



Brookside Athletics



**2025-26 PRESEASON
PARENT/ATHLETE INFORMATION**

Requirements



Every BHS & BMS student-athlete and a parent are required to view this video one time during the 2025-26 school year.

Link will be sent out at the start of the Winter and Spring seasons for those not playing a Fall sport.

After it is viewed by the parent and student, the parent will fill out the completion form linked in the email with the video link.

Again, only needs to be viewed once this year. If you view it now, you are covered for the Winter and Spring seasons.

2025-26 OHSAA Official Start Dates



August 1, 2025	All Fall Sports
October 14, 2025	BMS Girls Basketball
October 24, 2025	BHS Girls Basketball
October 31, 2025	BHS Boys Basketball & BHS Bowling
November 14, 2025	BHS & BMS Wrestling
December 15, 2025	BMS Boys Basketball
February 16, 2026	BHS Softball
February 23, 2026	BHS Baseball & BHS/BMS Track

BHS & BMS Athletic Information



BrooksideCardinals.com & App

Game Schedules & Locations, Rosters



Stack Team App - Brookside Athletics

Practice Schedules, ALL Team Communications

Stack Team App



Stack Team App is used by all BHS & BMS teams to communicate important information to student-athletes parents.

Practice schedules, Announcements, Chat for back-and-forth communication

Request access to any and all teams you are interested in participating in 2025-26 school year.

Directions on how to download and use can be found at www.BrooksideCardinals.com → Resources → Forms

Athletic Handbook



**SHEFFIELD - SHEFFIELD LAKE CITY SCHOOLS
DEPARTMENT OF ATHLETICS**

**STUDENT-ATHLETE HANDBOOK
2025-26 SCHOOL YEAR**

SUPERINTENDENT:	MR. MICHAEL COOK
HIGH SCHOOL PRINCIPAL:	MRS. EMILY ADKINS
ASSISTANT PRINCIPAL:	MR. BRIAN GEORGE
MIDDLE SCHOOL PRINCIPAL:	MRS. HEATHER PELPHREY
ATHLETIC DIRECTOR:	MR. CHRIS ADKINS



BROOKSIDE CARDINALS

Final Forms / Physicals



All parent Final Forms documents are **required** to be complete by the first mandatory practice. (Date from first slide)

*** Make sure you select any sports you are interested in to activate sports-specific forms.*

Each student-athlete is **required** to have a valid physical by the first mandatory practice. (Date from first slide)

*** Form can be printed from Final Forms with all background information filled in.*

**** Held out of practice/competition until complete...tryouts will not be extended ****

Scan & Upload Physicals



In order to prevent delays in physicals being turned in, please scan or take a picture of **pages 4 & 5 only** of your completed physical form and upload directly to Final Forms.

[illegible]



PREPARATION PHYSICAL EVALUATION | OHIO HIGH SCHOOL ATHLETIC ASSOCIATION – 2023-2024

MEDICAL ELIGIBILITY FORM

Name _____ Date of Birth _____ Grade in School _____

1. Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of _____

2. Medically eligible for certain sports

☐ Medically eligible for the following sports: _____

☐ Not medically eligible (pending further evaluation)

3. Not medically eligible for any sports

Recommendations: _____

Signature of Parent/Guardian _____

Signature of Health Care Professional _____

Address _____ Phone _____

City _____ State _____ Zip _____

Signature of Health Care Professional _____ M.D., D.O., M.D., M.P., or P.A.

SHARED MEDICAL INFORMATION

Allergies _____

Medications _____

Other Information _____

Emergency Contacts _____

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Physicals on Final Forms



My Students MANAGE YOUR STUDENTS WITHIN THE SYSTEM. Instructions

Status	Name	Grade	Sports/Activities	Actions
<div> Unsigned Forms (Click to notify student)</div> <div>Physical expires on 7/10/23 (in 32 days)</div>	Adkins, Noah	11th	<div><input checked="" type="checkbox"/> Boys Football (2023-24) <input checked="" type="checkbox"/> Boys Soccer (2023-24) <input checked="" type="checkbox"/> Boys Basketball (2023-24) + Add Sports/Activities</div>	<div><div> Update Forms</div><div> + PPE Medical</div><div> 0</div><div> Profile</div><div> Edit</div></div>



+ PPE Medical = Print customized physical form to take to appointment

FOLDER = Click folder icon to upload physical form pages 4 & 5

Participation Fees



Fees will be posted in each student-athlete's PowerSchool and PaySchools account once rosters are set each season. A Final Forms message will be sent out to students and parents detailing the payment process and timeline.

Fee breakdown:

- \$100 per student per season
- \$150 (cap) for two or more students from the same family per season
- \$200 (cap) per family for the school year

Communication Plan



Athletic Chain of Command from page 6.

