To be a positive role model at contests and practice.

As your child becomes involved in the programs at Bexley High School he/she will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. College options and recruiting.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Team Strategy
2. Play Calling
3. Playing Time
4. Other student athletes

A Guide for Parents of Athletes

An estimated 30 million children play organized youth sports each year in the United States, and youth sports help children fight obesity, lead healthier lives and learn character-building values such as teamwork, dedication and discipline.. Experts also estimate however, that **more than 70 percent of children quit organized youth sports by age 13.** The first step to helping your child is knowing where you fit in the process and acting appropriately.

Bruce Brown, a special presenter for the National Association of Intercollegiate Athletics (NAIA), puts it this way:

“You can play. You can coach.. You can officiate.. You can be a fan.. But you need to pick just one and respect the others.”

KNOW YOUR ROLE!

FAN / OFFICIAL / COACH / ATHLETE

What does “knowing your role” look like?

If you’re a FAN (which most parents are):

- Be a positive and encouraging supporter.
- Cheer for good plays on both teams.
- You’re not the coach, so don’t shout out instructions.
- You’re not the official, so don’t offer opinions on the officiating or on a particular call.
- It’s your job to help your child keep it all in perspective. That means keeping everything in perspective for yourself, too.

KEEP YOUR GOALS AND EXPECTATIONS REALISTIC.

These numbers from the National Collegiate Athletic Association (NCAA) show just **how few high school players will go on to college or the pros:**

- Less than one in 35 high school senior boy basketball players will go on to play NCAA college basketball.
- Less than one in 75 NCAA men’s basketball players will be drafted by an NBA team.
- Only 1 in 100 NCAA women’s basketball players will be drafted by a WNBA team.
- Only 1 in 50 NCAA senior football players will be drafted by an NFL team.

- Only 1 in 200 high school senior baseball players will eventually be drafted by an MLB team.
- Only 1 in 250 high school senior boy ice hockey players will eventually be drafted by an NHL team.

Source: NCAA

Just because your child is good at sports now doesn't mean he will excel (or even participate) later in life. Is your goal to develop a well-rounded adult? Or, are you hoping to have college paid for through sports? If you believe your goal is helping your child earn a college athletics scholarship or play in the pros, you may want to dip your toe in the cold pool of reality with these numbers:

- First, the most simple math: There are nearly 7 million boys and girls who play high school sports. There are only 126,000 NCAA student-athletes who receive either a partial or a full athletics scholarship. That means about 1 in 56 high school athletes will have the opportunity to translate their athletics success into financial assistance.
- According to the NCAA's most recent data, only 126,000 out of the estimated 350,000 NCAA student-athletes received either full or partial athletics scholarships.
- In all but the most high-profile sports, scholarships are divided up and spread among many different student-athletes.

If paying for college is your goal, you might want to focus on your child's biology scores instead of her backhand. If you compare total funds available for academic scholarships vs. athletics scholarships, you'll find that much more money is available for academics. *In fact, some educators have estimated that there are 30 times more scholarship dollars available for college academic scholarships than there are athletics scholarships.*

NCAA Alliance

PROMOTE FITNESS AND HEALTH TO YOUR CHILD

If your child quits youth sports (which 70 percent of children do by age 13), he doesn't reap the benefits of participation anymore.

Why is that a problem?

- Children participating in organized sports tend to achieve higher results in school, develop excellent interpersonal skills and lead healthier lives.

Source: Michigan State University's Institute for the Study of Youth Sports

- Almost 50 percent of youth in the United States don't take part in regular vigorous exercise.
Source: Centers for Disease Control and Prevention, 1999
- Childhood obesity is on the rise, with 13 percent of children age 6 to 11 classified as either overweight or obese.
- Obesity in childhood often leads to obesity in adulthood.
- Obesity can lead to diabetes, heart problems and a variety of ailments, including high blood pressure, some forms of cancer, depression and poor self-esteem.

Source: U.S. Surgeon General, U.S. Department of Health and Human Services

SPORTS SPECIALIZATION - PLAYING ONE SPORT EXCLUSIVELY OR YEAR ROUND - IS A RELATIVELY NEW PHENOMENON.

