

Cardington-Lincoln High School



Coach's Handbook 2020-2021

CARDINGTON-LINCOLN HIGH SCHOOL COACH'S HANDBOOK

Introduction

This handbook has been prepared to assist in guiding all coaching staff members in the successful performance of their assigned tasks. In establishing this guide, many factors were considered. We have attempted to include all areas, problems, and circumstances that normally occur in the performance of duties. However, we realize that all possible situations cannot be foreseen. We will establish procedures for particular situations not covered by this handbook as they occur.

While carrying out your coaching assignment, we ask you to keep this in mind; always act for the best interest of all students concerned as well as for the best interest of each individual student. Your sport or assignment is vital and necessary to us, to your school, to our community, and to the overall excellence of our total program.

Cardington-Lincoln Athletics is to be selfless. It is “we” before “me.” It is a test of character and commitment. For the student-athlete, sports should not be solely about becoming a better athlete, but rather a better person. As Cardington-Lincoln coaches we must work to support athletes of all ages and levels of experience and we must believe in the power of sport to help us accomplish our goals.

We must remember that we are ONE department with ONE common philosophy and must act as such.

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CARDINGTON-LINCOLN LOCAL SCHOOLS ATHLETIC PHILOSOPHY

The three major goals of the Cardington-Lincoln Local School district are to: (1) provide excellent academic and extra-curricular programs that prepare students for personal and professional success, (2) communicate effectively as to increase positive participation of our residents, staff, parents, and students, and (3) operate and manage the schools financial in a manner that promotes achievement in an equitable way.

In order for the Cardington-Lincoln Local School District Athletic Program to provide a variety of positive experiences for all its student athletes, the following guidelines were developed. It is essential that all parties involved in the lives of our student-athletes have an adequate understanding of these guidelines as assist the district in best serving its students.

The purpose of athletics in the Cardington-Lincoln Local School District is to provide for the pursuit of competitive excellence in all sports, with the understanding that the pursuit of that excellence is educational in purpose. The prime concern is to develop the student-athlete physically, mentally, socially and emotionally in a positive environment among all coaches, faculty advisors and participants. This means that the physical well-being and overall development of the student-athlete is the first consideration rather than the maximum use which the school or any team can get from his/her abilities.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost!" The Board discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as an educational activity. Infractions are all inclusive for disciplinary purposes no matter the nature of the offense.

2. ATHLETIC GOALS AND OBJECTIVES

Goal – The student participates in an athletic program that supplements his/her goals for career readiness and personal achievement.

Specific Objectives:

- The student athlete shall learn how to accept and develop a role in a team process. Develop self-discipline and respect for authority. Respect for authority does not mean that the student-athlete is subservient, but knows the appropriate manner to question authority..
- Athletes must place the team and its objectives higher than personal desires.
- Have fun. Enjoy his/her athletic career.
- Be successful. Develop a desire to excel.
- Sportsmanship: Develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- Improve: Try to better oneself in the skills involved and in those characteristics set forth as being desirable.
- Develop desirable personal health habits.

CARDINGTON-LINCOLN COACHING PHILOSOPHY OF ATHLETICS

We believe that competitive teams help develop pride and loyalty in the school and each other, as well as self-confidence and a sense of accomplishment as an individual. We believe making a varsity team is an HONOR that an athlete earns with hard work and dedication, as well as the development and refinement of their talents.

