



**2019-2020**

**Athletic Department Handbook**

**Cleveland Heights – University Heights School District**



**TABLE of CONTENTS**

Letter from the Athletics Director.....3  
Department Overview  
Philosophy.....4  
    Definition of Excellence.....4  
    Expectations... ..5  
    Regulations & Policies.....6  
    Requirements for Participation.....6  
    Transfer Policy.....6  
    Attendance Policy.....7  
    Recruiting .....7  
    Drug and Alcohol Policy.....7  
    Citizenship Policy.....8  
    Hazing.....8  
    Academics and Eligibility.....9  
    Eligibility for Athletic Participation.....9  
    Conduct Policy.....10  
    Communicating With The Coach.....10  
    Behavior and Conduct Penalty (CHUH).....11  
    Student Participation Conduct Penalty (OHSAA).....13  
    Agreement.....13  
    Team Selection.....14  
    Equipment Uniform Policy.....14  
    .....14  
    Student Dress.....14  
    Transportation.....14  
    Medical Procedures.....15  
    Facilities.....17  
    Community & Press.....18  
    Athletic Awards.....18  
    Weather Related Cancellations.....19  
    Booster Clubs.....19  
    Ticket Prices.....19  
    Sports/Coaches.....20  
    Athletic Department Administration.....20



Parents & Student-Athletes,

Welcome to the 2019-20 School Year! As a resident of our amazing community it brings me great pride to serve as your Athletic Director. I truly enjoy working hand-in-hand with so many great people whose dedication allows us to prioritize our student-athletes and their success both on and off the field of play. Like our community, the athletic department offers a variety of opportunities for our student-athletes. With 26 Varsity sports we certainly welcome all interested students to explore our offerings.

The Athletic Department understands its vital role in the development of our young men and women. Therefore, we will exhaust every effort in order to maximize our student's experiences. We feel that a properly structured, well-organized sports program meets students' needs for self-expression, mental alertness, and physical growth. It is our pledge to maintain a program that is sound in purpose and will further each student's educational maturity. Likewise, we believe that parents have committed themselves to certain responsibilities and obligations to the student-athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized athletic program.

It is the role of the Athletic Department to interpret and enforce rules governing interscholastic competition. These rules need broad-based community support to be fully effective. This is best achieved through mutual communication between the Athletic Department, the student-athletes and the parents of each of our student-athletes. One way that we have committed to accomplishing this objective is through this athletic handbook for students, parents and coaches.

The most important reason that our department exists is to ensure that students have an opportunity to partake in and enjoy sports during their time at CH-UH school district. As an athletic department, we can assure you that students and the teams in which they are a part of are the guiding force in everything we do and every decision that we make. Our focus and primary objective—in making this handbook and in all that we do—will always be to do what is in the best interest of the student and their team. This combination shall ensure a promising and successful future for CH-UH Athletics.

Thank you very much for taking the time to read the athletic handbook. It will not only allow you to become familiar with our policies and procedures, it will also allow for a smooth transition for you as a new or continued member of the Tiger Nation athletic program.

Should you have any questions or concerns, please feel free to contact any member of the CH-UH Athletic Department.

Go Tigers!

*Joe D'Amato*

Joe D'Amato, CAA  
Director of Athletics  
Cleveland Heights-University Heights School District



## DEPARTMENT OVERVIEW

### Philosophy

The Athletic Department at Cleveland Heights High School is an important part of our school's educational program. We want to ensure that each student-athlete reaches their maximum potential. It is our mission to develop the whole student, not just the athlete, in mind, body and spirit. Specifically, the Athletic Department seeks to provide interested students with the opportunity to participate in its program of interscholastic athletics and is committed to the following:

- To offer a well-balanced and varied program of interscholastic athletics (based on numbers and the best interest of our student-athletes)
- To teach the value of competition
- To foster the development of athletic skills
- To encourage the development of a strong work ethic, self-discipline and self-sacrifice
- To teach the value of commitment, teamwork and cooperation
- To encourage the development of judgment, character, and leadership
- To teach the value of ethical conduct, sportsmanship, and fair play
- To encourage the development of loyalty and pride in one's self, his/her team, and the school community

The Athletic Department expects the following of each participant in the school athletic program:

