

North Royalton School District



Student Athletic Handbook

“BE MORE CONCERNED WITH
YOUR CHARACTER THAN WITH
YOUR REPUTATION. CHARACTER
IS WHAT YOU REALLY ARE;
REPUTATION IS MERELY WHAT
YOU ARE PERCEIVED TO BE”

- COACH JOHN WOODEN

The Mission of the North Royalton School District Athletic Program will be to develop, teach, and inspire our student athletes with sportsmanship, leadership, commitment, teamwork, and integrity.

ATHLETIC PHILOSOPHY

The vision in each sport will be to develop our student athletes into productive, contributing citizens of our community and society. The emphasis will focus on providing our athletes with a positive foundation for their development within the program; creating allegiance between the middle school and high school, establish friendly participation, sportsmanship and a positive feeling of school loyalty and pride. We believe in the dignity and worth of each individual. Eligible students may participate in the district's program regardless of race, creed, sex, disability or national origin. The student athletic program will be conducted in accordance with the rules, regulations and policies of the North Royalton High and Middle Schools, North Royalton Board of Education and the Ohio High School Athletic Association (OHSAA).

SPORTSMANSHIP ETHICS AND INTEGRITY IN ATHLETICS

- To develop a positive approach while participating in a group activity. A positive approach means that every contest and every activity is approached with the thought that maximum effort will result in developing the skills necessary for success in that activity.
- To develop an appreciation for individual excellence. To make a maximum contribution to the team, school, job or profession requires the individual to deliver his or her full potential. Activities place a premium on the students being prepared to do their best.
- To teach students that participation in activities is a privilege, not a right, that carries responsibility.
- To maintain a positive attitude toward academic performance in meeting eligibility standards set by the Board of Education.
- To develop and maintain good habits of safety and participation based on the established rules and regulations of the activity.
- To provide for our students a series of experiences which will prove and promote wholesome and friendly participation, improved playing skills, good sportsmanship, new friends, and better community relationships.
- To provide for our student body a positive foundation for the development of school morale, for being sportsman-like hosts, and for exercising the qualities of fair play and courtesy.
- To represent North Royalton School District and their team in accordance with the Student Code of Conduct.

NORTH ROYALTON MIDDLE SCHOOL ATHLETIC PHILOSOPHY

Recognizing the unique development needs of the middle level student, NRMS promotes activities that build student success through **participation**, increased **skill building**, and positive **sportsmanship**.

Middle school athletic programs are designed to maximize student opportunities to participate. The ultimate goal of the program is to provide a healthy, positive after-school activity that includes character education. It is in the best interest of our student-athletes that a positive educational athletic environment is built to allow coaches to teach sportsmanship, the value of participation and the basic fundamentals of the sport being taught.

Participation in middle school athletic programs is a privilege offered to and earned by students. It is every team member's responsibility to encourage commitment, responsibility and support for one another. Coaches need to present a developmentally appropriate program teaching in a safe environment for students to experiment and grow. It becomes the responsibility of everyone to work together in creating this positive experience.

Participation

- Balance participation with win/loss records
- Provide opportunities for everyone to participate
- Balance competition with participation
- Encourage multi-sport participation
- Emphasize having fun

Skill Building

- Develop age appropriate skills
- Focus on fundamentals
- Develop skills as a foundation for improvement

Sportsmanship

- Develop a positive team attitude
- Encourage, cooperate and collaborate with peers
- Promote self control and mutual respect

SUBURBAN LEAGUE CONFERENCE PHILOSOPHY

- A record of wins and losses shall not be kept during the year nor compiled at the end of the year for sake of determining a League champion.
- Trophies will not be awarded by the League since there are no League champions.
- The recognition of each member school's athletes is the responsibility of the individual school. At no time, however, can nor should a school use the League as a basis of an award such as "League champion", "League record", etc. There are many other ways to recognize the work of student-athletes during the season rather than using the League.