Years ago, young athletes played baseball in the spring, football in the fall and basketball in the winter. Now there are so many sports options available to youngsters – fall soccer, indoor winter soccer, spring soccer, summer soccer clinics, as just one example – that it is possible to pick only one sport and focus on it exclusively, a practice that some coaches encourage. That may lead to a child “burning out” on sports completely.

Rick Wolff, co-founder and chairman of the Center for Sports Parenting, points out that there are many studies showing burnout is a real problem for kids in their early teens, and he notes that burnout usually affects kids who have been playing one sport for a long time on a travel team.

Wolff also points out that many of today's professional athletes didn't specialize in just one sport until they were in high school. Wolff notes that premature specialization might also mean a child doesn't ever try a sport that might end up being his favorite. “Some coaches will pressure kids to play just one sport,” Wolff said. “As a parent, you should be wary of this. In addition to burnout worries, ask yourself, ‘How does your child know which sport will be his or her best one, unless they try a bunch of different sports?’ When they're young, let them try a bunch of sports.”

If your child is in middle school and has begun encountering coaches who want her to specialize, sit down with her and talk about it.

- If she really does want to focus all of her energies on one sport, there's no reason why she can't do that.
- On the other hand, if she wants to keep playing a variety of sports, that's fine too. **Specialization does not guarantee success in sports.**

GAME TIME

What to do DURING a game:

- Remember your role. Let the coaches coach, the officials officiate and the players play.
- Don't give advice to your child or to other players during the game.
- When it comes to the officiating – silence is golden, no matter what happens.
- Model the type of behavior you'd like your child to have. Be calm, confident and positive.
- Honor the Game: cheer for good plays and good efforts by both teams; never criticize a call by an official; and have fun!

Used with permission from Jim Thompson and the Positive Coaching Alliance

What to do AFTER a game:

- Tell your child, "I love watching you play."
- Thank the officials for doing a difficult job, and thank the coaches for their efforts.
- Give your child the space and time he needs to recover from the game. The ride home is not the time to initiate conversation about the game.
- Refrain from questioning the coach's actions. That can unintentionally undermine the coach's authority.
- If you must discuss a behavior in the game that would not be acceptable at home (profanity, poor sportsmanship), do so carefully and discuss it as a parent to a child, not as a coach to an athlete. (After a particularly emotional game, your message will be better received after a cooling-off period.)
- Know that immediately after the game is absolutely the worst time to critique your child.
- Let your child tell you about the game. (Avoid giving your post-game analysis unless your child asks for it.)
- If your child wants to discuss the game with you, ask open-ended questions like: "What was the most/least enjoyable part of the game for you?" "What did you learn from the game?"
- Be sure your children understand that their selfworth (and your opinion of them) is not dependent on their performance in a game. Tell them you're proud of them (especially if the game did not go well).

How can you Honor the Game?

- Set a good example for your child by modeling the behavior you'd like to see.
- Show respect for all people involved in the game, including the officials, coaches, players, opponents and opposing fans.
- If an official makes a bad call against your child's team, be quiet. (It may be difficult, but you can do it.)
- Avoid making negative comments about your child's coach, particularly in front of your child.
- Encourage other parents to Honor the Game. If someone is yelling at the officials, make it your job to remind them to Honor the Game.
- Support efforts by your child's coach or your child's league to promote sportsmanship and Honor the Game.
- If gentle reminders aren't enough for other parents on your child's team, ask a league official to deal with it. Your child has a right to a sports experience free of inappropriate adult behavior.

Parents - Do you know your role?

- I realize that there are only four roles in sport – player, coach, official or fan – and I pick one and stick with it.
- I understand that my child is the participant, not me, and my expectations are based on my child's needs, not mine.
- I avoid “coaching” from the stands, and I also avoid criticizing officials, coaches and opposing players.
- I seek to be a positive and encouraging fan, applauding good plays for both teams.
- If I coach my child's team, I seek to model appropriate behavior and sportsmanship.