1. Coaches of varsity teams will select for their teams those players who can compete competitively in a contest at the varsity level. The ultimate goal of a varsity team is to be as competitive as possible. In MOST game situations, not all players will have the opportunity to play. When looking to promote underclassmen to the varsity level, overall player development should be considered along with the potential for team success. Ultimately, continuous player development and long term program success is our goal.
2. Junior Varsity coaches will make greater efforts than varsity coaches to get team members adequate playing time. They must balance their wish to build a winning team with the need to develop hard-working players who have the ability to contribute to the varsity level in the future. Playing time at the high school level is never equal among players each game. At the JV level, the main focus should be to develop players for the varsity level by working on the skills and knowledge they will need to be successful at the varsity level.
3. Freshman/Junior High coaches will make greater efforts than varsity coaches to get team members adequate playing time. They must balance their wish to build a winning team with the need to develop hard-working players who have the ability to contribute to the high school level in the future. Playing time at the high school level is never equal among players each game. At the freshmen/junior high level, the main focus is to develop interest in the sport by attempting to attract as many athletes as possible to the sport.
4. **Coaches must be aware at all times that they are teachers and must, therefore, keep their educational goals clear.** This means that they have the responsibility of maintaining open communication with their players and parents, and personally evaluating the situation of each player.
5. As teachers and role models, coaches must maintain a professional atmosphere with their teams. Coaches need to be very mindful of communication with student athletes.
6. Sportsmanship plays a vital role in every contest in which we participate. Fairness in competition and positive group, as well as individual, behavior are imperative.
7. Athletics at Cardington-Lincoln High School are by definition extra-curricular and voluntary in nature. It is the goal of the Athletic Department *to encourage as many students as possible to participate in sports* while attending Cardington-Lincoln High School. Coaches are encouraged to build their programs to participation maximums at all levels while striving for individual, team and program standardization.
8. **Coaches are expected to encourage their athletes to play multiple sports and not specialize in just one sport.** Playing multiple sports in high school makes for a well-rounded and healthy athlete. While parents might feel that outright specialization could mean better developed skills in front of scouts, the benefits of multi- sport athletes far outweigh the increased risks that come from year-long practice of just one sport. What will maximize an athlete's potential in a single sport is having an end goal in mind, and planning a high school playing career around their ideal sport of choice. Cardington-Lincoln allows athletes to participate in two sports (*see two sport form*).

Fourteen Legal Duties of a Coach

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. These standards have evolved as a result of various case law proceedings and legal judgments against individuals and school districts. It is important that all coaches, including assistants and volunteers, know and understand the following duties. This summary is not all-inclusive but is generally accepted as the “Legal Duties of Coaches” by the NFHS (National Federation of High Schools) and NIAAA (National Interscholastic Athletic Administrator Association).

1. **Duty to Plan** – A coach must demonstrate awareness of the maturity, physical development and readiness of athletes with appropriate plans for instruction, conditioning and supervision.
2. **Duty to Supervise** – A coach must be physically present, provide competent instruction, structure practices that are appropriate for the age and maturity of players, prevent foreseeable injuries and respond to injury or trauma in an approved manner. This duty requires supervisors to make sure facilities are locked and that students are denied access when a competent staff member cannot be physically present to supervise. This duty may also require coaches to control reckless player behaviors. Supervision responsibility also pertains to athletic administrators who are expected to be able to supervise coaches competently.
3. **Duty to Assess Athletes Readiness for Practice and Competition** – Athletics administrators and coaches are required to assess the health and physical or maturational readiness skills and physical condition of athletes. A progression of skill development and conditioning improvement should be apparent from practice plans. Athletes must also be medically screened in accordance with state association regulations before participating in practice or competition.
4. **Duty to Maintain Safe Playing Conditions** – Coaches are considered trained professionals who possess a higher level of knowledge and skill that permits them to identify foreseeable causes of injury inherent in defective indoor and outdoor facilities or hazardous environments.
5. **Duty to Provide Safe Equipment** – Courts have held athletic supervisors responsible to improve unsafe environments, repair or remove defective equipment or disallow athlete access.
6. **Duty to Instruct Properly** – Athletic practices must be characterized by instruction that accounts for a logical sequence of fundamentals that lead to an enhanced progression of player knowledge, skill, and capability.
7. **Duty to Match Athletes** – Athletes should be matched with consideration for maturity skill, age, size and speed. To the degree possible, mismatches should be avoided in all categories.

8. **Duty to Condition Properly** – Practices must account for a progression of cardiovascular and musculoskeletal conditioning regimens that prepare athletes sequentially for more challenging practices and competitive activities.
9. **Duty to Warn** – Coaches are required to warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.
10. **Duty to Ensure Athletes are Covered by Injury Insurance** – Athletics administrators and coaches must screen athletes to ensure that family and/or school insurance provides basic level of medical coverage. Athletes should not be allowed to participate without injury insurance.
11. **Duty to Provide Emergency Care** – Coaches are expected to be able to administer standard emergency care (first aid, CPR) in response to a range of traumatic injuries.
12. **Duty to Design a Proper Emergency Response Plan** – Coaches must design plans to ensure an expedited response by EMS and an effective transition to the care and supervision of emergency medical personnel.
13. **Duty to Provide Proper Transportation** – In general, bonded, commercial carriers should be used for out of town transportation. Self or family transportation for local competition may be allowed if parents have adequate insurance coverage for team members other than their family members. (follow School District guidelines)
14. **Duty to Select, Train, and Supervise Coaches** – Administrators have responsibility to ensure that appropriate skill and knowledge levels exist among members of the coaching staff to ensure appropriate levels of safety and well being among athletes.

