Lorain City Schools  
Parent and Student Athletic/Cheerleading Handbook  

Table of Contents

Eligibility Issues .................................................................................................................. 5 
Parental Permission and Physical Participation ................................................................. 5 
Age Limitations ...................................................................................................................... 6 
Practice/Contest Attendance ............................................................................................... 6 
Transfer Students .................................................................................................................. 6 
Semesters of Enrollment ...................................................................................................... 6 
Leaving Mid-Season ............................................................................................................. 6 
Recruiting ............................................................................................................................. 6 
False Information .................................................................................................................. 6 

Athletic Policies .................................................................................................................... 7 
Risk of Participation ............................................................................................................. 7 
Insurance .............................................................................................................................. 7 
Conflicts in Extra-Curricular Activities .............................................................................. 7 
Equipment /Uniform Policy ................................................................................................ 8 
Student Dress ....................................................................................................................... 8 
Transportation ..................................................................................................................... 8 
Vacations .............................................................................................................................. 8 
Other Athletic Expectations ................................................................................................. 8 
Student Identification .......................................................................................................... 8 

Student Conduct .................................................................................................................. 9 
Reasonable Conduct ........................................................................................................... 9 
Participation Conduct Penalty ........................................................................................... 9 

Squad Selection .................................................................................................................... 10 
Cutting Policies ................................................................................................................... 10 
Procedures .......................................................................................................................... 10 

Awards .................................................................................................................................. 10 
Amateur Status .................................................................................................................... 10 
Varsity Letter Requirements ............................................................................................... 11 
Lake Erie League Awards .................................................................................................. 11 

Off-Season Activities ......................................................................................................... 11 
Open Gyms/Facilities ........................................................................................................... 11 
Instructional Programs ....................................................................................................... 11 

Communications With Coaches .......................................................................................... 12 

Weather Related Cancellation ............................................................................................. 12 

High School Booster .......................................................................................................... 13 

Ticket Prices ......................................................................................................................... 13 

Coaches List/Important Phone Numbers ............................................................................ back cover
Dear Parents:

This handbook is presented to you because your son/daughter has decided to participate in interscholastic athletics and/or cheerleading and you have expressed your willingness to allow him/her to compete. We believe that a comprehensive program of student activities is vital to the educational development of our students.

As students elect to participate, there are many questions that both you and your son/daughter may have regarding the athletic program. The purpose of this handbook is to answer as many questions about the policies and philosophy of the program as possible. Our intent is to keep parents and students well informed in order to make athletics a positive experience for all student athletes. We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program in Lorain City Schools.

In sports,

Bryan Koury

Visit Lorain City Schools at www.lorainschools.org
The Lorain City Schools empowers its students to be successful, productive and valuable members of society.

Goals

1. Increase student achievement.
2. Close the socio-economic, ethnic, and gender gaps in achievement.
3. Build hope, trust, and respect with our community.

Philosophy

Participation in the Lorain City School's extracurricular activities is both an honor and a privilege. The district believes that interscholastic athletics are an integral part of the total educational program. High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate must assume the responsibilities of this privilege and are required to meet expectations beyond those set for non participants.

Lorain City Schools believe that:

- physical and emotional growth of student participants is the most important goal of participation.
- academic achievement is a prerequisite to participation.
- additional time and energy committed to participation requires that the participants attain and maintain peak physical and mental condition.
- substance abuse can cause significant health problems for adolescents and may also affect the development of skill which are necessary for participation.
- interscholastic athletics can make the educational experience richer and more rewarding and therefore all students are encouraged to participate.
- adherence to certain behavior and academic standards enhances a student athlete's quality of life.
- all teams will "win with honor and lose with class."

In order to gain the right to participate in any athletics, all student athletes are expected to follow all of the rules and regulations outlined within the Lorain City School District’s Student Code of Conduct Handbook and the Ohio High School Athletic Association.

Affiliations

Lorain High, Longfellow Middle School, Southview Middle School and General Johnnie Wilson Middle School are members in good standing of the Ohio High School Athletic Association (O.H.S.A.A.) 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 the O.H.S.A.A., the Lorain City Schools agree to abide by all of the state by-laws, 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.
General Eligibility for Athletics

1. Sixth to Seventh Grade Eligibility:
A student athlete enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of previous academic achievement.

2. Seventh to Eighth Grade Eligibility and Eighth to Ninth Grade Eligibility:
A student athlete must be currently enrolled in an O.H.S.A.A. member school and her/she must earn a Grade Point Average* of at least 1.0 and receive passing grades in 5 subjects in the previous grading period to be eligible to participate in interscholastic extra-curricular activities.