NORTH ROYALTON CITY SCHOOLS ATHLETIC DEPARTMENT POLICIES

I. ATTENDANCE

- A. In grades 7-12, the North Royalton High School District policy states that students participation in athletics or any co-curricular activities must attend school for a full day to be eligible to participate in a practice, a game, or an event. Being late at the start of the school day, the student will need permission from their principal and athletic director.
- B. Any student-athlete that is suspended out of school is not eligible to practice or compete in any scheduled athletic event for the duration of his/her suspension. The duration of suspension may include weekends if the suspension carries over to the next week. If the suspension is Friday only or ends on Friday, the student-athlete must sit out on Friday, but is eligible to participate on Saturday. It is the responsibility of all head coaches to enforce this rule.
- C. Missed practices by an athlete that are not caused by illness, a long term illness or injury, emergency related, or otherwise considered excused by a head coach will not be tolerated. These absences should be brought to the attention of the head coach, athletic director, and school administrator prior to the start of the participating season.
- D. Athletes that commit to a particular athletic team are expected to be at all practices and games. District athletics should take precedence over all other extra-curricular activities and events, including sports. Coaches will work with families in regards to religious commitments.
- E. "Family Vacations" Family vacations are considered excused absences only if the parent or guardian informs the coach at least seven days prior to the vacation. If possible, the parent or guardian should inform the coach prior to the beginning of the season. Excused absences may affect playing time.

II. ELIGIBILITY

- A. Regular standards of eligibility will be governed by rules of the Ohio High School Athletic Association.
- B. The OHSAA policy on academic eligibility states that a student in grades 7-12 must pass at least five credits on their previous quarter grades to be eligible to compete on an interscholastic athletic team. **Credits gained in summer school do not apply to this policy.**
- C. The OHSAA policy on academic eligibility states that a student in grades 7-8 must pass at least (a minimum of Five) of the classes they are taking to be eligible to compete on an interscholastic athletic team.
- D. The North Royalton City School District's policy on academic eligibility states that a student in grades 7-12 must have a least a 1.0 grade point average on their previous quarter grades to be eligible to compete on an interscholastic athletic team. (If a student athlete falls below a 1.5 GPA they will be placed in "Academic Tracking Probation Program.")
- E. Students must attain both the OHSAA and North Royalton City School District's academic requirements to be eligible to compete on an interscholastic athletic team.
- F. Eligibility issues will be determined by the building principal (and the Athletic Director).
- G. Those students that are enrolled in post-secondary options have to maintain a minimum of 13 credits to be eligible. The student must provide a progress report or grade card to the athletic department from the participating institution with the high school's grading period is over.

III. NON-INTERSCHOLASTIC PROGRAMS

- A. **Definition** - A non-interscholastic program is defined as an organization composed of players in grades 7-12 either in or outside of school in which the primary purpose is to compete in contests no matter whether admission is charged, fees or expenses are collected, or whether or not a coach is present, and regardless of whether instruction is given. Examples of non-interscholastic programs include but are not limited to: church, intramural, Y.M.C.A., C.Y.O., A.A.U., USAVB, USSF, City Recreation, All-Star, Club or any non-interscholastic team or combination of players involved in team play.
- B. **Members of an Interscholastic (School) Squad** - A student is considered to be a member of an interscholastic squad when the student participates in an interscholastic contest in a sport that is sponsored by the Board of Education or other governing board and the sport is one of the 24 recognized sports as authorized by the Ohio High School Athletic Association. An athletic contest involving participants from another school or any non-interscholastic program is labeled as a game, meet, match, preview, scrimmage or other type of competition.
- C. **Participating in Non-Interscholastic Programs - Team Sports** - A member of an interscholastic squad sponsored by the Board of Education or other governing board in a team sport (baseball, basketball, field hockey, football, ice hockey, soccer, softball and volleyball) shall not participate in an athletic contest, tryouts or any type of team or group training or practices on a non-interscholastic squad in a team sport in the same sport during the school's interscholastic sports season. This regulation is applicable for those invited to participate in a tryout, group training or practices at a college or in contests, tryouts, group training or practices with any non-school team such as a club.
- D. **Participating in Non-Interscholastic Programs - Individual Sports** - A member of an interscholastic squad sponsored by the Board of Education or other governing board in an individual sport (bowling, cross country, golf, gymnastic, swimming & diving, tennis, track & field & wrestling) shall not participate in a contest on a non-interscholastic squad in the same sport during the school's interscholastic sports season.
- E. Students must complete and turn in all athletic fees and forms before competition begins for their sport.
- F. According to "General Sports Regulations" in the OHSAA handbook, the OHSAA prohibits any student-athlete in grades 7-12 participating in and inter-scholastic sport from competing in the same sport, for another team, during the season.

