

2019-20 INFORMATION HANDBOOK

GRANDVIEW HEIGHTS
ATHLETICS INFORMATION HANDBOOK

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GRANDVIEW ATHLETICS

Grandview Heights Schools

Information Handbook

This handbook is provided to answer many of the questions that parents and students might have about participating in athletics at Larson Middle School and Grandview Heights High School. We attempt to have consistent policies in all sports, although there are some minor differences in team rules and expectations.

**Philosophy**

Our athletic program shall promote the development of scholarship, sportsmanship, leadership, competition, and the individual potential and wellness of student athletes. These experiences are important in the education of young people in Grandview Heights Schools.

**Participation and Playing Time**

Emphasis on the lower level teams (7th and 8th grades, freshmen, junior varsity) is on player development and preparing players and teams for success later in their careers rather than simply winning games. Every effort will be made to field competitive, winning squads at the varsity level.

Our athletic programs aim to include young people in participation; however, there are times when decisions regarding team selection are necessary. When cuts must occur, the students trying out are informed of the criteria and when those decisions will be made. Coaches will provide each athlete not selected for a team with an explanation for the decision. Such a discussion will take place in an individual setting.

Team selection and subsequent playing time is determined by student athletes’ skill level, attitude, and work ethic of the individual as well as team needs and roles. The coach decides playing time and position. Coaches are expected to place student athletes in situations where they will be successful. This philosophy does not mandate or imply that players will receive equal playing time or that all students will play in every game.

**Teams Offered**

The following sports teams are offered at Larson Middle School (LMS):

**Fall** Football

 Cross Country - boys and girls

 Soccer - boys and girls

Volleyball-girls

 Cross Country - boys and girls

 Cheerleading

**Winter** Basketball - boys and girls

 Wrestling

 Cheerleading

**Spring** Track - boys and girls

 Baseball - Boys

 Softball - Girls

The following sports teams are offered at Grandview Heights High School (GHHS):

**Fall**  Cross Country - boys and girls

 Football

 Golf - boys

 Soccer - boys and girls

 Tennis - girls

 Volleyball - girls

 Cheerleading

**Winter**  Basketball - boys and girls

 Bowling - boys and girls

 Swimming - boys and girls

 Diving - boys and girls

 Wrestling

 Cheerleading

**Spring** Baseball – boys

 Softball - girls

 Tennis - boys

 Track & Field - boys and girls

**IMPORTANT PARTICIPATION INFORMATION**

**Eligibility**

Residency Eligibility. A student must be currently enrolled in Grandview Heights Schools in order to participate on one of our sports teams. (Some exceptions granted by OHSAA Rules).

Academic Eligibility

1. Grading Period to Grading Period. By OHSAA by-law, in order to participate in athletics at the 7th and 8th grade level, a student-athlete must pass a minimum of five classes during a nine weeks to be eligible for the net nine weeks.

In order to participate in athletics in grades 9-12, a student-athlete must have a minimum of five credits (or equivalents) during the nine weeks to be eligible for the next nine weeks. \*\*Note: Physical education is not an “equivalent” as it receives only a one-fourth credit.

 Grandview Weekly Standards. During an athlete’s season, he/she must meet weekly academic standards in order to compete in that week’s contests. Weekly eligibility runs Tuesday through the following Monday.

Grades 7-12. A student athlete must not be failing more than one (1) credits. A one-week grace period is allowed for the first time an athlete falls below those standards. A student who falls below these standards a second (and succeeding) time is ineligible for that next week’s contests. Students may be in “grace” one time during a 9-week grading period. Students are allowed to practice and travel with their team to contests during the time they are academically ineligible, but they are not to be dressed in uniform at that week’s contests.

Regaining Eligibility. A student ineligible under this rule must raise at least one of the failing grades to a “D” or above on the next week’s academic check to regain eligibility.

**Attendance**

Students are expected to be in attendance at school in order to participate in that day’s practices and contests.

**Grades 7-8.** Participants in extracurricular activities must attend school for a minimum of a half of a day to participate in any event, including practices. Exceptions will be made for excused absences that do not exceed four class periods or by administrative approval.