National Standards for Sport Coaches

“NASPE Coaching Standards.” *University of Wisconsin-Whitewater*. Retrieved June 23, 2108, from <https://www.uww.edu/coeps/departments/hperc/undergrad/ace/naspe-coach-stand>.

Domain 1 - Philosophy and Ethics

- **Standard 1** - Develop and implement an athlete-centered coaching philosophy.
- **Standard 2** - Identify, model, and teach positive values learned through sport participation.
- **Standard 3** - Teach and reinforce responsible personal, social, and ethical behavior of all people involved in the sport program.
- **Standard 4** - Demonstrate ethical conduct in all facets of the sport program.

Domain 2 - Safety and Injury Prevention

- **Standard 5** - Prevent injuries by providing safe facility.
- **Standard 6** - Ensure that all necessary protective equipment is available, properly fitted, and used appropriately.
- **Standard 7** - Monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.
- **Standard 8** - Identify physical conditions that predispose athletes to injuries.
- **Standard 9** - Recognize injuries and provide immediate and appropriate care.
- **Standard 10** - Facilitate a coordinated sports health care program of prevention, care, and management of injuries.
- **Standard 11** - Identify and address the psychological implications of injury.

Domain 3 - Physical Conditioning

- **Standard 12** - Design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles.
- **Standard 13** - Teach and encourage proper nutrition for optimal physical and mental performance and overall good health.
- **Standard 14** - Be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.
- **Standard 15** - Plan conditioning programs to help athletes return to full participation following injury.

Domain 4 - Growth and Development

- **Standard 16** - Apply knowledge of how developmental change influences the learning and performance of sport skills.
- **Standard 17** - Facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.
- **Standard 18** - Provide athletes with responsibility and leadership opportunities as they mature.

Domain 5 - Teaching and Communication

- **Standard 19** - Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.
- **Standard 20** - Develop and monitor goals for the athletes and program.
- **Standard 21** - Organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue, and allow for peak performance at the appropriate time.
- **Standard 22** - Plan and implement daily practice activities that maximize time on task and available resources.
- **Standard 23** - Utilize appropriate instructional strategies to facilitate athlete development and performance.
- **Standard 24** - Teach and incorporate mental skills to enhance performance and reduce sport anxiety.
- **Standard 25** - Use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.
- **Standard 26** - Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

Domain 6 - Sport Skills and Tactics

- **Standard 27** - Know the skills, elements of skill combinations, and techniques associated with the sport being coached.
- **Standard 28** - Identify, develop, and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.
- **Standard 29** - Use scouting methods for planning practices, game preparation, and game analysis.

Domain 7 - Organization and Administration

- **Standard 30** - Demonstrate efficiency in contest management.
- **Standard 31** - Be involved in public relation activities for the sport program.
- **Standard 32** - Manage human resources for the program.
- **Standard 33** - Manage fiscal resources for the program.

- **Standard 34** - Facilitate planning, implementation, and documentation of the emergency action plan.
- **Standard 35** - Manage all information, documents, and records for the program.
- **Standard 36** - Fulfill all legal responsibilities and risk management procedures associated with coaching.

Domain 8 - Evaluation

- **Standard 37** - Implement effective evaluation techniques for team performance in relation to established goals.
- **Standard 38** - Use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season objectives and goals.
- **Standard 39** - Utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.
- **Standard 40** - Utilize an objective and effective process for evaluation of self and staff.