- To be a worthy representative of teammates, coaches, and the school community, abiding by school and community expectations
- To maintain health and fitness levels by following the training rules prescribed by the coach
- To reflect the knowledge that commitment to victory is nothing without commitment to hard work in practice
- To understand that athletics is just one part in the big picture with the cornerstone being that a Cleveland Heights High School student strives to achieve excellence in all areas
- To learn to deal with adversity in an honorable way and to capitalize on growth opportunities
- To express feelings intelligently and appropriately
- To accept the responsibilities of team membership: support of teammates, cooperation, positive interaction, and mutual respect
- To help the student-athlete learn how to balance a demanding academic schedule with an arduous athletic training schedule

### Definition of Excellence

First, let's define winning. Winning on the scoreboard is not always in our control. We cannot always control our level of talent. Certainly it is important that through a strong work ethic we maximize what we have, but everyone is born with a certain amount of God-given ability. Injuries can also play a major role in whether or not a team is successful on the scoreboard. If we base our criteria for success on "winning them all", we will be needlessly disappointed most of the time. Winning must be defined in such a way that we maintain a level of control. If success is not achieved, positive steps can be taken to assure positive results. There should never be a feeling of helplessness or despair, only a continual examination of attitudes and practices that brings about improvement. How is this to be done? Our criterion for success on the field or court is the achievement of



excellence. Unlike victory over an opponent, we have control of our standards of excellence. What is excellence? Excellence is the ongoing process of becoming better than we once were, particularly in the below list areas.

## EXCELLENCE

- Superior Work Ethic
- Personal Humility
- Team First Oriented
- Determination
- Mental Toughness
- Actions Deserving of Victory
- Embrace Diversity
- Belief, Faith and Trust
- Sacrifice

All of these areas must be present to achieve excellence. The success of our teams will be a reflection on the degree to which the individuals on our teams develop these areas as fundamental components of who we are as a team and as individuals.

## EXPECTATIONS

### Director of Athletics

The Athletic Director is responsible for administering the Athletic Program for the Cleveland Heights-University Heights School District. His/Her duties include but are not limited to: hiring and training coaches, coordinating the athletic budget, scheduling games and coordinating practice schedules with the head coach of each sport, approving the scheduling of transportation and officials, conflict resolution, and overseeing all aspects of the Department of Athletics. He/She will advise the Administration, staff, teams, coaches, and parents of any changes and communicate the needs of the Athletic Department to the administration, booster club, and the CH-UH School Board.

The Athletic Director is expected to provide appropriate instruction and support to all part-time and full-time coaches. He/She must also be a positive representative of the Cleveland Heights-University Heights School District and the Athletic Department.



## Coaches

The coach is responsible for creating a fun, safe, and challenging environment in which his/her student-athletes will receive a high level of instruction and competition. The coach is also responsible for confirming game and bus schedules, turning in a roster prior to the season, distributing and collecting uniforms and equipment, completing game, injury and/or incident reports, and communicating with parents. The coach must also ensure that student-athletes are exhibiting good behavior on and off the field/court.

The coach is expected to be a positive representative of the Cleveland Heights-University Heights School District and the Athletic Department. This includes ensuring that the coach conducts himself/herself in a manner that will bring honor and respect to our teams and school. He/She is expected to make decisions based on the collective interest of the team, while also developing each student-athlete to his/her fullest potential. The coach must be clear in expectations and available to student-athletes for positive mentorship on and off the field/court. He/She is expected to maintain high personal standards, motivate the players, and promote sportsmanship at all times. Any coach who is ejected from a game will automatically be suspended for the next athletic contest and will be required to pay the OHSAA ejection fee.

## **REGULATIONS & POLICIES**

### Affiliations

Cleveland Heights High School, Roxboro Middle School and Monticello Middle School are members in good standing with the Ohio High School Athletic Association (OHSAA) which serves as the authorized representative in the State of Ohio in the supervision and control of the interscholastic athletic activities of all member schools.

As a member of OHSAA, the Cleveland Heights-University Heights City School District agrees to abide by all of the state bylaws, rules and regulations with special emphasis placed on those governing eligibility, age limitation, enrollment, attendance, scholarship, residence, transfers, recruiting, amateurism, conduct, character, and discipline of athletes.

### Requirements for Participation

As a student in the Cleveland Heights-University Heights School District, the following requirements must be met in order to be eligible to participate in athletics.

- All academic eligibility requirements have been satisfied.
- Physical examination completed and the form is on file in the Athletic Department.
- The blue Emergency Medical Authorization Card, Transportation Form, Concussion Information form and the Code of Conduct Signature form must be completed and filed in the Athletic Department.

