

NORTH CANTON CITY SCHOOL DISTRICT

ATHLETIC MANUAL



A Commitment to Excellence in Academics and Athletics

For

Parents & Athletes

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Message from the Administration

This handbook is being presented to you because your son/daughter desires to participate in interscholastic athletics in the North Canton City School District. You have also expressed your willingness to permit him/her to take part in a competitive sport. We appreciate the interest you have shown in our athletic program. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in learning life skills, personal growth, and development.

The North Canton City School District is interested in the development of young men and women through athletics. We feel that a properly controlled, well-organized sports program meets students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

Likewise, we believe you have committed yourself to certain responsibilities and obligations as a parent/guardian of an athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary to ensure a positive experience for your child and all of our student-athletes.

It is the role of the athletic department to enforce rules governing interscholastic competition. These rules need broad-based community support to be fully effective and foster a successful athletic program. This is achieved only through communication between the athletic department and the parents/guardians of the athletes. It is our hope to accomplish this objective through this athletic handbook for students and parents.

GOVIKES!

Sincerely,

Mr. Jeff Wendorf, Superintendent
Mr. Eric Bornstine, High School Principal
Mr. Tim Walker, Athletic Director

STATEMENT OF NCCSD ATHLETIC PHILOSOPHY

The North Canton City Schools (NCCS) support the philosophy that a quality interscholastic athletic program is vital to the positive social, physical, and educational development of students. The interscholastic athletic program enhances and supports the academic mission of the school system. We are committed to promoting the proper ideal of sportsmanship, ethical conduct, and fair play at all athletic contests. We support high standards of good citizenship along with regard for the rights of others. Furthermore, we support diversification over specialization in regards to interscholastic participation by student-athletes.

For the purpose of this handbook, interscholastic activities/athletic programs shall include the following:

Baseball	Cross Country	Gymnastics	Softball	Track/Field
Basketball	Football	Lacrosse	Swimming/Diving	Volleyball
Bowling	Golf	Soccer	Tennis	Wrestling
Cheerleading				

Participation in interscholastic sports is a voluntary privilege. Such participation will always be based on healthy competition between team members for starting positions and playing time. An attitude of entitlement, on the part of any team member, has absolutely no place in any of our athletic programs.

All interscholastic sports in the NCCS are team sports. Consequently, while our various programs will continually stress individual development, it will always be within the framework and emphasis on TEAM. At school, the practice field, or an athletic contest, they are expected to represent themselves, family, team, school, and community in a responsible, sportsmanlike manner.

Interscholastic sports in the NCCS are meant to develop character, sportsmanship, self-confidence, teamwork, unselfishness, responsibility, leadership, competitive spirit, decision-making, and physical skills through hard work, commitment, and loyalty. Below is a brief synopsis of these qualities:

Character- strong minded, ability to deal with adversity, disciplined, strong work ethic; portrays moral and ethical strength

Sportsmanship- gracious in both victory and defeat, constantly mindful of team, school, and community representation

Self-Confidence- the side effect of hard work, attentiveness, and learning; competence

Teamwork- a sense of togetherness, unity, acceptance, and trust

Unselfishness- to give of oneself, to sacrifice in an attempt to come to the aid of others

Responsibility- taking care of business; fulfilling one's duties and obligations while accepting the consequences of individual mistakes without blaming others; finishing what one starts

Leadership – being self-aware and acknowledging the fact that the very nature of interscholastic competition draws attention to oneself; the ability to set a positive example for others to follow

Competitive Spirit- relentlessness, resilience, faith, and a positive attitude; the drive to succeed

Decision Making- thinking before acting; weighing the consequences of actions before taking action; the awareness of right and wrong

Physical Skills- strength, power, agility, coordination, balance, speed, and endurance

ELIGIBILITY REQUIREMENTS

SCHOLARSHIP:

Based on established policies of the Ohio High School Athletic Association and the North Canton City Schools Board of Education, all students (grades 7-12) must be currently enrolled and have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period.

- You may not use summer school grades for failing grades received or lack of courses taken in the final grading period.
- Your semester and yearly grades have no effect on eligibility.
- Those taking post-secondary school courses must comply with OHSAA scholarship regulations.
- The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective.

RESIDENCE AND TRANSFER OF SCHOOLS:

Students may attend any public or non-public high school in which you are accepted when they enter high school (grade 9) from a 7th-8th grade school. Eligibility at that school is established by the following:

- Participating in a contest (scrimmage, preview, or regular season game) prior to the first day of school, or
- Attending the first five days of school at any high school

Once eligibility has been established at a high school, a transfer to a different high school will mean you will be ineligible for athletics for one year from the date of enrollment in the new school.