CARDINGTON-LINCOLN SCHOOLS EXPECTATIONS OF COACHES

1. **All students are given an equal opportunity to be involved in extracurricular activities.**
2. **Maintain a safe practice environment.**
 - a. Notify the Athletic Director immediately of any unsafe condition and/or equipment.
 - b. Cease all practice activities in that area and equipment.
 - c. Follow Severe Weather Guidelines (attachment)
3. **Follow all safety protocols.**
 - a. Develop a safety plan of action (form).
 - b. Error on the side of caution in regard to injuries.
 - c. Know where all emergency equipment is located and make sure complete and submit incident reports (form).
4. **ALWAYS properly supervise our student athletes.**
 - a. DO NOT give your keys to a student to work out in the school on their own!
 - b. Non-Certified guests that are not board approved shall not be instructing student athletes on their own. *Example:* Guest speakers for a camp cannot be alone with athletes. A board-approved coach must be in the vicinity.
 - c. Practices, open gyms and other various workouts.
5. **All Coaches WILL BE properly evaluated.**
 - a. Head Coaches will be evaluated by the Athletic Director (form)
 - b. Assistant coaches and junior high coaches will be evaluated by the head coach (form). These evaluations will be submitted to the Athletic Director no later than 3 weeks after the season.
6. **Appropriately communicate with students, parents, officials, opposing schools, media and league personnel.**
 - a. No swearing.
 - b. Conduct parent meeting and encourage parent communication (p.12). **Duty to warn.** Also, encourage parents to use the chain of command.
 - c. Always introduce yourself to opposing coaches and officials.
 - d. Send stats and game results to local media and KMAC personnel. (attachment)
7. **Maintain proper records.**
 - a. All forms from our student athletes are required to be in the athletic office before they PRACTICE.
 - b. Complete all forms (roster, inventory, end of the season stats, etc.) in a timely manner.
 - c. Always have Emergency Medical Forms on hand.

8. Professional Development

- a. Attend coaching clinics, required district and OHSAA meetings, and OHSAA State Championships.
- b. Possess the desire to learn and improve.
- c. Read... I have an extensive library of coaching materials.

9. Budget and Fundraising (p. 13)

- a. Members of the coaching staff must make requests for equipment through the athletic director.
- b. The athletic department must sanction all equipment purchases.
- c. All fundraising needs to be approved by the athletic director and building principal.
- d. Fundraisers that involving the solicitation of area businesses must be approved by the *superintendent*.
- e. Each high school sports team will be responsible for a fundraising night at Pizzaburg with the money raised going towards the Cardington-Lincoln Athletic Council:
 - i. Football
 - ii. Volleyball
 - iii. Cross County & Track
 - iv. Boys' Basketball
 - v. Girls' Basketball
 - vi. Cheer
 - vii. Baseball
 - viii. Softball

10. PLAN PRACTICES! (p.14)

- a. We do NOT wing it. Effective sport programs have planned practices.
- b. Utilize statistics to ensure you are addressing needs.
- c. Evaluate games and focus on areas of weakness.

GENERAL GUIDELINES FOR COACHES

Parent Meeting/Orientation

At the beginning of every sport season, Cardington-Lincoln Schools will conduct a parent meeting. This is the very first step of a successful season and creating a relationship between the court and home. The athletic department will cover the the beginning of the meeting and cover general items such as eligibility, required paperwork, athletic code of conduct and Lindsey's Law and then we will break out into the different sports. During the break out sessions, head coaches will cover their sport.

Sample Agenda:

- Welcome
- Introduction of Staff
- Program Philosophy
- Team Rules
- Review Athletic Handbook
- Player/Coach/Parent Expectations
- Communication - Following the Chain of Command, appropriate methods

Communication

It should be our coaches philosophy to encourage parental communication. By promoting open and honest communication with our parents, we will head off many problems. Some guidelines that we should follow:

1. COMMUNICATION with parent should be encouraged
2. Concerns should follow this chain of command:
Coach, Athletic Director, Principal, Superintendent
3. Coaches **will not** meet with parents directly after a contest
4. Parents are encouraged to set up an appointment with the coach
5. Appropriate Concerns to discuss with coaches:
 - a. The treatment of your child, mentally and physically
 - b. Skills and deficiencies, along with methods to improve
 - c. Concerns about the student's behavior
6. Items that are NOT appropriate to discuss with coaches:
 - a. Playing time, especially in regards to *other* players
 - b. Team Strategy
 - c. Play calling

Some tips for dealing with angry parents:

1. Open with, "I'm glad you are here."
2. Seek to understand, then to be understood... This means that we must LISTEN. Parents have "Parent Goggles," and they only want what is best for their child. You as a coach are basically a parent for *all* your players. Let them see that you are looking out for the best of all players... *including theirs!*
3. You don't have to prove who is in charge.
4. Never yell, scream *or use sarcasm*... that will only worsen the situation.
5. Never argue with an idiot. There has to be at least one adult in every situation.
6. Always maintain a high level of respect and professionalism when dealing with parents.

Electronic Communication (Texting and Social Media)

Electronic communication including texting of student athletes and using social media should be used with *EXTREME* caution. Avoid texting individual players whenever possible. Consider using REMIND, which is a texting app that players and parents can use, and/or perhaps send all text messages to both athletes AND parents simultaneously. Texting should be used for reminders, changes in schedule, practice times, etc. Any conversation regarding issues with the athlete should be done in person, ideally with another coach present. In addition, any posts on social media should be kept positive. Avoid personal, "inside" jokes that could be misunderstood by others.