IV. HAZING

- A. Hazing is defined in 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 into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person.
- B. The statute does not require serious or substantial physical or mental harm, but only the substantial risk of mental or physical harm. Therefore, in theory, any fear or embarrassment of pain caused by an act of hazing would be actionable.
- C. Not only may a school discipline a student (or group of students) for hazing, they **MUST** take action to prevent such hazing, actively enforcing such policies against hazing, which would, by definition include reasonable discipline when appropriate.
- D. Coaches *are* responsible for monitoring their student-athletes in regards to hazing

V. PHYSICAL EXAMINATIONS

- A. First complete the pre-registration online at northroyalton.oh.finalforms.com
- B. No student-athlete is allowed to participate in practice or a game without having had a physical examination and parent participation form on file in the athletic office.
- C. Physical examination forms will be kept on file in the athletic department for student-athletes in grades 9-12. For student-athletes in grades 7-8, physical examination forms will be kept in the middle school main office.
- D. Physical examination cards are valid for one year from the date of the physical examination signed by the physician. (The Athletic Department in conjunction with University Hospital will offer district wide physicals in May or June.)
- E. Each athlete must have an updated Emergency Medical Authorization form completed on finalforms.
- F. No student-athlete is allowed to participate in practice or a game without having had a physical examination which is signed and dated by their physician and parent which is signed and dated at finalforms.

VI. AWARDS

- A. Student-athletes in grades 9-12 will receive a varsity letter upon completion of their first year as a member of the varsity team and plaques for the completion of the second through third years (and an acrylic trophy for the fourth year) of participation in a particular sport.
- B. Student-athletes in grades 7-8 will receive a certificate upon completion of their first and second years of participation.
- C. Individual team participation award criteria for earning a varsity letter include the following:

-Athletic Training- Recommendation from the Certified Athletic Trainer

-Basketball and Softball- Participate in at least half of all innings at the varsity level. Special consideration may be given to pitchers and designated hitters.

-Basketball (Boys and Girls)- Participate in at least half of all quarters at the varsity level

-Cheerleading- Recommendation from Head Coach

-Cross Country (Boys and Girls)-

1. Be a member of the team in good standing ALL SEASON. All season is defined as the last meet that the North Royalton Varsity team runs in. Run in the varsity race 7 times.

2. Girls: run sub 22:00 1 time or run sub 22:30 2 times.

Boys: run sub 18:00 1 time or sub 18:15 2 times.

3. Be a member of the cross country team for 4 years.

-Football- Participate in at least half of all quarters at the varsity level. Special considerations may be given to kickers and special team players.

-Golf (Boys and Girls)- Participate in at least half of team varsity events.

-Gymnastics- Fulfill all practice requirements, participate in at least one high school competition, participate in the OHSAA state tournament, and place in the upper fifty percent of an individual or team competition.

-Managers, Statisticians, and Video Personnel- Complete the duties assigned them by the head coach.

-Soccer (Boys and Girls)- Participate in at least half of the varsity halves.

-Tennis (Boys and Girls)- Participate in at least half of team varsity matches.

-Wrestling- Student-athlete is awarded one point for participating in a dual meet and two points for participating in a tournament. Total points must be equal to or surpass the number of team meets.

-Volleyball- Participate in at least half of all varsity regular season matches.

-Swimming- Participate in at least half of all varsity regular season meets.

-Track- Place in North Royalton's top three for at least half the varsity meets.

- Bowling - Participate in at least half of all varsity regular season matches.

*NOTE - Criteria are subject to change at the discretion of the head coach for individual sports with the approval of the Athletic Director

D. Special consideration will be given to student-athletes who sustain an injury during their season.

E. Awards will not be granted to any student-athlete who does not finish their season in good standing.

F. Any twelfth grade student-athlete who has participated for two consecutive years and has not met the participation award criteria may receive a varsity letter if approved by the head coach and athletic director.