### Transfer Policy (as stated by the OHSAA)

Because of the continuing changes to this rule, we ask that you visit [www.ohsaa.org](http://www.ohsaa.org) and click on the eligibility tab and then the OHSAA Bylaws. The transfer rule is covered under 4-7-1. If you have any questions regarding this policy, please contact the Supervisor of Athletics immediately.



## Attendance Policy

Students have the right and responsibility to attend school each day. Acceptable reasons for being absent are personal illness or injury, a death in the family or any reason acceptable to the building Principal.

If a student misses any class(es), other than by reason of a school activity such as a field trip or retreat, during the school day and is active in a sport, he/she may not participate in the sport that day. A day only counts if a student has attended for more than half of the scheduled hours.

We strongly encourage members of our athletic teams to not take vacations while in season. By choosing to be a member of a team, each student should have a clear understanding of his/her commitment to said team.

## Recruiting

According to OHSAA Bylaw 4-9, any attempt to recruit a prospective student athlete for athletic purposes shall be strictly prohibited. Therefore, student athletes will be declared ineligible if they are recruited by a person or group of persons to change schools. This may also affect the eligibility of the school team.

## Drug and Alcohol Policy

The Cleveland Heights-University Heights City School District Student Chemical Dependency Policy (Rights and Responsibilities Policy #5133) states:

**Narcotics, Alcoholic Beverages, and Drugs- A students shall not possess, use, sell, distribute, transmit, or be under the influence of alcohol, drugs or controlled substances. A student shall not possess, use, transmit, sell, or conceal any instrument of drug abuse or related paraphernalia.**

The Cleveland Heights-University Heights City School District's Athletic Department follows this policy and recognizes that the use and/or abuse of chemicals by students is a violation of the Code of Student Conduct. This includes all tobacco products. All students and their parents/guardians are required to sign the Code of Conduct Agreement acknowledging their understanding of an agreement to follow the aforementioned policy in order to participate in interscholastic athletics.

Violation of this policy by a students participating in interscholastic athletics will result in discipline as provided in the Code of Student Conduct as well as the special Athletic Department discipline rules as specified:

1. Any participant found using, selling, or in possession of illegal drugs will be referred to the Principal for appropriate school discipline which will include suspension and referral to the school's program for chemical dependency.
2. If a student breaks the "Conduct" agreement, which every athlete is required to sign, and is concerned about his/her chemical use, and confides in the coach, he/she will be referred to the school's program for Chemical Dependency.
3. If the coach has a confirmed report of the students' chemical use, the coach will suspend the student from play, for the next game, and refer the student to the school's program for Chemical Dependency.



4. Failure to comply with the above policies will result in exclusion from that sport for the remainder of the season.

## Citizenship Policy

An important component of a successful Athletic Department is the fostering of good citizenship in our Districts' students. A student demonstrates good citizenship by showing respect for self, the law, property and the rights of others. Students have not demonstrated good citizenship if they have:

1. Pled guilty or no contest, to receive a suspended imposition of sentence or suspended execution of sentence for, or been convicted or found guilty of a misdemeanor or felony.
2. Unlawful used or possessed drugs, drug paraphernalia or alcohol on or off school property during the four-year period immediately prior to graduation.
3. Had an out of school suspension during the four-year period immediately prior to graduation.
4. Violated the District's rules governing academic dishonesty (plagiarism, cheating, etc.)
5. Received a second discipline referral resulting in In-School Suspension during the four-year period immediately prior to graduation.

Violation of the above stated objectives may be subject to disciplinary action, which may include disciplinary probations, suspension and possible dismissal from team activity and/or school, and may be liable for civil and criminal penalties in accordance with Ohio Revised Code 2903.31.

## Hazing

Hazing is defined in the Ohio Revised Code 2903.31 as follows: "As used in this section, 'hazing' means doing any act or coercing another, including the victim, to do any act of initiation onto any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person."

- The statute does not require substantial risk of mental or physical harm. In theory, therefore, any fear, embarrassment, or pain cause by an act of hazing would be actionable.
- Not only may a school discipline a student (or group of students) for hazing, it **MUST** take action to prevent such hazing, actively enforcing such policies against hazing that would, by definition, include reasonable discipline when appropriate.
- Hazing is one of the very few instance in which the Revised Code specifically creates civil liability for any administrator, employee, or faculty members "...who knew and reasonably should have known of the hazing and who did not make reasonable attempts to prevent it..."
- In addition, hazing is one area that provides for criminal sanctions against both the participants and any school employee who recklessly permits its occurrence.
- Hazing activities of any type are inconsistent with educational process and shall be prohibited at all times.