3. Ninth to Tenth to Eleventh to Twelfth Grade Eligibility:
A student athlete must be currently enrolled in an O.H.S.A.A. member school, he/she must earn a Grade Point Average* of at least 1.0 and he/she must be enrolled in courses carrying the equivalent of at least 5 credits in the preceding and current grading periods to be eligible. Credits may include courses taken in the College Options Block. Block scheduling or double blocking or courses does not change the calculation of credit equivalencies as required by O.H.S.A.A. bylaws. Courses taken over one semester or one quarter (nine week period) carry a factor of two and four respectively. Therefore, if a student takes an English course during the first semester only and receives one credit for passing that course, that class carries an equivalency of 2 (1 credit x the factor for a semester course (2) =2).

4. Transfer students shall have the eligibility computed based upon an official transcript from the previous school of attendance. A student cannot participate in athletics until the transcript has been reviewed and the student has been declared eligible to participate.

5. Summer School and other educational options may not be used to substitute or failure to meet academic standards during the last grading period of the school year.

6. The building principal shall be the final authority in determining the student’s GPA and eligibility.

* Grade Point Average shall be interpreted as being a simple, unweighted Grade Point Average. Points shall be awarded in the following manner: A=4, B=3, C=2, D=1, F=0. The Grade Point Average shall be devised by dividing the total number of points earned by the total number of credits earned in a grading period. (Points Earned/Credits Attempted= GPA).

Parental Permission and Physical Participation

Athletic physical participation forms shall be signed by a physician, the participant, and by a parent or guardian. This must be on file before any candidate for a team may participate in a practice or try out. Physicals are good for one full calendar year. Students are encouraged to get physcials during the summer months. In addition, parents must complete an Emergency Medical Authorization Form and return to the coach prior to the first practice or try out.
Age Limitations

High school students in grades 9-12 are ineligible to participate starting on the day that they turn 20 years old. Seventh and eighth grade students who turn 15 years of age prior to August 1 are ineligible for 7th and 8th grade athletics but are eligible to participate in high school athletics. Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the athletic director to review the exception.

Practice/Contest Attendance

The athlete is expected to attend all team activities as designated by the coach and/or advisor unless excused prior to the absence. Unexcused absences may result in disciplinary action including (but not limited to) loss of playing time or suspension from the team. The coach will keep records of attendance and inform the parent, athletic principal and athletic director when the athlete’s absences result in denial of participation. Practice shall only be mandatory beginning with the Ohio High School Athletic Association’s first day of practice. These dates are published in the O.H.S.A.A. Handbook.

Transfer Students

Once eligibility has been established at a member school, those who transfer to a different school could face OHSAA penalties relative to eligibility. Please consult the Athletic Director if/when a transfer is taking place.

Semesters of Enrollment

After establishing ninth-grade eligibility, you are permitted eight semesters of athletic eligibility. The semesters are taken in order of attendance once ninth grade eligibility has been established. Semesters are counted toward eligibility whether you participate in interscholastic athletics or not. Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the athletic director if needed.

Students Leaving the Team Mid-Season

Students who are removed from the team and/or students who remove themselves voluntarily from the team will not receive any end of the season athletic awards and team purchased clothing items such as warm-ups, etc. In addition, these students are not permitted to attend another sports off-season workouts until the preceding sport’s season has been completed.

Recruiting

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.

False Information

If a student athlete competes under a false name or address, he/she will become ineligible.
Risk of Participation

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. The Lorain City School District will use the following safeguards to make every effort to eliminate injury.

1. Maintain a continuing educational program for coaches to learn the most current techniques and skills to be taught in their sport.

2. Instruct all athletes about the dangers of participation in the particular sport.

Insurance

All student athletes participating in interscholastic events should be covered by medical insurance. A parent may elect to obtain medical insurance available through the Athletic Council of Lorain City Schools or a parent may elect to use their own medical insurance for their child. Parents who chose to obtain medical insurance through the district’s Athletic Council must complete the insurance packet and mail with payment to the designated address.

Conflicts in Extra-Curricular Activities

An individual student who attempts to participate in too many extra-curricular activities will be in a position of a conflict of obligation. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts. Students and parents have a responsibility to do everything they can to avoid a continuous conflict. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the coach and/or faculty sponsors involved immediately when a conflict does arise. When conflicts do arise, the coaches and/or sponsors involved will meet to resolve the conflict so that the student does not feel in the middle. If a solution cannot be found, then the building administrators and the athletic director will make the decision based on the following:

1. The relative importance of each event.
2. The relative contribution the student can make.
3. The time involved with each event.
4. The input from the student’s parents.
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 Lorain City School District 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 “uniformly” 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.