VII. AWARDS NIGHT

A. All varsity interscholastic athletic teams will present their most valuable players at their individual end of the season Awards Night. Athletes of the Year Awards will be held in late May / early June during All Sports Awards Night.

B. The Hall of Fame Induction will take place in June.

C. (Individual) seasonal (team) recognition night will follow the fall, winter, and spring seasons honoring each individual sport. All team, Academic, Conference and State Awards will be introduced. The Team Most Valuable Player Award(s) will be announced. The Athletic Department will Award Three Sport Athlete Patches at the All Sports / Hall of Fame Awards Night.

VIII. TALKING TO THE COACH

There is no guarantee on any amount of playing time. As we move through each level of the program (seventh, eighth, freshman, JV and Varsity), there could be very limited time given. The coaches determine who plays and how long, based on ability, practice, rules and desire. When there is a question about playing time, the athlete should first talk to the coach. It is important to reinforce with your son or daughter that his/her contribution to the team is just as important regardless of the amount of playing time. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position we are better able to accept the actions of the other and provide great benefit to our athletes. As parents, when your son or daughter becomes involved in our program, you have a right to understand what expectations are placed on your son/daughter. This begins with clear communication from the coach. Talk to the coach first.

The Parent should:

1. Express concerns directly to the coach
2. Notify the coach of foreseeable problems well in advance
3. Speak with the coach about any specific concern of that sport

The Coach should:

1. Explain his/her reasons for actions
2. Set expectations
3. Explain Team Requirements
4. Explain discipline that results in the denial of participation

It is appropriate to discuss with your coach:

1. How your son/daughter feels about the experience
2. How your child could improve
3. Concerns about your child's behavior

Coach's responsibility:

1. Playing time
2. Play calling
3. Team strategy

Please Do Not:

1. Try to discuss another athlete with the coach
2. Attempt to confront a coach before or after a contest
3. Attempt to confront a coach before or after a practice
4. Attempt to confront a coach when in an angry state

There are situations that may require a conference between the coach, parent, athletic director and administration. It is important that all parties involved have a clear understanding of the others' position. When these conferences are necessary the following procedure should be followed to help promote a resolution to the issue of concern.

IX. POSSESSION AND USE OF CONTROLLED CHEMICAL SUBSTANCES AND / OR SUPPLEMENTS-

Including Alcohol, Tobacco (Cigarettes, Cigars), Smokeless Tobacco (Including E-Cigarette Devices) Drugs, Mood Altering Chemicals, Illegal Drug(s), PEDS, and Anabolic Steroids

- A. The possession or use of the above stated substances by the student in season or out of season is prohibited in the North Royalton City School District (unless under the supervision of a doctor). Should a school district employee or legal authority find that an athlete possessed, used or distributed or was under the influence of any substance mentioned above, whether on or off school property, the following consequences will apply:

-FIRST OFFENSE:

Will be denied participation for 50% of the contest/events/matches (season or tournaments), based on the number of regular season scheduled events. If the student agrees to schedule himself/herself into a pre-approved Education/Counseling program, the student's suspension may be reduced from 50% to 20% upon successful completion of the program. Enrollment in the counseling program is at the student's own expense. If this violation occurs at the end of the season, it is carried over to the next sports season in which the student is involved. (If a student signs up for a sport in which he or she has never participated in order to complete their suspension, he/she must successfully complete the entire season to satisfy the suspension). Final reinstatement will be at the discretion of the administration, athletic director and/or designee.

Example: Basketball season is 20 games. 20% of 20 = 4 Games. If violation occurs with 2 games remaining in the season (including post-season competition), the athlete would Lose 2 games in Basketball and 2 contest in the next sport he/she participates.

-SECOND OFFENSE:

A student found in violation for a second time will immediately be denied participation from the team for the remainder of the season with denial of participation on any team for one-calendar year from the date that discipline is issued for the infraction. Should a student wish to continue in athletics after his/her one-year suspension, he/she must provide written proof to the Athletic Director that he/she has attended a school-approved substance abuse education/counseling program at the student's expense and that there are no further documented instances of the types of abuse noted above.

-THIRD OFFENSE:

The student athlete found in violation for the third time will be denied participation for the remainder of their High School career.