No administrator, faculty member, or other employee shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in any hazing. All hazing incidents shall be reported to the Principal.

- Administrators, faculty members, coaches, students, and other employees who fail to abide by this policy may be subject to disciplinary action, which may include disciplinary probations, suspension and possible dismissal from team activity and/or school, and may be liable for civil and criminal penalties in accordance with Ohio Revised Code 2903.31.
- Athletes involved in a hazing incident may be removed from the team and may lose any and all awards, including varsity letters.

## ACADEMICS AND ELIGIBILITY

### Eligibility for Athletic Participation

Cleveland Heights-University Heights School District encourages participation in extracurricular activities. However, students are reminded that such participation is a privilege and not a right. A student's academic welfare takes precedent over his/her participation in any activity. This policy is meant to encourage students who are active in any activity to maintain their academic standing. In addition, all State of Ohio eligibility standards apply. This includes the fact that all students must pass 5 one credit courses per quarter. Any student who passes less than 5 one credit courses is ineligible for a full quarter. The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period.

All students have their academic progress formally evaluated eight times per year, in the middle and at the end of each quarter. A student is deemed ineligible when they receive more than one failing grade.

**Though not required, it is the goal of the Athletic Department that each student athlete maintain a minimum grade point average of a 2.75 throughout the academic year.** Any student receiving any D or F will be required to attend either morning or afternoon tutoring. In order to remain eligible, attendance at either the morning or afternoon tutoring session is mandatory. If a student fails to attend tutoring or is tardy without a pass, they will be ineligible from participation that day. Every week, a student's grades will be evaluated. If they improve, they may be relieved from the mandatory attendance requirement.

Summer school and other educational options may not be used to substitute for failure to meet the academic standards specified in the OHSAA Bylaw 4 during the last grading period of the school year.

## CONDUCT POLICY

### Student-Athlete

The student-athlete is expected to be a positive addition to the Cleveland Heights-University Heights School District Athletic Department. If a student-athlete must discuss an issue with the coach, he/she must communicate in a respectful manner to try and find a solution. If a situation cannot be reached, the Athletic Director may assist. Student-Athletes will be representing Cleveland Heights-University Heights School District on and off the playing court/field and are expected to conduct themselves in a manner that will reflect



positively upon our program and school. Student-Athletes are expected to be respectful and exhibit good behavior in class, in practice, in games and in the community. If a student-athlete fails to conduct himself/herself in a manner that will bring honor and respect to our teams and school, he/she may be subject to penalties which may include game suspensions, ineligibility, or dismissal from the team. School and athletic personnel expect students to treat opponents, coaches, officials and fans with respect and to abide by all district, school, league and OHSAA rules.

Any player who is ejected from a game will automatically be suspended for the next athletic contest or more depending on the sport.

## Parents

Parents play a vital role in the Cleveland Heights-University Heights School District Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard. We are so appreciative of the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics as a member of the Booster Club, and sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches in their efforts to create a valuable athletic experience for all participants.

It is important for parents to respect what the coach is trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members. In regard to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward an official, coach, administrator or student-athlete.

In the event that a spectator/parent acts in a disruptive manner, the game will be suspended until the situation is resolved or the spectator is removed. In addition, any spectator/parent who acts in a disruptive manner may be subject to being barred from all future athletic home contests.

## Communicating With The Coach

Appropriate Issues to Discuss with Coaches:

1. Treatment of your child mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Inappropriate Issues to Discuss with Coaches:

1. Student's playing time
2. A coach's team strategy
3. The other student athletes on the team

Inappropriate Time to Have a Conversation with the Coach:

1. No talking to coach on game day (this includes before, during and after the game) unless it is for emergency purposes only.



2. Never approach the coach's huddle during the game or attempt to come down on the floor/field unless given permission by the appropriate authorities or coach in an emergency.

### Appropriate Procedures for Discussing Issues and Concerns with Coaches:

1. Call and arrange a meeting with the coach. The athlete should be present at the meeting.
2. Do not confront the coach before or after a contest or practice.
3. If the meeting with the coach does not provide a satisfactory resolution, then call to arrange an appointment with the Supervisor of Athletics. Again, the athlete should be present for the meeting.