**Grades 9-12**.  Participants in co-curricular or extracurricular activities must attend a full school day, arriving no later than 20 minutes into the first scheduled period.  For an 8:00 am start time, students would need to arrive by 8:20 am to participate in any event unless they have an excused absence.  Students who arrive after the 20-minute mark on the day of a game/ match/ event will not be permitted to participate – including practice – unless they are excused or receive special permission from the principal, assistant principal, or athletic director.  Students assigned out-of-school suspension may neither practice nor participate in school events on the day(s) of suspension.

**Activity Code of Conduct**

The Board of Education has adopted the Activity Code of Conduct to encourage students to choose healthy and lawful alternatives and to ensure that the school district is represented by law-abiding and drug-free and alcohol-free students in the extracurricular activities it offers. The Board recognizes that these students represent the school district and community in highly visible public settings and, therefore, have responsibilities as a student athlete to adhere to the Activity Code of Conduct.

Coaches review the Activity Code of Conduct with their teams at the beginning of the season. Highlights of the Code are reviewed with athletes’ parents at the Sports General Session, presented by the Athletic Director. An athlete must have on file an Acknowledgment of Activity Code of Conduct and Risk of Injury form signed annually by the athlete and his/her parents before competing in a contest. The Code and Acknowledgment form are provided to each athlete prior to the start of the season, are available at the Athletic Office, and are accessible online at ghathletics.org. The Code also appears in the Appendix of this handbook.

**Health & Injury And Other Athletic Policies**

**Current Physical:** An annual Pre-Participation Physical exam is required before an athlete is allowed to tryout or practice with an athletic team. These Pre-Participation Physical forms are to be completed by a physician and signed by parent and student and on file in the Athletic Office. These forms are available at the Athletic Office located inside GHHS, in the LMS office, in the GHHS office and via the athletic website ghathletics.org. A physical is valid for 13 months from the date of the exam by the physician.

**Emergency Medical Release:** Each athlete must provide updated Emergency Medical information, which provides accurate phone numbers for contacting parents in case of injury or emergency and authorizing emergency medical treatment. These can be completed digitally on https://ghcsd.8to18.com prior to the beginning of the season. This information must be accessible through 8to18 by the athletic department and coach on the first day of practice.

**Concussions**: Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest ***and*** shall not return to play until they have been cleared ***with written authorization by an appropriate health care professional.***

**Baseline Neurocognitive (Concussion) Testing (OPTIONAL):** Baseline neurocognitive (concussion) testing is an important aspect of concussion management. The baseline test is provided through our relationship with Nationwide Children’s Hospital Sports Medicine free of charge. The test takes approximately 10-15 minutes per athlete and is completed on the computer before or during pre-season. It measures things such as memory, reaction speed, and cognitive processing so that we have normative values for each athlete. If an athlete were to sustain a concussion, we can test him/her again to make sure the athlete returned to baseline neurocognitive function so we can safely return him/her to school and sports. The test needs to be updated once per year.

Testing sessions will be arranged for the following high concussion risk sports: Football Basketball, Softball, Soccer, Wrestling, Baseball, and Volleyball

Testing is not mandatory; however, all athletes in the listed sports must submit a permission form either accepting or declining the testing. This form is good for the student-athlete’s entire athletic career at LHS unless rescinded by the parent/guardian in writing. If your student-athlete is in a sport not listed here and you would like to have him/her tested, please contact the athletic trainer to arrange testing.

These tests are important in helping return an injured athlete to participation!!! We need YOUR help in the following:

- Please ensure that your athlete turns his/her permission form in on time.

- Please ensure that your athlete attends testing on the specified day and time assigned to his/her team. (And if there is a conflict, that he/she contacts the athletic trainer directly ASAP.)

- Please encourage you athlete to focus while taking the test and try his/her best. (If inadequate effort/attention is given, an “invalid” test could result, meaning he/she will have to take it again which is an inefficient use of time for them, you, and us.)

Nationwide Children’s Hospital Sports Medicine has a multitude of web resources! Please visit www.nationwidechildrens.org/sports-medicine or call (614) 355-6000.