Vacations

Vacations by athletic team members during a sports season are strongly discouraged. Parents and athletes wishing to do so may wish to reassess their athletic participation. In an event of an absence due to a vacation is unavoidable, an athlete must:

1. Be accompanied by his/her parents or guardians while on vacation.
2. Seek approval from the head coach prior to the vacation.
3. Be willing to assume the consequences of suspension from game(s) and/or status on the squad as a starter, 2nd string, 3rd string, etc.

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.

Student Identification

All students must be able to present identification when entering all contests unless accompanied by a parent. Students who cannot provide proper identification may not be permitted to enter LCS athletic events.

Elementary school students are not required to present identification for entrance into athletic events; however, a parent must accompany any elementary school student.
Student Conduct

Student athletes are expected to accept the responsibility and privilege of representing LCS and the community of Lorain while participating in athletics. School and athletic personnel expect students to treat opponents, coaches, officials, and fans with respect and to abide by all district, school, league and O.H.S.A.A. rules.

Reasonable Conduct

The Lorain City School District Athletic Department recognizes that the safety and welfare of individual athletes and teams are a priority. Therefore, athletes will not engage in any acts of criminal activity such as, but not limited to vandalism, assault and battery, hazing, theft, or other disruptive behavior.

Athletes are expected to behave appropriately during school and during their extra-curricular activities. Detrimental actions include, but are not limited to insubordination, repeated absenteeism, fighting, sexual misconduct, negative/apathetic attitude, unsportsmanlike conduct, lying, and inappropriate language or gestures. Any student referred to the office for a school rule violation may be denied the privilege of participation in athletics for a period determined by an administrator.

Recognizing the varying degrees of severity, the type of misconduct, and an athlete’s previous record of conduct, each situation will considered individually. The coach, building administrator and/or athletic director will determine appropriate consequences, which may include denial of participation or dismissal from the team. In all cases, the athlete will have the right to due process.

Student Participation Conduct Penalty (O.H.S.A.A.)

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 contests 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 school 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 O.H.S.A.A. Tournament Regulations. In accordance with Bylaw 8-3-1, the decision of contest officials are final.
Squad 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 Lorain 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 squad 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 squads.
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 squad 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 squad cut becomes a necessity, the process will include three important elements.

1. Each candidate shall have competed in a minimum of two try-out sessions.
2. Each candidate shall have performed 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.

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 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

**Off-Season Activities**

**Open Gyms/Facilities**

School officials may designate open gyms/facilities. Student athletes may participate in open gyms/facilities provided:

1. No one is limited from participating (Exception: See sections “Students Leaving Mid-Season and “Conflicts in Extra-Curricular Activities”).
2. No one is required to attend.
3. No school officials invite selected students or determine the teams.
4. No timing or written scoring is kept.
5. No coaching or instruction is provided unless it is within the guidelines of the OHSAA.

Violating these rules may result in a student being declared eligible for a maximum of one year.

**Team Instructional Programs**

You may attend camps, clinics, and workshops that involve team play any time between June 1st and July 31st (Team play means there is more than one player opposing one player). There is no limit on the number of students from the same school team that may participate on the same non-school team from June 1st to July 31st.

Students may receive individual skill instruction from their coach during the off-season in individual or group lessons.
Football teams may play in non-contact contests and attend non-contact team football camps at any time between June 1st and July 31st. Remember, however, that the 10 day regulation for instruction from school coaches is in effect.

**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. The student’s playing time.
2. A coach’s Team strategy.
3. The other student athletes on the team.

**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 athletic director. Again, the athlete should be present at the meeting.

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

**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 grant by the athletic director or the executive director of strategic planning and programming. These decisions will be made on a case-by-case-basis.

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

1. The AD 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 AD will notify faculty managers to cancel/postpone with opponents, officials and transportation.
4. The AD will notify district office personnel, local radio stations, newspapers, and the local cable channel.
High School Booster Clubs

The Lorain City Schools’ 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.** The LHS Booster Club meets the third Thursday of each month.

Ticket Prices

**Middle School Contests**
- $3 Adult
- $2 Student and Senior Citizens

**High School Contests**
- JV and/or Varsity Football, Wrestling, Track & Basketball - $6 Adult & $4 Student and Senior Citizens
- All Freshmen Games - $4 Adult & $2 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.