Any social media posts made under a school page (ex. Cardington Boys Basketball) should only include posts regarding the team or of a general, inspirational nature.

Athletics Budgeting, Spending, and Fundraising

At Cardington-Lincoln Schools, we have two different funds when it comes to athletics. The Athletic Council is the general athletic fund in terms of buying equipment, uniforms and other larger ticketed items. This primarily comes from the gates for our athletic contests. The Cardington Athletic Boosters Club is a support group. This funding comes from various fundraisers *that the coaches* conduct for their separate programs. For both groups, each sport has a budget.

The primary method for making a purchase within the ATHLETIC COUNCIL is through the purchase order system:

- Members of the coaching staff must make requests through the athletic director
- A *purchase requisition* does not authorize a purchase
- A *purchase order* must be approved and issued before an order is delivered
- Anyone placing an order without a purchase order may be held liable for payment
- All packing receipts, packing slips and invoices must be submitted to the business office for proper payments to be made.

The Cardington Athletic Boosters Club is an organization designed solely to assist the school administration in providing a better athletic program for the Cardington Schools. Although the boosters contribute to the program in many ways, they exercise no official control over the athletic program. Coaches are never to directly request financial assistance from the boosters club. Requests for financial assistance from the boosters should be given to the Athletic Director who will evaluate the request and make the presentation to the booster club. Coaches are encouraged to attend meetings and participate in any club activity. Coaches are responsible for seeing that their athletes assist the booster club when needed.

Fundraising is a very important aspect of being a head high school coach. All funds raised by an individual sport will be deposited with the Cardington Athletic Boosters under that sports account. Some basic guidelines for fundraisers:

- *ALL* fundraiser proposals need to be submitted to the athletic director and approved by the building principal.
- Fundraisers that involving the solicitation of area businesses must be approved by the *superintendent*.

Practice

“If you fail to prepare, you prepare to fail.” Being successful in athletics, simply just doesn’t happen all on its own. Successful coaches prepare their athletes for game night by ensuring their teams have high quality practices. Keep in mind, the devil is in the details, so practices should be planned and purposeful. Players should be well aware of the various rules of their sport and various situations. Good coaching and planning should be based on the statistics and needs of your team.

Some thoughts on championship practices:

- Players standing around *aren’t* getting better. Maximize your coaching staff and your facilities with drills. Be creative. The more you have *all* of your players actively engaged in practice, the better they will become.
- CELEBRATE! Famous USC basketball coach, George Ravling says the number one way to build a culture of success is by celebrating everyday *in practice!*
- Conditioning
 - Does the team in better condition typically win the game?
 - Try to avoid conditioning just to “condition.” Players will view this as a punishment.
 - Try to build conditioning into your drill work
- Be a Boy Scout... *always prepared!* Every sport has their own version of “Special Teams.” Players should be prepared for all situations they might see on game day.
- Finally, everyday in practice, you should build in COMPETITION! We expect our players to compete well, but the COMPETING takes practice. (*think about*

it... competing can aid in our conditioning. "Losing team has 2 down and backs." WAY better than running for the sake of running!

Some final thoughts on practices:

- Athletes need to be properly supervised at all times
- All coaches that are in daily contact with athletes must have their Pupil Activity Permit
- When there is a change in the practice schedule, please let the athletic director know as soon as possible
- Always make sure items are put away and locked
- *Always* have a coach be the last to leave a practice or game. If you are the last one out of the school, make sure all doors are locked as you leave

Discipline

As the head coach, YOU develop your team expectations and team rules. The best piece of advice would be to keep the athletic director "in the know." Have copies of your team rules for the athletic director. For minor discipline issues, the coach should handle those in any appropriate manner they see fit. **IF AN ATHLETE** is benched or suspended for a violation of team rules or policies, document the issue and inform the athletic director. In addition, if it is a school issue and not a team issue, those items need to be reported the athletic director. Finally, when dealing with discipline issues with our players, make sure you communicate clearly with the athlete the infraction and the punishment.

Transportation

Cardington-Lincoln schools will provide transportation for all OHSAA sanctioned events. In *most cases*, it is expected that the athlete rides the bus to and from an event. In extreme situations, athletes may be permitted to ride with their parents only and if the transportation form is completed the day before prior to the event and is approved by the athletic director or building principal (*see travel rule B below*).