**Athletic Training Services**: Licensed Athletic Trainer services are provided through our contract with Nationwide Children’s Hospital. Generally, the trainer is on duty from 3 p.m. until 6 p.m. at the training facility at the stadium during the fall and at the training room off the breezeway hallway of the high school during the winter. The trainer also covers home varsity contests. Injuries are to be reported immediately to the trainer who also serves as a liaison with parents and the school’s team physician. All coaches are certified in basic first aid and CPR. In decisions involving treatment of athletic injuries and ability to participate in practice/games, the athletic trainer’s decision will take priority over a coach’s decision.

**Team Physician**: Dr. Tom Pommering is our team physician. Dr. Pommering will make weekly visits to the training room during the fall season to evaluate athletes’ injuries and progress. He will be available during the winter and spring seasons on an as-needed basis through the Athletic Trainer.

**Wellness Center:** Nationwide Children’s Hospital provides a nationally certified strength and conditioning coach for students and athletes in the Wellness Center. Coaches will arrange training sessions for their teams in conjunction with the strength coach. During the school year the wellness center hours are 7-8am and 3-5pm.

**Insurance**: The district does not provide insurance coverage for student athletes. Families are responsible for such coverage. If you are in need of affordable coverage in place of, or to supplement, family health insurance, you may take advantage of the program run through N. Carol Insurance Agency (614-486-1666). A form is available at each school office and in the Athletic Office.

**Required Parent Meeting**

**OHSAA Pre-Season General Session for Sports Parents**: Parents are required to attend at least one Sports Parents General Session presented by the Athletic Director each year. Parents should attend the General Session prior to the season in which their son or daughter is participating. For example, if your son is a soccer player, the parent should attend the Fall Sports Parents General Session in August. If your son is a soccer player and a baseball player, the parent need only attend the Fall Sports Parents General Session.

Coaches may conduct parent meetings for that season’s specific sports prior to the start of the season. Parents are expected to attend those meetings to meet the coaches and receive important information about the season and expectations.

**Expenses**: Efforts are made to keep expenses at a reasonable level for participants. Team members are provided with uniforms funded by the Athletic Dept. and/or The Bobcat Boosters. Students are expected to provide appropriate shoes and undergarments for the sport and appropriate practice gear.

**Practices and Contests:** Practice times for teams are determined by facility availability and coaches’ availability. The winter season presents the most challenges; efforts are made to have MS students done with weekday practices by 8:30 pm and HS students done by 9:30 pm.

**School Closings and Athletic Practices/Events:** If school is canceled for weather-related reasons, middle school teams will not hold practices or play scheduled contests. High school teams may be allowed to practice or played scheduled contests. The Principal and Athletic Director will make that decision.

**Game Cancellations:** The spring season is heavily dependent on weather conditions. Games are sometimes changed due to field conditions. If field conditions are not playable at one site, then the game may be changed to the opposite school’s site. The “target” time for making these weather related decisions is 2 pm. Practices/games may need to be canceled at the last minute, so alternative arrangements for students to go home after school may be necessary.

**Athletics Web Site:** Schedules and Directions**:** Available on the Athletic website - <https://ghathletics.org/>

To get the most out of the site, please add ghatletics.org to your home screen on your phone.. For easy access to calendars. All schedule updates will be put on ghathletics.org (ie: cancellations, date changes, etc.)

Remember to also follow Grandview Heights Athletics on Twitter @GHAthleticDept and on Facebook (search for Grandview Heights Athletics).

**Scheduling Conflicts**: Efforts are made to coordinate activity scheduling throughout the school district. However, conflicts sometime arise between academic and athletic events that require students to make a choice. If compromise is not possible between the two events, the academic events will take priority and athletes will not be penalized for missing an athletic team practice or game. Students are expected to communicate conflicts with their coaches and teachers well in advance of the event.

**Transportation:** All sports teams will travel to contests by school bus or school van. Generally, no students are permitted to drive to contests. Appropriate behavior is expected of all athletes during transport to maintain safety. The bus company and the coach determine the consumption of food or drink on the bus. Travel time and bus availability determine how long before a scheduled game the bus departs.

Under unusual and infrequent circumstances, a student is permitted to travel with his/her family member. That permission is to be arranged prior to the game through the Athletic Office via written notice (e.g., email to the athletic dept. & coach). That student must notify the coach before leaving the contest with his/her family. Parents may not transport any student other than their own child/children.