- There are eleven (11) exceptions to this regulation. To see if you qualify for an exception, you and your parents should arrange a meeting with your principal or athletic administrator and review the document entitled "The OHSAA Transfer Bylaw," which is online at www.ohsaa.org/eligibility/transfer prior to transferring to another school.
- If your parent or legal guardian lives outside Ohio, you are ineligible unless one of the nine (9) exceptions to the regulation is met. These exceptions to the out-of-state residency rules are found in Bylaw 4-6 at www.ohsaa.org.
- If additional questions concerning these regulations remain, school principals or athletic administrators should contact the OHSAA.

SEMESTERS OF ENROLLMENT:

After establishing 9th grade eligibility, students are permitted eight (8) semesters of athletic eligibility.

- The semesters are taken in order of attendance once 9th grade eligibility has been established.
- Semesters are counted toward eligibility whether you participate in interscholastic athletics or not.

ATTENDANCE GUIDELINES:

Students are expected to attend school in order to participate in all practices and contests. Consequently, students must adhere to each of the following guidelines:

- A student must be in attendance at least half of the day of a contest or practice.
- Half-day attendance is defined as being in school a minimum of **3.5 consecutive hours**.
- Students may receive approval from the Building Principal for special determinations in **advance of an absence**.
- Student-athletes are expected to be in attendance at the start of the school day following an athletic contest.

SPORTSMANSHIP PHILOSOPHY AND GUIDELINES

The North Canton City School District and Athletic Department believes that interscholastic competition involving member schools of the Ohio High School Athletic Association be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants, parents/guardians, and fans have a common understanding of these principles.

The promotion of sportsmanship is the obligation of all school personnel. We believe the development through practice and ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We, therefore, expect spectators, players and coaches to know and embrace the following fundamentals of sportsmanship.

Respect should be demonstrated for an athletic opponent and their school at all times. Hoover should treat visiting teams and their support groups as guests and give to them the same consideration that we would want to be treated.

Knowledge of the proper respect for current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the "letter" of the rules.

All participants must strive to maintain self-control at all times. The desire to win should not be accepted as a reason for abandoning rational behavior. All involved need to maintain a proper perspective if the potential educational values of athletic competition are to be realized.

In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior, during and after contests.

GAME CODE OF CONDUCT-BEHAVIOR EXPECTATIONS

Spectators, by their behavior and reactions, determine to a large extent the reputation for sportsmanship of their school. Spectators should be reminded and should keep in mind that athletes are friendly rivals as members of opposing amateur teams. They are expected to be treated as such. Spectators are also reminded that the contest should be between the teams engaged in the contest and **NOT** their supporters.

THE STUDENT ATHLETE:

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and the community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend.
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of game officials. Never argue or make non-verbal gestures that indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and by teammates.

OTHER STUDENT GROUPS (CHEERLEADERS, PEP CLUBS, BAND):

- Establish themselves as leaders in your conduct before, during, and after contests and events. Always provide positive support.
- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies with preparation, organization, and involvement.
- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.
- Conduct themselves in an exemplary manner. Remember, you represent your school-both home and away.
- Respect the integrity and judgment of game officials. Do not question an official's call.
- Refrain from cheers which downplay the opponent or which use profane or abusive language.

SPECTATORS:

- Remember that school athletics are learning experiences for students and that mistakes will be made. You would not jeer a student who makes a mistake in the classroom; why is an athlete an exception?
- A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would a guest in your own home.
- Respect the integrity and judgment of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games and afterwards on or near the site of the event (i.e. tailgating).
- Refrain from cheers which downplay the opponent or which use profane or abusive language

FAN CODE OF CONDUCT

The North Canton City School District, in association with the Ohio High School Athletic Association and the Federal League Athletic Association promotes interscholastic events and sportsmanship. Sportsmanship is an essential part of any athletic contest and is expected from fans as well. Our behavior should be positive, respectful, and encouraging. As a parent, do not embarrass your son/daughter or the school district by acting inappropriately or saying something that is inappropriate. Nothing is more embarrassing for an athlete than to witness his/her parent(s) acting in an inappropriate manner.

Participants and responsible adults involved in Board approved activities are expected to demonstrate the same level of responsibility and behavior at competitions and practices as is expected in the classroom. The Board further encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process and in all segments of the community, including participants, coaches, fans, spirit groups, and support/booster groups.