- B. The student will be notified in writing of his/her violation and suspension from a team, with the recommendation of the athletic director and approval of the assistant principal.
- C. The administration and coach have the right to revoke participation at any time as a result of any violations. All coaches have the right to implement team policies and procedures in addition to North Royalton Student Athlete Handbook and Code of Conduct.
- D. The student may file a request to appeal the decision of the athletic director. This request shall be submitted to the high school principal, and a hearing shall be held within two business days with the principal or his/her designee to determine if procedural due process was followed. The student may be represented at this hearing by a representative of his/her choosing.

X. DISTRIBUTION OR SALE OF CONTROLLED CHEMICAL SUBSTANCE- Including Alcohol, Tobacco (Cigarettes, Cigars), Smokeless Tobacco (including E-Cigarette devices), Drugs, Mood Altering Chemicals, PEDS and Anabolic Steroids.

- A. The sale or distribution of the above stated substances by the student athlete in season or out of season is prohibited. Penalty for this violation is the immediate dismissal from the team for the remainder of the season and the denial of participation on any other team for one full calendar year from the date of dismissal.
- B. The administration and coach have the right to revoke participation at any time as a result of the violation.

XI. DENIED THE RIGHT TO PARTICIPATE

- A. Interscholastic participation is a privilege and students may be prohibited from participation for violating any school, community, athletic department, or team policy.
- B. Students may be denied participation based on rules infractions in and out of each sports season throughout the calendar year.
- C. All student athletes have the right to the appeal process and due process.

XII. PARTICIPATION

- A. In any given sports season, an athlete who goes out for a certain sport may quit and select another sport (in season) if he/she does so before the first scheduled game of the first sport is held. If an athlete quits a sport after subsequent sport's first game, he/she becomes ineligible for any conditioning program or

any subsequent sport's season until the conclusion of said sport. If an athlete is cut from a squad, he/she becomes eligible for another sport.

XIII. RESPONSIBILITY FOR EQUIPMENT

- A. The athlete accepts the responsibility of all equipment issued him/her by the Athletic Department and promises to return same in good condition at the conclusion of participation in any given activity; also, if articles have been LOST or STOLEN, the athlete SHALL PAY FOR THEIR EQUIPMENT REPLACEMENT.

XIV. TRANSPORTATION

- A. Prior to each season, the coach provides the athletic director with a bus schedule for all scrimmages and games. The athletic director will arrange the necessary transportation.
- B. Coaches are responsible for all student-athletes and team personnel who travel to athletic events. All student-athletes and team personnel must return with the team from away events, unless having written consent from their parent or guardian. Students/athletes are not permitted to ride home from away events with any other parent/guardian without written consent from their parent or guardian in advance.
- C. Parents should pick up their child within a 30 minute time period from the completion of their games.
- D. Supervision of athletes by coaches is required before and after practice.
- E. Athletes should not arrive any earlier than 30 minutes before a late practice/contest.

***If practice is cancelled throughout the school day, athletes will be given the opportunity to call parents/guardians and are expected to ride the bus home.**

XV. INSURANCE PROGRAMS

- A. No athlete may participate unless covered by accident insurance. Parents/guardians may purchase school sponsored insurance.
- B. Written reports of any injuries shall be made and submitted to the Athletic Director within two days of the injury.
- C. Emergency medical authorization cards must be completed on FINALFORMS on record to give the athletic trainer and/or coach's authority to send a student-athlete for emergency treatment. If this authorization is not signed by a parent/guardian, a student cannot participate in athletics.

XVI. STUDENT ATHLETE RESPONSIBILITY

- A. Student athletes shall abide by all rules and regulations established by the OHSAA, North Royalton Board of Education, athletic department, and members of the coaching staff.
- B. Student athletes must be in good standing and not under disciplinary action in order to be eligible for interscholastic competition.
- C. Student athletes are expected to know the training rules as outline by the Athletic Code of Conduct.
- D. All equipment issued to student athletes is to be worn only at practice or games involving that particular sport. Other uses for the equipment must be given special permission by the head coach.
- E. Student athletes are solely responsible for all equipment issued to them.