**Equipment / Uniforms:** Theseare issued to each athlete who has been selected to an athletic team. Athletes and their family are responsible for the care, cleaning, and security of these items. Any costs for lost, stolen, or damaged equipment/uniforms will be charged to the student at the replacement rate. Students are responsible for turning in equipment/uniforms within one week of the last contest. Equipment/uniforms for a different season will be not issued to a student until s/he has met the equipment/uniform obligation from a previous season.

**Sportsmanship:** Positive sportsmanship is expected of all coaches, players, and spectators. Sportsmanship includes cheering positively for your own team and playing within the rules of the game, not cheering against other teams, coaches, and officials, and not arguing with officials’ calls. The reputation of the school and community is on display every time a game is played.

Expectations of spectators include but are not limited to:

1. The use profanity will not be tolerated at practices or games.
2. The “riding” of officials, excessive questioning of their calls, or directly approaching an official in any way to express your dissatisfaction will not be tolerated at games.
3. Inappropriate cheers will not be allowed.
4. When an injury occurs to an opposing player, do not celebrate it with cheers, etc. Have the courtesy to applaud as an injured athlete leaves the field.
5. An opponent, their fans, or their coaches being unsportsmanlike does not give us permission to behave in the same manner.
6. Show your “Bobcat Pride”!

Please report unsportsmanlike behavior during a contest to a school official.

**Admission Prices:** The Mid-State League sets ticket prices for all league members. Varsity and junior varsity games are $6 for adults and $4 for students. Middle school games are $5 for adults and $3 for students. Our high school and middle school wrestling invitational and track invitational are special events with a special admission rates.

The Bobcat Boosters offer a Bobcat Club pass for adults and family members which entitles a Bobcat Club member to admittance to all home athletic events during the school year. Cost is $100 for a single adult membership, $150 for a double adult membership, and $25 for each child. Student only passes are also available.

Go to <https://www.bobcatboosters.org/>

**Golden Buckeye** cardholders are admitted free to all regular athletic events, which are held here at Grandview (LMS and GHHS).

**End Of The Season Awards**

Individual varsity teams are required to hold their own team banquet or meeting at the end of their sport’s season to distribute varsity letters and awards. This meeting is optional for middle school teams. All varsity letter and award winners will be publicized on ghathletics.org. At the middle school level, each participant will receive a certificate of participation for that season.

**Varsity Letters:** At the high school level, participants are eligible to earn a letter (G) if they have met the level of expectations set forth by the coach. Typically, those expectations include participation in at least half of the varsity contests. Coaches can propose exceptions to that standard to the Athletic Director for approval.

**Scholar Athlete Awards:** A student athlete can earn a Scholar Athlete Award if (s) he letters in that sport and has at least a 3.5 cumulative grade point average.

**Off Season And Club Play**

Club or recreational play is prohibited by OHSAA rules during the competitive school season. For example, a softball player who is on her school team can only play and practice with her school team during the season; she cannot tryout, practice, or play with a club team during the school season. Individual sport participants (e.g. swimming, track) have more flexibility to participate on an outside team. Please inform the AD of any outside teams or meets you plan to participate in.

In addition, there are OHSAA rules in the off-season that restrict how many athletes from the same school team may participate on a club or recreational team. Penalties for violations of these OHSAA rules can mean ineligibility for the player or the entire school program. Please contact the Athletic Director with specific questions.

School coaches are restricted to very specific contact periods during the summer and off-season by the OHSAA. In general, coaches are allowed 10 contact days during the summer (i.e., June and July) off-season with athletes. This is when most camp, clinics, etc. for the various sports take place.

**Individual Instruction:** Coaches can work with 4 students or less outside of their season to teach individual instruction. Football can work with 7 or less. These sessions cannot occur during OHSAA mandated non-contact periods.

**Open Fields:**  Students can gather in gyms or fields to play their sports at any time. A coach cannot mandate the open fields. A coach can be present but cannot engage in any coaching during these sessions.