**Note: We strongly encourage athletes to discuss concerns with coaches before parents become involved.**

### Behavior and Conduct Penalty (Cleveland Heights-University Heights School District)

The Cleveland Heights-University Heights School District believes participation in school sponsored activities or athletics is to be considered a privilege, and not a right. School sponsored activities are defined as programs where participation is voluntary and no grade is attached. Students are expected to maintain the highest standards of conduct and behavior. Therefore, athletes will not engage in any acts of criminal activity such as, but not limited to vandalism, assault and battery, hazing, theft, intimidation or other disruptive behavior that is detrimental to the goals and the success of the team.

Conduct that is unbecoming of an athlete will be subject to disciplinary action up to and including suspension or removal from participation. Negative behavior includes, but is not limited to, cyberbullying, inappropriate content on social media, inappropriate texting, cheating, truancy, excessive tardiness, defiance, fighting, referrals to discipline.

Students participating in school sponsored activities or athletics represent their families, school, team and their coaches. As part of the High School Discipline Progression, suspension from school for disciplinary reasons will impact a student's participation in school sponsored activities and athletics. Final decisions will be made by the administrative principal in collaboration with the appropriate activity advisor or coach, athletic director, student and parents/guardians of student. The guidelines presented below apply only to school sponsored activities which have a schedule of public playing dates or contests.

1<sup>st</sup> Suspension: Denial of participation in next publicly scheduled activity and/or from 10% of regular (and/or post) season scheduled contests.

2<sup>nd</sup> Suspension: Denial of participation in next two publicly scheduled activity and/or from 50% of regular (and/or post) season scheduled contests.

3<sup>rd</sup> Suspension: A third violation during a student's career will result in the student's exclusion from participation in any school activities for one year from the date of the 3<sup>rd</sup> suspension.

Recurrent Suspensions: Recurrent suspensions will result in permanent exclusion.



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## **Student Participation Conduct Penalty (OHSAA)**

Any student ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for all contests for the remainder of that day. In addition, the athlete shall be ineligible for all contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest in football). If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any traveling, during, or traveling after the contest.

A student who is ejected a second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in a season during the last contest shall be ineligible for a period of time/number of contest subject to the discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

It is the responsibility of the local schools authorities to ensure this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with Bylaw 8-3-1, the decision of contest officials are final.



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**AGREEMENT**

We agree with the content of the Conduct Policy stated above and understand that we must sign this document and turn it in to the Athletic Director prior to being issued a uniform and included on a team roster.

\_\_\_\_\_  
Print Name Student-Athlete

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Parent

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Team Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while in Cleveland Heights - University Heights City Schools, we encourage coaches to keep as many students as possible without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy with respect to team selection, coaches will strive to maximize the opportunities for our students without diluting the quality of the program.

## Cutting Policies

1. Choosing the members of athletic squads is the sole responsibility of the coaches of those teams.
2. Non-varsity coaches shall take into consideration the policies established by the Head Coach in that particular program when selecting final team rosters.
3. Prior to team selection, the coach shall provide the following information to all candidates for the team:
  - a. Extent of the try-out period
  - b. Criteria used to select the team
  - c. Practice commitment if they made the team
  - d. Game commitments

## Procedures

When a team cut becomes necessary, the process will include three important elements:

1. Each candidate shall compete in a minimum number of three try-out sessions.
2. Each candidate shall perform in at least one intra-squad contest.
3. Candidates will be personally informed of the cut and the athlete will have the opportunity to meet with the coach to find out the reason for his/her decision.

## Equipment/Uniform Policy

All student athletes must return all school equipment and uniforms in the condition the items were received, within three school days of the last contest. Participants must reimburse the Cleveland Heights-University Heights City School District for the replacement cost of lost or damaged equipment/uniforms prior to receiving any athletic awards, report cards, or graduation diplomas. A participant must fulfill obligations from the previous season before he/she will be permitted to begin participation in any other athletic activities.

## Student Dress

Head coaches will share their expectations regarding student dress at home and away contests. Students will be expected to either dress “uniformity” or wear “dress” clothing at home and away contests.

## Transportation

All student athletes must travel to and from athletic contests and practices in transportation provided by the athletic department. If a parent wishes to transport their son/daughter home after a contest, the parent must present the coach with a written note at the contest stating that they will transport their child home with them after the contest.