Failure to comply with these principles and/or ejection from an athletic contest (ejection by an official, administrator, etc.) may result in the further sanctioning of attendance at athletic events by NCCS administration and/or the Federal League.

NORTH CANTON CITY SCHOOLS CODE OF CONDUCT POLICY

TRAINING RULES & REGULATIONS ATHLETIC DEPARTMENT POLICY:

Training rules are a matter of self-discipline. The best performance an individual is capable of producing comes only when an athlete is willing to sacrifice his/her time and effort toward a conditioned training program, which will ultimately help discipline his/ her daily habits during his/her lifetime. It is also understood that the use, possession or distribution of drugs, alcohol and/or tobacco is an illegal activity and will not be tolerated in the North Canton City School's athletic program. Students who voluntarily participate in the athletic programs in North Canton City Schools have a responsibility to understand that not only do they participate to enhance their personal growth and accomplishments, but they also represent the entire North Canton community when they engage in interscholastic competition. Therefore, student athletes must be willing to conform to a set of rules and exceptions that may be different from those placed on other students.

It must be remembered that *participation in extracurricular activities is not a right but a privilege* that may be regulated. Therefore, all students who participate in interscholastic athletics in grades 7-12 must meet the following regulations. Regulations concerning the extracurricular activities will be in effect at all times, including summers, while the student is enrolled in Grades 7-12 in the North Canton City Schools. The North Canton City School District reserves the right to determine the status of transfer students and other students entering the school system from other districts/schools who may have been involved in an extracurricular code of conduct violation at a previous school/district.

The policy shall be in effect beginning with the first day of school in 7th grade or the 1st official practice prior to the start of 7th grade. The policy is in effect 365 days per year, 24 hours per day. Violations at grades 7, and 8 shall not carry over to high school; however, the consequences of that violation must be completed prior to any participation in a high school sport. Violations in grades 9-12 shall be cumulative.

Any student-athlete who is involved in a legal matter may be withheld from participation on a team at the discretion of the school administration. This may supersede the penalties listed below.

POLICY REGARDING CHEMICAL ABUSE:

A student involved in athletics in grade 7-12 shall not at any time possess, use, sell, deliver, conceal, consume or be under the influence of any drugs of abuse including alcohol, tobacco, tobacco-related products, illegal drugs, controlled narcotics, intoxicants, steroids, or other performance-enhancing drugs, or any substance that is directly or indirectly represented to be a drug of abuse (or look alike). Athletes shall not possess, use, sell, deliver, or conceal any instruments of paraphernalia for use with drugs of abuse. Use of drugs as authorized by a physician, or wine consumed as part of a religious or family ceremonial occasion, shall not be considered in violation of this policy.

VOLUNTARY ADMISSION:

A voluntary admission occurs when a student and/or parent admits to a violation of the policy prior to a school official, coach, advisor, or law enforcement official being aware of any information regarding a violation of this policy by the student. Voluntary admission does not apply when there is a deliberate attempt to circumvent the first offense step following a violation. Voluntary admission will require professional assessment (at the student's expense) and participation in the Insight program or its equivalent. The Voluntary Admission policy may only be used one time during a student's athletic career (grades 7-12).

FIRST OFFENSE:

Participation on any athletic team is denied for 12 months from the date of the violation. Participation may be reinstated by completing the following measures:

- Loss of participation in the assigned number of contests for Violation #1 (See Chart Below)
 - Students may practice and attend team events at the discretion of the coach
 - If the violation occurs out of season, the loss of participation will take effect in the next season played
 - If the penalty is not fulfilled, it will carry over to the next season of participation
 - Only sports that the student-athlete previously participated in may be used to fulfill this penalty and the student-athlete must complete the season
- Prior to returning to competition or within 30 days (whichever is first) the student must complete a professional assessment and attend the Insight program or its equivalent, as scheduled by the school.

SECOND OFFENSE:

Participation on any athletic team is denied for 12 months from the date of the violation. Participation may be reinstated by completing the following measures:

- Loss of participation in the assigned number of contests for Violation #2 (See Chart Below)
 - Students may practice and attend team events at the discretion of the coach
 - If the violation occurs out of season, the loss of participation will take effect in the next season played
 - If the penalty is not fulfilled, it will carry over to the next season of participation
 - Only sports that the student-athlete previously participated in may be used to fulfill this penalty and the student-athlete must complete the season
- Prior to returning to competition or within 30 days (whichever is first) the student must complete a second professional assessment and attend the Insight program or its equivalent, as scheduled by the school.
- Student agrees to submit (at student expense) to random drug/alcohol screenings during the twelve-month period following the violation. The student may be required to undergo up to six drug/alcohol screenings.