**Miscellaneous**

**Volunteers:** Adult volunteers are needed in almost every season to help with game management. Taking game statistics, videotaping contests, line judging in volleyball, sideline “chain gang” for football, timing/measuring for track and field events and representing teams in Booster activities are times when generous assistance from adults is greatly appreciated. The Grandview Heights Board of Education must approve volunteer coaches who work with students in a supervisory or teaching status before they are allowed to work with students.

Pictures. Picture day for each season is set by the Athletic Department. A photography studio will take team and individual pictures; various packages are available for purchase. The photography studio for the school yearbook provides copies of the team pictures.

**Communication**

Coaches of each sport have established reasonable rules and expectations for the student athletes on their teams. Coaches are expected to make decisions that are in the best overall interest of the team. The coaches determine playing time, positions, level of play, game strategy, and practice routines.

If a parent or student would like to discuss any issues, please follow these steps:

1. Contact the coach directly to arrange a time to talk. Do not approach the coach during a practice, or immediately before, during, or after a game.
2. Act and talk appropriately and respectfully. The coach is expected to do the same.
3. Do not contact the athletic director or other school administrator until you have spoken with the coach.
4. If meeting with the coach does not resolve the issue, contact the Athletic Director to arrange a meeting.

**A Final Thought**

We all hold responsibilities in working towards a positive experience for the young people of Grandview Heights City Schools as they participate in our athletic programs. The following guidelines were developed from a series of meetings of administrators, parents, and students.

**Appendix 1:**

**GHS ACTIVITY CODE OF CONDUCT**

Students in grades 7-12 who participate in extra-curricular activities are held to a higher standard of responsibility and conduct. They are representatives of their school, Grandview Heights Schools, and the Grandview Heights/Marble Cliff community.

Grandview Heights Schools recognizes that the use and abuse of tobacco, alcohol, and other drugs has a negative effect on learning, behavior, athletic development, and performance. The Board of Education and the staff of the school district encourage students to choose healthy, lawful activities. This Code of Conduct has been developed to ensure that the school district is represented by law-abiding, tobacco, drug, and alcohol-free students in the activities it offers. As extra-curricular activities are a privilege and not a right, all students participating in extra-curricular activities shall agree to be tobacco, alcohol, and drug-free.

**Definitions**

1. Extra-Curricular—Any school sponsored activity that is not part of the graded course of study. This includes, but is not limited to, athletics, clubs, school-sponsored trips, and other school related activities.

2. Co-Curricular—Any activity or contest that is required and is directly related to the graded course of study, including, but not limited to Band, Singers, FIRST, etc.

3. Sports Season—The time from the first practice as recognized by OHSAA until the final contest or awards ceremony (whichever occurs last).

4. Leadership Position—Any appointed or elected position. These include but are not limited to officer of a class or organization, captain/co-captain of a team, student council, or camp counselor.

5. Assessment—A program operated by a certified chemical dependency counselor, a licensed physician trained in chemical dependency or a mutually agreed upon provider.

**Agreement**

All participants of extra-curricular activities agree to not possess, use, sell, or distribute tobacco, alcohol, non-prescribed or illegal drugs, misuse prescription drugs or over the counter medications, or body altering or performance enhancing chemicals such as steroids.

**Violations Of Agreement**

**Self-Referral Opportunity**

In recognition that peer pressure is a powerful force and that learning occurs through experience, there is an understanding that errors in judgment are part of the learning process. Taking responsibility for these errors in judgment is also an important part of learning. Therefore, the following Self-Referral Opportunity is available to our students.

Self-referral must occur before any discovery of violations by school personnel. The student may use self-referral once. Self-referral cannot be used if the student has been found to be in violation of any provision of this policy at any other time.

Students have the opportunity for a self-referral procedure to seek information, guidance, counseling, and/or assessment in regard to the possession or use of tobacco, alcohol, and other drugs. The student or immediate family members may make self-referrals.

If the self-referral is made due to use or possession of alcohol or drugs, an appointment for assessment and/or the Saturday Family Workshop must be made within one week. The cost of this assessment will be the responsibility of the student or the family of the student.

If the self-referral is made due to use or possession of tobacco, an appointment to attend a smoking cessation workshop must be made within one week. If verification is not made with the principal or the principal’s designee within one week, the violation will be considered a first infraction with applicable consequences.