If a parent intends on having their child transported by someone other than a guardian then a Travel Release form must be on file in the Principal's Office prior to the dismissal of school on the day of the contest.

## Other Athlete Expectations (Individual Team Rules)

Coaches will distribute team rules to all student athletes and parents. These expectations carry their own set of consequences and when not specifically listed, the coach will set and enforce consequences appropriate to the behavior and sport.

## MEDICAL PROCEDURES

### Physical Examinations

The Cleveland Heights Athletic Department requires physical examinations for all students participating in a sport. This rule is as follows:

An annual physical examination by a medical practitioner certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition. Physical examination forms are available in the Athletic Director's Office or on the District's website. It is the coach and Athletic Director's responsibility to ensure that no student is permitted to try out for or participate on his/her team until such time as the player's record of a physical examination is on file in the Athletic Department.

### Medical Emergency/Player Information Forms

At the start of the season, each coach is to have his/her participants complete a combination student information and medical emergency form. The coach is to keep and travel with a set of completed forms for himself/herself. Supplies of these forms are available in the Athletic Office. In addition, head coaches shall be responsible for having a medical kit with all supplies necessary for an emergency.

### Procedure for Emergency Injuries

If an athlete is injured during a practice or a game (and the coach feels the injury is relatively minor), the coach or the Athletic Trainer should administer any necessary first aid and, if necessary, have the player sit out the rest of the practice or game. If the injury appears to be serious enough to warrant immediate medical treatment, the coach or the Athletic Trainer should assess the situation and take action deemed necessary. The following may be some procedures taken:

- **Dial 911.** Tell the person who answers exactly where the student is (on the field, in the gym, in the locker room etc.). If possible, send a responsible student to the front of the school in order to direct the ambulance driver to the injured student. Keep trying to contact the student's parents while waiting for the ambulance in order to inform them of the action that has been taken.
- **Contact the students' parents.** Inform the parents of the injury and ask them exactly where the student should be sent. EMS will take the athlete to the nearest hospital. If the Athletic Trainer or coach cannot reach the students' parents and feels an ambulance is necessary, follow the guidelines below:



- **NEVER ALLOW THE INJURED STUDENT TO LEAVE IN THE AMBULANCE UNLESS THE PARENT, A FULL-TIME TEACHER/COACH, OR A MEMBER OF THE SCHOOL ADMINISTRATION IS IN THE AMBULANCE WITH HIM/HER. IN THE EVENT THAT PARENTS ARE UNAVAILABLE AND TO TRAVEL WITH THE INJURED STUDENT IS NOT FEASIBLE, THE COACH SHALL ALLOW ANOTHER STUDENT TO ACCOMPANY THE INJURED PLAYER. THE COACH SHALL EXERCISE REASONABLE JUDGEMENT BEFORE ALLOWING THIS PROCEDURE TO TAKE PLACE.**
- **CONTACT THE PRINCIPAL AND THE ATHLETIC DIRECTOR TO INFORM THEM OF THE INJURY.**
- **FILE AN INJURY REPORT WITH ATHLETIC TRAINER. FORMS ARE AVAILABLE IN THE ATHLETIC DEPARTMENT.**

## Additional Care Procedures

- In addition to immediately alerting parents to any head/major injuries the athletic trainer or coach will follow up directly with parents to check on the player's status. This will occur within 12 hours of the incident.
- Additionally, in cases of head/major injuries the Athletic Director will follow up with parents within 12 hours of the incident to check on the player's status.
- In cases of head/major injuries the Athletic Trainer will provide the Athletic Director with an immediate injury report once proper care has been administered. Minor injury reports are provided to the Athletic Director on a weekly basis.

## Injury and Concussion Management Team

### Athletic Trainer

- Evaluate possible injuries and make referrals for student-athletes
- Monitor symptoms and help coordinate and supervise a student-athlete's safe return to play
- Communicate with the school about the student's progress

### Physician

- Evaluate, diagnose and manage the student's injury
- Direct medical and academic recommendations

### School Nurse

- Monitor in-school symptoms and health status changes
- Help determine if it is appropriate for the student to be in school or if the student needs any health-related adjustments





## Return to Participation Policy (Non-Concussion)

If an Athlete goes to see a Doctor, Urgent Care, or Emergency Room visit. Clearance to return to participation must be obtained from a licensed OH health care provider. If clearance was obtained via physician's note, the following must be clearly written in order to return to full participation:

- Athletes Name
- Diagnosis
- Clearance status
- Date Allowed to Return to FULL Participation
- Physician's name (printed) and contact information

The School Doctor (University Hospitals), based on the recommendation of ATC, reserves the right to have the final authority in all return to play decisions. In the event the athletic trainer is absent, the physicians' note stands as is and at no time will a coach make a Return to Play decision.