The administrative assistant to the superintendent assigns buses and departure times. You will be provided a list of away contests with departure times at the beginning of the season. Please review these times and if there is a time you would like to change, you can inform the assistant or the athletic director.

Travel Rules:

- A. Rules for school bus travel shall be essentially the same as for students being transported to and from school.

- B. Athletes must always travel to and from with the team unless the coach/advisor excuses a player to travel with his/her parents. ONLY a school form will be accepted prior to the departure of the team to the game site. Coaches will establish prior to the first contest their explicit rules for parent transportation. Under no circumstance can parents or guardians transport children other than their own unless a prior agreement is written and signed by both parents with specific dates of travel. This agreement must be presented to the coach prior to noon on the day of the contest.

- C. Coaches are not permitted to transport students in a district vehicle or their personal vehicles for any school sponsored activity without Ohio Van Driver Certification. It is expected that students not ask coaches or other staff for transportation to and from any school event, unless the coach has certification and prior approval from the building principal or superintendent.

- D. The district, or coaches working for the district are prohibited from asking parents or guardians to provide transportation of students (other than their own children or family members) to any school related event including practices. Arrangements for transportation to and from these events is the responsibility of parents and students when district transportation is not provided.

Other notes on Transportation:

- Before departing, *always* do a headcount
- Make sure all athletes, assistants and managers are aware of departure times
- NO UNAUTHORIZED person rides on team transportation
- Always treat drivers with respect and courtesy
- On returning, buses must be picked up by the team and/or coaches
 - Muddy cleats should be removed before boarding the bus
 - If possible, muddy clothing should be removed
 - All trash is picked up and properly thrown away

Severe Weather Conditions

In the case of severe weather, all OHSAA and Cardington-Lincoln Schools policies will be followed. Always use good judgement and error on the side of caution.

Threatening Weather/Watch

Practices should be held on campus under close supervision. All athletes should be kept within an area where they can be called inside quickly if necessary.

Lightning or Thunder

When lightning is visible, practice or contests will be suspended and all athletes and coaches will take cover. Practice can resume after 30 minutes from the last thunder heard or lightning seen.

Weather Warning

When there is a weather *warning*, all practices and contests will be cancelled. All athletes will be directed to a safe location under the supervision of the coaching staff. All athletes will be kept in a safe location until the “all clear” statement is issued.

Heat and Humidity

Know the heat index before you start practice! The heat index is the opposite of “wind chill.” It combines the effects of heat and relative humidity. Many weather websites such as weather underground (<https://www.wunderground.com>) and www.weather.com provide information to calculate the heat index. Use the chart on the following page to determine the daily heat index.

Heat Index Practice Adjustments:

Under 80 = Green Flag Normal Practice, no restrictions

80 - 90 = Yellow Flag Exercise caution. Take extra water breaks and keep an eye on the bigger players.

90 - 100 = Red Flag Stop! Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and practice. Consider practicing without pads or shorten practice and remove pads. Provide extra water and monitor extra bigger players.

Over 110 = Black Flag Danger zone, practice not recommended. There is an extreme danger of sunstroke, heat exhaustion, and heatstroke. Use common sense and make new plans.

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

What to do When Heat Waves Strike

- Athletes should eliminate carbonated and caffeinated beverages.
- Encourage athletes to drink more water than they are thirsty for.
- Wear light colored clothing that is loose fitting.
- Pay particular attention to bigger players and light-skinned players that haven't been in the sun.
- Eat small meals and eat more often. Avoid high-protein foods, which increases metabolic heat.

Emergency Plan of Action

(See Athletic Office)

Media Contacts

It is very important that as athletic department we have great relationships with the media. By providing the local media with scores after every contest and being accessible, our athletic department will be viewed more favorably with these outlets. Each head coach is responsible for their sport. Media responsibilities include a) preseason articles b) reporting scores when the home team c) statements and interviews.

Mr. Kyrk has made it VERY simple for you to report scores, stats, etc. to the league and local newspapers. SIMPLY email a photo of your book and a short write up to:

sportsnews@cardington.k12.oh.us

Local Media Contact Information:

Columbus Dispatch

sports@dispatch.com

Marion Star

rmccurdy@gannett.com

Morrow County Sentinel

roberthamilton@aimmediamidwest.com

Mount Vernon News

sports@mountvernonnews.com

Bill Davis at 740-397-5333, ext. 247,