Parents - Do you have it all in perspective?

- I understand that children play sports for fun, fitness, friends, participation and skill development.
- I examine my own reasons for being involved and make sure my child's reasons for playing come before mine.
- I focus on encouraging skill development and fun participation, not on winning.
- I realize that children's work is “play,” and I try not to interfere with their experience.
- I am focused on my child's development as a whole person, not on his or her prospects for a sports scholarship or for a professional career playing sports.

Parents - Do you model the kind of behavior you'd like to see in your child?

- I let the coaches coach and the officials officiate.
- I avoid criticizing officials, coaches or players – both during the game and after.
- I applaud good plays for both teams.
- I treat coaches, officials, players and other parents with respect.
- I provide only positive encouragement before, during and after the game. If I can't say anything nice, I don't say anything at all.

Parents - Do you encourage sports participation for the long term?

- I do all I can to make sports participation fun, particularly since experts advise that most children stop participating when sports are no longer fun for them.
- I am quiet after the game and avoid critiquing or analyzing my child's performance on the way home. I know my child wants to hear me say, "I love watching you play."
- I seek out leagues with trained coaches who focus on the positive aspects of sport, including sportsmanship, fun and skill development.
- I try to make five positive comments for every one critical comment to my child.
- Experts advise "filling the child's tank" with positive comments to aid in learning.
- I resist efforts to make my child specialize in any particular sport at a young age.

For more information, see www.sportsmanship.org

TOP TEN SPORTS PARENTING MYTHS

By Rick Wolff, Chairman of the Center for Sports Parenting

One of the constant concerns about trying to raise a youngster in sports these days is that there is so much misinformation and misleading advice that parents often don't know where to turn. As such, I thought I'd take a moment to highlight some of the more common sports parenting "myths," so that parents and coaches can get a better lay of the land when it comes to working with their kids.

1. **The younger you can get your child on a travel team, the better.** In some teams, travel teams start as early as age 5 or 6. That's nonsense. Nobody has ever produced a scientific study that shows that having your child play on a travel team at a very early age is going to guarantee athletic success down the road. However, on the other side of the coin, there are lots of studies that show that burnout is a real problem for kids in their early teens – and burnout usually affects kids who have been playing one sport for a long, long time on a travel team.
2. **All travel team coaches are certified instructors, have degrees in physical education or psychology, and have a solid background in coaching kids.** In fact, anybody can say they're a travel coach and start their own team. There are no rules, no regulations, and no licenses needed. Unlike teachers, who have to be certified by the state in which they work, travel coaches have no such requirements. Unfortunately, too many parents automatically assume that travel coaches are well equipped to work with kids when, in fact, they aren't. Do your homework on any travel team coach before your son or daughter tries out.
3. **The sooner your child specializes in just one sport, the better chance they have of advancing to a higher level (e.g. college, professional ranks).** Most of today's top professional athletes didn't even think to specialize in just one sport until they were in high school, around the age of 15. When they were younger, they played a variety of sports, depending on the season. Some coaches will pressure kids to play just one sport. As a parent, you should be wary of this! In addition to burnout worries, ask yourself, "how does your child know which sport will be his/her best one, unless they try a bunch of different sports?" When they're young, let them try a bunch of sports.