## Concussion Protocol

In accordance with the Concussion Management and Awareness Act, the law requires that students who sustained, or are suspected to have sustained, a concussion during athletic activities are to be immediately removed from such activities. Students may not return to athletic activities until they have been symptom-free for a minimum of 24 hours and have been evaluated by, receive written and signed authorization to return to activities from a licensed physician, and have completed the return to play protocol.

## Signs and Symptoms of Concussion:

- Somatic (headache, nausea, vomiting, dizziness, visual problems, sensitivity to light/noise, balance problems)
- Cognitive (feeling mentally "foggy," feeling slowed down, difficulty concentrating and remembering)
- Emotional (involuntary crying or uncontrollable episodes of crying and/or laughing)
- Physical signs (loss of consciousness, amnesia)
- Behavioral changes (irritability, sadness, nervousness, more emotional, depression)
- Cognitive impairments (slowed reaction times, inability to respond to questions)
- Player exhibits balance or motor coordination problems
- Sleep disturbance (insomnia, drowsiness, sleeping less than usual, sleeping more than usual)

Progression in Return to Play for concussions:

1. No activity (symptom-limited physical and cognitive rest)
2. Light aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills (following this day Athletes will need to be seen by and have written permission from a DO or MD to advance to a full contact practice)
5. Full-contact practice
6. Return to play.



The School Doctor (University Hospitals), based on the recommendation of ATC, reserves the right to have the final authority in all Return to Play decisions. In the event the athletic trainer is absent, the physicians' note stands as is and at no time will a coach make a Return to Play decision. This concussion management policy is not all-inclusive, and the Athletic Trainer reserves the right to alter the policy at any time as s/he best sees fit to protect the athlete

## FACILITIES

### Locker Rooms and Gymnasium

1. Athletes using any of the school facilities need to be supervised. A coach or other adult must be present whenever athletes are in the locker room. The team locker room reflects the attitude of the coach and team.
2. Individuals not officially connected with the team and with Cleveland Heights HS, Monticello or Roxboro Middle Schools, are not permitted in the locker room. These rules apply to any locker room area that a Heights team is using either home or away.
3. A good coach achieves a healthy locker room atmosphere. Order, cleanliness, and neatness are marks of this healthy atmosphere. The coach should train his team in the idea of orderliness. The Building Manager will alert the Athletic Director to any extraordinary conditions in the locker room after use by student athletes and/or coaches. The Supervisor of Athletics shall direct the cleanup and organization of the facility.
4. There should be order in the handling of equipment, its issuance, care, and return. The players should report all damaged, lost or stolen equipment to the head coach.
5. **Keys are never to be given to players or friends to use.**
6. **No players are to use the weight room without the supervision of a coach.**
7. **The coach is not to leave until the last players on his team has left the locker room.**
8. Coaches are responsible for locking any and all facilities which they have opened when their team leaves the facility.
9. **Tennis shoes or basketball shoes are to be worn by participants while using the gymnasium floor.** Any other type of footwear is not permissible. Socks without tennis shoes or basketball shoes are never to be worn on the gym floor. Shirts are to be worn at all times.



## COMMUNITY AND THE PRESS

Coaches or their assistants are expected to contact the proper media (especially the Plain Dealer) with their team results after each contest. The coach should also contact the athletic department with results in order to have them posted on the website.

Coaches are urged to promote their sports and Heights athletics in general at every available opportunity, such as homeroom announcement, hosting parent informational meetings, sponsoring alumni games, or merely talking with parents and spectators after an athletic contest. Similarly, media attention can be most beneficial to the athletic program; all coaches should try to accommodate media personnel to the utmost of their abilities. Be as honest and positive as possible in dealing with reporters. Emphasize the good things that occurred; do not dwell on the bad things that might have happened.