THIRD OFFENSE:

Participation on any athletic team is denied for the remainder of school attendance in the North Canton City Schools. This includes practice and team events.

Student-Athlete Code Violation Chart

Sport	Max. Contests	1st Violation	2nd Violation
Baseball	27	8 contests	14 contests
Basketball	22	7 contests	11 contests
Bowling	24	7 contests	12 contests
Cross Country	16	5 contests	8 contests
Football	10	3 contests	5 contests
Golf	20	6 contests	10 contests
Gymnastics	14	4 contests	7 contests
Lacrosse	18	5 contests	9 contests
Soccer	16	5 contests	8 contests
Softball	27	8 contests	14 contests
Swimming & Diving	16	5 contests	8 contests
Tennis	22	7 contests	11 contests
Track & Field	16	5 contests	8 contests
Volleyball	22	7 contests	11 contests
Wrestling*	20	6 points	10 points

*Wrestling is determined by points not matches

ATHLETIC DEPARTMENT POLICIES AND PROCEDURES

An athletic code of conduct is the first step in assuring fairness in student-athlete discipline matters in regards to extracurricular activities. The following policies apply to all interscholastic student-athletes enrolled in the NCCS. These and all training rules, policies, and procedures are in effect during the season as defined by the NCCS's Board of Education (the first official practice, as defined by the OHSAA, through the team banquet or awards ceremony). Questions regarding interpretation of these rules, policies, and procedures should be brought to the Director of Athletics for clarification.

1. In order to begin participating on an athletic team (practice or contest), a student must have an updated athletic packet on file with the Director of Athletics. This packet must include a properly signed OHSAA physical examination form, insurance release form or a student insurance application and payment form, and Emergency Medical form. The athletic packet must be signed by the student/athlete and his/her parent/guardian, showing that they have read and understand all the materials including OHSAA eligibility information handouts and North Canton Hoover High School athletic policies and procedures.
2. Athletes and parents must complete and turn in all applicable paperwork in the provided student/athlete packet prior to the first day of the official start of practice.
3. Opening, maintaining, and securing the building for practice during days when school is not in session is the responsibility of the coach in charge.
SPECIAL NOTE: FOR SAFETY AND LIABILITY REASONS, NO STUDENT/ATHLETE IS PERMITTED IN THE BUILDING AT ANY TIME FOR ATHLETIC PURPOSES UNLESS UNDER THE DIRECT SUPERVISION OF A BOARD-APPROVED COACH. AT NO TIME ARE KEYS TO SCHOOL BUILDINGS/FACILITIES/GROUNDS TO BE DISTRIBUTED/USED BY ANYONE OTHER THAN BOARD-APPROVED COACHES.
4. The use of the gym for all sports should be scheduled through the Director of Athletics.
5. On days when school is canceled or school is let out early, for any reason, all practices and all games at the middle school level will be canceled.
6. If a player takes a planned vacation with his/her parents/guardians, that player is not to be dismissed from the team. However, the player will be subject to any team rule as it pertains to vacations. Students, parents, and coaches should discuss the situation prior to the vacation.
7. Only team members are permitted to be on the bench during an athletic contest. Team members include the following: coaches, trainers, scorekeepers, statisticians, managers, and the team physician.
8. Fund raising in support of athletic programs must be approved by the Director of Athletics and the Principal and then must be forwarded to the Treasurer's office.
9. All students shall receive a copy of the code of conduct requirements that are adopted by the Board of Education. All students must follow the guidelines listed in the code of conduct. The head coach in each sport shall provide the athletes, their parents, and the Director of Athletics with a copy of team rules, which apply to that particular sport prior to the first day of practice.
10. All athletes and coaches shall follow all OHSAA guidelines.
11. Athletes participating in a sports season cannot participate in an organized practice of another season's school sponsored sport unless the coach of the in-season sport has granted permission.
12. All injuries that require medical attention should be recorded by the head coach and reported to the school's athletic trainer for referral. Coaches should report all serious injuries to the Director of Athletics/Principal within 24 hours.
13. Sunday practices and/or open gyms are not permitted for school-related teams unless the Director of Athletics or the building Principal has granted special permission.