**Interscholastic Athletics – Violations and Consequences**

**First Violation**:

* Loss of 100% of current season contests, or
* Student and parent/guardian attend the Saturday Family Workshop or similar principal-approved educational/counseling program, and the student completes 20 hours of community service at an approved location, the consequence will be a loss of 20% of the current season.

**Second Violation**:

* Loss of 100% of current season contests, or
* Families may opt to have a principal-approved drug and alcohol assessment completed. If the assessment is completed, and the student athlete completes 40 hours of community service at an approved location, consequences will be a loss of 50% of the current season.

**Third Violation**:

* Loss of Athletic Eligibility for one calendar year.

NOTE: If the percentage of lost contests cannot be fulfilled during the current season or if the student is not currently involved in interscholastic athletics, the remaining percentage of contests will be lost during the next sport season in which the student-athlete participates for the entire season.

Scrimmages and tournament games do not count toward the calculated percentages; only regular season games may be used in the calculations. A student may continue to practice with the team at the discretion of the coach, but may not dress for any contest during their suspension period.

**Other Extra-Curricular Activities – Violations and Consequences**

Each violation will result in a two-month suspension from all clubs, activities, and organizations. If student and parent/guardian attend the Saturday Family Workshop or similar educational/counseling program approved by building principal, and the students completes 20 hours of community service at an approved location, consequence will be a loss of 20% of the current activity or as determined by the principal.

NOTE: If the principal concludes that the suspension from an extra-curricular activity due to this section of the Activity Code of Conduct would be detrimental to a current production or performance, the principal may enforce consequences immediately following the final performance or production. If the percentage of lost participation cannot be fulfilled during the current activity, or the student is not currently involved in an activity, then the remaining percentage of participation will be lost during the next activity in which the student participates.

**Additional Consequences**

**Leadership Positions**

Each violation will result in loss of extra-curricular leadership positions for one calendar year. Any loss of co-curricular leadership positions will be based on the classroom policies of the sponsoring teacher.

**School-Sponsored Trips**

Trips defined as co-curricular will not be subject to this policy. However, individual teacher policies in regards to co-curricular class trips may limit participation. Extra-curricular trips will be subject to this policy as follows:

First Violation: Loss of travel privilege may result for three calendar months

Second Violation: Loss of travel privileges may result for six calendar months

Third Violation: Loss of travel privileges may result for one calendar year

If a student loses the privilege of travel, no refunds are required to be made by the school district. Decisions to refund will be made on a case-by-case basis.

# Senior Class Trip

All students of senior status may participate in the school-designated senior class trip. However, any senior under suspension, unwilling to abide by the school’s rules/guidelines for the trip, or found to be in violation of the Grandview Heights Schools Activity Code of Conduct may not be permitted to participate.

**Investigation of Activity Code of Conduct Violations**

All reported and suspected violations of this policy will be investigated. Documentation for a rules violation may come from one or more of the following:

1. Student or Staff member’s report.

2. Police report.

3. Result of Principal/Athletic Director/Coach/Advisor/Teacher investigation.

4. Athlete’s/Participant’s admission.

**Additional Provisions**

1. This policy is in effect for all Grandview Heights students in grades 7-12.

2. This policy is in effect for actions on and off school grounds.

3. This policy is in effect 24 hours a day throughout a student’s school career (grades 7-12).

4. This policy is in addition to any and all other consequences related to Code of Conduct violations.

5. Decisions rendered by the principal as applied to this policy are not subject to appeal.

**Illegal Activity**

Students may not violate any local, county, state, or federal laws or ordinances. For the purpose of this policy, minor moving traffic violations are excluded. A violation occurs when a student is cited or charged by police or other entity for an infraction of local, state, or federal law or ordinances.

Any time a student is cited or charged by police or other entity for an infraction of local, state, or federal law or ordinances, the student is required to report the incident to the principal or athletic director the first day the student returns to school. If students are on break (any time when students have one or more days when school is not in session), the report must be made before the student participates in any extra-curricular or co-curricular activity. Failure to report will result in immediate loss of eligibility.