4. **The very best time to teach your youngster how to improve their play is immediately after the game; ideally, in the car ride on the way home while their game actions are still fresh in their mind.** In most cases, that's absolutely the worst time to critique your child! Wait until a quiet moment later in the evening, or the next day. Evaluating your child's game right after the match is finished will drive them away from the sport -- and from you!
5. **A youngster who is a top athlete among his or her peers at age 8 is clearly destined to be a star when they're 18.** While this happens sometimes, more times than not, it doesn't. There is very little predictive value when it comes to saying an 8 year-old will grow to be a superior athlete when they're 18. There are too many factors – the adolescent growth spurt (or lack thereof), the youngster's personal motivation, skill level, etc. – that might influence how that athlete will develop when it comes to sports.
6. **Creatine, as well as other nutritional supplements such as Andro and ephedra, that are sold in health stores have been proven to be safe for kids; otherwise, it would be illegal for the stores to sell these products.** While creatine, Andro, and ephedra products are legal in most states, that does not mean that they are healthy for your youngster. Be forewarned! There are no long range medical or scientific studies that show that these supplements are safe to ingest!
7. **Sportsmanship is something that can only be taught by your child's coach.** Not quite. In fact, being a good sport starts with you -- his or her parent. First, starting when they're young, you should teach your child how to behave not only after a loss, but also after a win. Explain to them the right way to act. Secondly, during the heat of games, you have to set a positive example of how to behave – especially when a call goes against your child or your child's team. Kids watch carefully to see how you react when things aren't going your way. Leaving the lessons of sportsmanship up to the coach is a mistake. The coach should be reinforcing good sportsmanship – not teaching it as well.
8. **All coaches are created equal.** Unfortunately, that's just not true. There are a few exceptionally good coaches. There are also a few very bad coaches. Most fall somewhere in the middle. Like anything else in life, you hope that your child is lucky enough to play for a couple of those gifted coaches along the way, and can somehow manage to avoid the not-

so-good ones. Again, do your homework before the season begins. Ask other parents. See if you can find out which coaches care about the kids – and which coaches simply care about winning. It is important to try to determine which coaches will provide the best environment for your child.

9. **Kids will be happy as long as they are part of a winning team.** No, this is not true. All kids prefer to play – and play a lot – on a losing or not-so-good team, so long as they’re playing in the games – rather than play only sparingly on a championship team. Kids instinctively know that the fun of sport is in the actual playing – not in always being on the sidelines and applauding their teammates.

10. **The vast majority of Moms and Dads tend to be honest and fairly objective about their child’s ability in sports.** While we like to think we are, the truth is – we really aren’t. Most parents see their child as being better looking, smarter than the other kids, and certainly at least as athletically talented, if not more so, than the others. Relax. It’s all part of being a sports parent.

Excerpted from Rick Wolff’s forthcoming book, *THE SPORTS PARENTING EDGE: The Winning Game Plan for Every Athlete – From T-Ball to College Recruiting*.

Ohio High School Athletic Association Eligibility Checklist for High School Student-Athletes

Before you play you must be eligible. Please review the following checklist with your parents. Unchecked boxes will likely mean you are NOT eligible. For questions, see your principal or athletic director.

- 1. I am officially enrolled in an OHSAA member high school.
- 2. I am enrolled in at least five one credit courses or the equivalent, each of which counts toward graduation.
- 3. I received passing grades in at least five one credit courses or the equivalent, each of which counts toward graduation, during my last grading period.
- 4. I have at least one parent living in Ohio.

- 5. I have not changed schools without a corresponding move by my parents or legal guardian or by qualifying for one of the exceptions to the OHSAA transfer regulation.
- 6. If I have changed schools (transferred), I have followed up with my previous school and my new school to ensure that all proper forms have been submitted to the OHSAA.
- 7. I have not been enrolled in high school for more than eight semesters.
- 8. I did not turn 19 before August 1, of the current year.
- 9. I have not received an award, equipment or prize valued at greater than \$200 per item.
- 10. I am competing under my true name and have provided my school with my correct home address.
- 11. I have not competed in a **mandatory** open gym/facility, conditioning or instructional program.
- 12. I have not been coached or been provided instruction by a school coach in a team sport, cross country, track & field, or wrestling other than during my sport season or for more than 10 days between June 1 and July 31 (applies to team sports only).
- 13. I am not competing on a non-school team during my school team's season.
- 14. I have not been recruited to attend the school.
- 15. I am not using anabolic steroids or other performance enhancing drugs.
- 16. I have had a physical examination within the past year and it is on file at my school.
- 17. My parents and I have signed the OHSAA Authorization Form and the OHSAA Eligibility and Authorization Statement and they are on file at my school.
- 18. My parents and I have signed other forms required by my local school district and they are on file at my school.



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