**It is the responsibility of the Head Coach (or his designee) to contact the media sports desk immediately after every varsity game to report the outcome of the contest.**

## ATHLETIC AWARDS

### Amateur Status

Student athletes will lose their amateur status and forfeit eligibility if they:

1. Compete for money or other monetary compensation
2. Capitalize on your athletic fame by receiving money or gifts of monetary value.
3. Sign a professional playing contract in the sport in which you had participated.
4. Sign with a professional agent (Ohio law).
5. Fail to return equipment or uniforms issued by a school or non-school team or organization when the season for that sport is over.
6. Receive from a sponsor, actual and necessary expenses or any form of compensation to participate in athletics, practice or compete while not representing a member school.
7. Receive directly or indirectly a salary, reimbursement of expenses, merchandise, or services, or any other form of financial assistance or benefits from a professional sports organization based on athletic skills or participation.

### Varsity Letter Requirements

Each coach reserves the right to set the standards for lettering in his/her particular sport. In all sports, the student athlete must complete the season as a squad member in good standing and must attend the banquet in order to receive an award (unless granted permission by their coach prior to the event). At the beginning of each season, the coach shall provide the criteria for lettering in their respective sport/activity.



## Lake Erie League Awards

- LEL Championship
- LEL Player of the Year
- All LEL Teams
- All LEL Academic

## **WEATHER RELATED CANCELLATIONS**

If school is closed by the superintendent due to inclement weather, athletic contests will be cancelled or postponed. There will be no practice on inclement weather days unless permission is granted by the Supervisor of Athletics. These decisions will be made on a case-by-case basis.

When school is already in session and weather conditions become inclement, the following policy will be used for cancellations or postponements of athletic contests/practices:

1. The Supervisor of Athletics will consult with the building principal on canceling/postponing the contests/practices.
2. A mutual decision will be made with the primary consideration being student safety.
3. The Supervisor of Athletics will notify faculty managers to cancel/postpone with opponents, officials and transportation.
4. The Supervisor of Athletics will notify the district office personnel, local radio stations, newspapers and social media outlets.

## **BOOSTER CLUBS**

The Cleveland Heights-University Heights School District athletic programs are the beneficiary of tremendous support from the organized booster clubs. These organizations play an integral role in the overall development of interscholastic athletics through their participation in facility improvements and by providing special incentives which enhance the participation experience for student athletes. Parents are strongly encouraged to join the Booster Clubs and to attend the monthly meetings.

## **TICKET PRICES**

### Middle School Contest

\$3 Adult  
\$2 Student and Senior Citizens

### High School Contests

JV/Varsity Football, Basketball, Soccer, Wrestling, Track,  
Ice Hockey - \$6 Adult & \$4 Student and Senior Citizens

Kids 10 and under are free **when accompanied by an adult.** No students 10 and under are permitted at any contest unless accompanied by an adult.

There will be no tickets sold after the completion of halftime of the varsity contest.



## High School Activities and Head Coaches

<u>Sport</u>	<u>Coach</u>
Cheerleaders	Branella Basit
Boys' & Girls' Cross Country	Scott McNulty
Field Hockey	N/A
Football	Mac Stephens
Boys' Golf	Kevin Dixon
Girls' Golf	Fiona Connor
Girls' Soccer	Pat Gleba
Boys' Soccer	Tshepo Motsamai
Girls' Tennis	John Laskarides
Volleyball	TBA
Boys' Basketball	Jr Bremer
Girls' Basketball	Karen Battle
Bowling	Keith Beavers
Ice Hockey	Eddie Babcox
Boys' Swimming	Dan Budin
Girls' Swimming	Dan Budin
Wrestling	Willie Newton
Baseball	Ed Mugridge
Boys' Lacrosse	Chris Ticonni
Girls' Lacrosse	Terry Saylor
Softball	Rick Sullivan
Boys' Track	Scott McNulty
Girls' Track	Scott McNulty
Boys' Tennis	John Laskarides

### Athletic Department Administration

(216) 320-3014 - Office

Director of Athletics	Joe D'Amato, CAA
Administrative Assistant	Martha Pugsley
Faculty Manager	Jr Bremer
Faculty Manager	Desi Stewart, M.Ed
Trainers	Bethany Avramaut
<b>Cleveland Heights High School Principal</b>	<b>Byron Hopkina</b>
<b>Monticello Middle School Principal</b>	<b>Dr. Jeffrey Johnston</b>
<b>Roxboro Middle School Principal</b>	<b>Rachel Coleman</b>
<b>Superintendent</b>	<b>Elizabeth Kirby</b>