- F. Student athletes may not participate in award ceremonies, receive awards, or participate in another sport until all equipment has been returned or full financial restitution has been paid.
- G. Student athletes will conduct themselves in such a manner that they will create a positive reflection upon themselves, their teammates, school and family.
- H. Student athletes must be in school for the full day to compete in a contest or practice for that day. Any exceptions must have the approval of administrator or athletic director.
- I. Student athletes will uphold the traditions of sportsmanship and fair play on and off the playing field.
- J. Student athletes, once they start a sport, may not quit that sport and participate in another without the approval of both coaches and the athletic director.
- H. Student athletes are expected to dress properly when representing their school at all contests. They should attempt to create a positive image of themselves and their team in the eyes of their classmates, student body and the community.
- I. Student athletes will notify the coach, in advance, if they are going to be absent, or late, for a practice session.
- J. Unexcused absences from practice will result in disciplinary action by the head coach, and could lead to dismissal from the team.
- K. Student athletes will travel to and from all contests in school transportation unless prior arrangements have been made and the proper paperwork is on file with their coach.
- L. Student athletes will not be permitted to participate in practices or games until a current physical form/ concussion form which is properly signed and dated by their physician is on file.
- M. Student athletes who will miss practices or games because of a vacation or trip with their family must inform the head coach prior to the vacation. Student athletes must realize that these absences, while excused, may affect playing time on the team. Student athletes and their families are strongly encouraged to plan trips so that they do not conflict with their athletic obligations.
- N. If two events occur simultaneously between a school and non-school activity, the school event must take priority. (Exceptions will include religious observances and family emergencies)
- O. Student athletes must be a team member and in good standing at the conclusion of the season in order to receive any awards.
- P. Student athletes are responsible for following all rules contained in the student handbook.

XVII. GUIDELINES FOR BEING A POSITIVE PLAYER PARENT

- A. Cheer your player on, be supportive, console, but do it without judging your child, his/her coach, or his/her teammates.
- B. Many things could aggravate you that will not faze your child. Do not make something into an issue that can be worked out between your child and his/her coach.
- C. Encourage your child to seek his/her own answers. Coaches respect players who come to them privately and inquire about his/her playing time or role.
- D. Make an effort to understand the rules of the game and the coach's philosophy.

- E. Get your child to practice on time and pick him/her up promptly. Demonstrating responsibility and commitment can be incredibly effective.
- F. If you have real concerns, and your child has unsuccessfully attempted to work things out with his/her coach, schedule a meeting that includes you, your child, and the coach.
- G. Never approach a coach with complaints before or after a competition. Schedule a visit at the convenience of both individuals
- H. Please think before criticizing anyone connected with your child's team. Criticism is contagious and often hurtful.
- I. Visibly illustrate that you enjoy watching your child perform; remember this is a learning experience that will make him/her feel better about his/her participation.
- J. Be a fan, not a fanatic.

XVIII. GUIDELINES FOR PARENT/COACH MEETINGS

- A. Conversation must remain professional with regard to language and conduct.
- B. Everyone gets a chance to talk and listen.
- C. Emotional control by all parties is imperative.
- D. Meetings must not occur on game days, but rather, by appointment.

North Royalton School District Athletic Contacts

District Athletic Director: Bo Kuntz - Office: 440-582-7822 x 3661

District Athletic Secretary: Maria Hebebrand - Office: 440-582-7821 x 3660

District Athletic Trainer: Maggie Flanagan - Office: 440-582-7801 x 3637

District Athletic Team Physician: Dr. Larry Lika, DO - Office: 440-887-8652

Middle School Contacts

Principal: Jeff Cicerchi - Office: 440-582-9120 x 3410

Assistant Principal: Tricia Pozsgai - Office: 440-582-9120 x 3413

Assistant Principal: David Guciardo - Office: 440-582-9120 x 3411

Assistant Principal: Erin Calabrese - Office: 440-582-9120

Secretary: Patti Brauer - Office: 440-582-9120 x 3580

High School Contacts

Principal: Sean Osborne - Office: 440-582-7801 x 3610

Assistant Principal: Julie Cole - Office: 440-582-7801 x 3611

Assistant Principal: Kevin Atkins - Office: 440-582-7801 x 3612

Assistant Principal: Matt Yappel - Office: 440-582-7801 x 36113



"We Inspire and Empower Learners"