14. Coaches/advisors are responsible for managing individual sport specific team policies (curfews, dress, tardiness, game and practice conduct, etc.). Team rules must be turned in to the Director of Athletics prior to the start of the season. Coaches may refer students to the Director of Athletics or Building Principal for violations of the student handbook or Board of Education policies.
15. An athlete in grades 10-12 must decide to come out on the first day of the OHSAA's official start of the athletic season beginning with pre-season tryouts/practice in which he/she wishes to participate unless there are extenuating circumstances as determined by the administration (transfer, illness, cut from another team, etc.).
16. Athletes must attend all practices and games unless excused by the coach of the team. The coach will determine specific penalties for violations as a part of the team's individual policies.
17. A student/athlete who quits or is removed from a team after five days from the official start of practice will not be permitted to try out for another sport during the same season or prepare for another sport until the sport season the athlete quit or was removed from has concluded, unless extenuating circumstances exist as determined by the administration. A student/athlete cut from one sport may join another sport during the same season. Coaches will make cuts in a timely manner.
18. Any athlete issued uniforms/equipment shall be held responsible for their care. Failure to turn in assigned uniforms/equipment will result in a charge for the items lost. Payment shall be based on the cost of replacing the uniform/equipment. An athlete who owes for the lost uniforms/equipment will not receive his/her awards and will not be permitted to participate in another sport until all obligations are met. Seniors who owe for athletic uniforms/equipment will not be allowed to go through graduation ceremonies unless their obligations are met.
19. No student shall plan, encourage, or engage in any hazing activities. Hazing is defined as committing an act or coercing another into an act that causes or creates substantial risk of physical or mental harm to any person. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.
20. All athletes must ride the bus going to and coming from athletic contests. The coach may give the student/athlete permission to ride with a parent from an athletic event under "special" circumstances. The student athlete's parents must notify the coach in writing of the request to take their son/daughter with them. Athletes will only be released to the student's parents and will not be released to any other party without written consent of both parties involved.
21. A student who is serving an out of school suspension or expulsion is ineligible for any athletic participation (practice or contest) during the days of the suspension. A student athlete who has completed the term of his/her suspension/expulsion is eligible to participate on the day following the date of the completion. If completion of that suspension/expulsion falls on a weekend, the student athlete will remain ineligible for that weekend's competition or practice.
22. School penalties for misconduct are in addition to those imposed by the Athletic Department.
23. An athlete who is dismissed from a team or quits a team will forfeit all awards for that sport.
24. Any student who is academically ineligible is allowed/permitted to participate in practice, but is not allowed/not permitted to participate in any way with the team in a contest.
25. The athletic department will coordinate and publicize college signings for student-athletes who receive **athletic scholarships**. Student-athletes should work with their head coach to arrange these events.

PARENT- COACH COMMUNICATION GUIDELINES

We are very pleased that your son/daughter has chosen to participate in the interscholastic athletic program of the North Canton City School District. A goal of the Athletic Department is to provide our athletes with the best environment in which their sport experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved. These communication guides should help coaches, parents, administrators, and athletes communicate more effectively.

WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- Philosophy of the coach
- Expectations the coach has of your child and the team
- Locations and times of all practices and contests
- Team Requirements. For example: fees, special equipment, eligibility, attendance, off-season conditioning, etc.
- Procedure to follow should your child become injured during participation
- Requirements to earn a letter

WHAT COACHES SHOULD EXPECT FROM PARENTS:

- Concerns should be expressed privately and directly to the coach first.
- Notification of any schedule conflicts should be made well in advance.
- Specific concerns should be expressed that are directly related to the program.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

As your child becomes involved in the various programs at the North Canton City Schools, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that these also may be times when things do not go the way you or your child wishes. At these times discussion with the coach may be desirable to clear up the issue and avoid any misunderstandings. Listed below are examples of issues that are appropriate for discussion.

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

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

- Playing time/Position assignment
- Team strategy/Play calling
- Matters concerning other student athletes

PROCEDURE TO FOLLOW IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH:

There are situations that may require a conference between the coach and parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue.

- Call to set up an appointment.
- If the coach cannot be reached in a reasonable amount of time, call the Director of Athletics, and he will arrange a time on your behalf.
- Important: Please do not attempt to confront a coach before or after a contest or practice session. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and even may escalate the issue.

THE NEXT STEP:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be determined.

CHAIN OF COMMAND:

The NCCS in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication if you elect to pursue any concern you may have regarding the athletic program:

- Assistant Coach or Head Coach
- Athletic Director
- Building Principal
- Superintendent

We hope that the information provided in this section will help you and your child to have a rewarding and enjoyable athletic experience.

ATHLETIC AWARDS

- All awards must conform to the standards established by the OHSAA.
- The head coach will submit a list of award winners to the Director of Athletics after the season has ended.
- All student athletes must have conformed to state and local eligibility rules, conducted themselves in a sportsmanlike manner, returned all uniforms and equipment issued to them, and conformed to the NCCS's Athletic Code of Conduct in order to be eligible for an award.
- In the event a student athlete is injured during the season and can no longer participate, he or she would be eligible for an award based on the recommendation of the head coach.
- The guidelines for lettering in an individual sport will be included in team rules and will be determined by the head coaches in communication with the Director of Athletics. These qualifications for a letter will be communicated before the start of the season.
- Presentation of awards is to take place at the conclusion of each sport season at a sports banquet.
- Awards will be presented as follows:

Non letters	=	certificate
1st year varsity	=	letter/pin
2nd year varsity	=	certificate/pin
3rd year varsity	=	plaque/pin
4th year varsity	=	plaque/pin

ATHLETIC DEPARTMENT COMMUNICATIONS

High school athletics concerns:

Tim Walker, Director of Athletics
North Canton Hoover High School
(330) 497-5660
walkert@northcantonschools.org

Middle school athletics concerns:

TBA, Middle School AD North
Canton Hoover High School (330)
497-5620
pearej@northcantonschools.org

Athletic Office hours of operation:

M – F = 7:15-3:00.

METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)

What are typical symptoms of MRSA?

Common signs of a skin infection include redness, warmth, swelling and tenderness. Often a MRSA infection will look like a spider bite, boil, abscess, or pimple. If left untreated, it could progress into a more serious illness.

How is MRSA spread?

In outbreak situations, the environment has not played a significant role in the transmission of MRSA. Studies have shown that skin-to-skin contact, direct contact with infected wound drainage, or contact with contaminated surfaces or things such as sports equipment are the likely transmission source. MRSA skin infections are not spread through the air.

How can student-athletes protect themselves?

- Shower thoroughly with soap and water immediately after participating in a direct contact sport.
- Always wash hands with soap and water or use alcohol-based hand rubs.
- Use a clean, dry towel each day. DO NOT leave towels in lockers overnight.
- DO NOT share towels, soap, razors, or any other personal care items.
- DO NOT share antibiotics or ointments.
- Wash all cloth equipment a minimum of once a week. Soiled and/or damp clothing should be washed daily.
- Non-cloth equipment should be taken home and disinfected with a commercial disinfectant.
- Scrapes and cuts should be cleaned and covered immediately. The wound must be covered until completely healed. ALL WOUNDS should be examined daily by the coach and/or trainer.
- In the event medical attention is required, the coach must be made aware of the doctor's visit and a copy of the medical report be given to the coach prior to resuming an athletic activity.
- It is IMPERATIVE that all bandaging be disposed of properly. Do not throw bandaging on the floors or on the playing surface. Place all bandaging in waste containers.
- Never leave equipment on floors. Place all equipment in lockers.

We share your concerns about the health and safety of our students. Please learn more about MRSA by visiting the Ohio Department of Health's website at www.odh.ohio.gov

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not "feel right."*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>

ATHLETIC TRAINING

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Hours

- Office in the Fieldhouse training room (Fall & Spring) & the gym training room (Winter)
- Daily injury-check on school days/practice coverage from 1:30-7:00pm on non-game days.
- ALL HOME JV/Varsity regular season games

What if my child gets injured?

- If your child gets hurt and it is an emergency, please take them to the nearest Stat Care or E.R.
- If it is not an emergency, have the student follow up with me on the next school day
- A copy of any paperwork from the hospital must be given to me in order for an athlete to return to play.

ImPACT Testing

- Stark County has adopted ImPACT testing as part of their return to play protocol for concussions.
- In the event a concussion is suspected, the athlete must be removed from play, and follow up with me is required.
- The athlete may not return to play until he/she has been cleared by a doctor.

MRSA/Staph Infections

- In an effort to reduce the risk of MRSA/Staph infections, we encourage all student athletes to:
 1. Take a post-practice shower, clean all cuts and scrapes.
 2. Cover wounds before practice.
 3. Wash all practice equipment/clothing frequently
 4. Wash hands regularly
 5. Avoid sharing personal items
 6. Practice good personal hygiene overall

Any suspicious looking rashes, cuts, etc. must be reported to the Trainer.