Please follow if you elect to pursue any concerns you may have regarding the athletic program.

1. Appropriate Level Coach
2. Varsity Head Coach
3. Athletic Director
4. Building Principal
5. Superintendent

Communication Plan



Additional information on page 7 including:

- Expected communication from coaches
- Procedure to follow to discuss a concern/issue
- Appropriate concerns to discuss with coaches
- Issues not appropriate to discuss with coaches
- Next steps if additional steps are needed

“Under no circumstance, except in those instances of rule/policy infringement, will a conference with a coach have an adverse consequence on the standing of a student-athlete.”

Academic Eligibility



Academic eligibility is determined by grades from the immediately preceding grade period.

- **BMS:** Must have passed any 4 classes.
- **BHS:** Must have passed 5 credits worth of classes + earned a 1.5 GPA.

What does this mean exactly for BHS students? Don't have anything less than a C on your report card from the 1st grading period...the more D's & F's you have, the more likely it is that you will be ineligible!

CCP Students



Students currently enrolled in College Credit Plus (CCP) courses or those that will be starting CCP courses at the start of next semester:

Make sure you are **attending or logging into your CCP classes regularly** as scheduled to avoid being removed from the course for inactivity, low grade, etc.

Do not drop a CCP class (or any class for that matter) without speaking with either myself or your school counselor on how it will affect your eligibility.

School Absences



Avoid unexcused absences. Students missing school due to unexcused absences or personal illness are not permitted to participate in practices or contests during the absence.

Excused absences authorized by the school office will not result in denial of participation.

Late arriving or tardy students must be in school by 11:25 a.m. in order to participate in practices/contests that evening.

Bottom line: Student-Athletes are expected to be in attendance and on-time every day during the season (includes CCP students)

Practice Expectations



From page 10 of the Athletic Handbook:

Student-athletes are expected to attend every practice. If the student-athlete is sick and not in school, then the student-athlete may not attend practice. If the student-athlete cannot make a practice, he/she must contact the coach to discuss reasons for absence. There may be penalties for unexcused absences. Some additional practice expectations:

1. The student-athlete must be at practice on time, appropriately dressed, and ready to go.
2. The student-athlete must be present for all practices, team functions, meetings, and games.
3. The student-athlete should expect to practice every day. If a practice is canceled, it will be announced by the coach.
4. There are times when teams will practice when school is not in session.
5. If any student-athlete will miss practice, the student-athlete must clear it with the coach in advance.
6. Student-athletes who are injured are expected to attend practice unless excused by the coach.
7. Student-athletes must remain at practice until dismissed.

Additional Expectations



- Injuries should be reported to the coach and athletic trainer.
 - Please see “University Hospitals Sports Medicine - Where to go for Care” document on BrooksideCardinals.com → Resources → Forms
- If a student-athlete receives a doctor’s note to miss practice, another note must be provided by the doctor to resume practice/competition.
- Athletic Trainer: Mike Cicerchi (mikecicerchi11@yahoo.com)

Season Wrap-Up



When the current season ends and, in order to begin tryouts/practice with another BHS/BMS team, student-athletes must be in good standing in the following areas:

- Current season team uniform/equipment washed and returned.
- Outstanding athletic fees are paid in full...to include:
 - Athletic participation fees
 - Lost/damaged uniform or equipment fees
 - Check your PowerSchool or PaySchools accounts

**** Held out of practice/competition until complete...tryouts will not be extended ****

Dual Sport Information



If you are currently (or are planning to in the future) play two sports in the same season, make sure you read **Appendix A on pages 18-19** to understand the dynamics of being a part of two teams at the same time.

Dual sport participation refers to two sports in the same season...it does not refer to out-of-season sports.

Being a dual sport athlete is not easy since it takes twice as much time and energy as participating in one sport. As it states in bold, “The student-athlete will understand that failure to give 100% to either sport may impact both playing time and position on the team.”

BrooksideCardinals.com

→ **Resources**

→ **Forms**



- Athletics Directory including all BHS/BMS coaches
- BHS/BMS Athletic Handbook
- Stack Team App Instructions for Families
- University Hospitals - Where to Go for Care?
- Spectator Information including ticket policies (Coming soon)

Weight Room / Strength Coach



Ron Bare

Strength Coach & Weight Room Coordinator

(brooksidestrength@gmail.com)

All teams have scheduled workout times throughout the season...see the Stack Team App for calendar link. Teams are to make it part of their practice schedule during the season.

Please don't be intimidated...it's not about embarrassing anyone! It's about improving strength, flexibility, injury prevention, and team building!

Sports Picture Dates

More information to follow as we get closer...



FALL: All teams - Mon., Aug. 11th

WINTER:

HSBB, HSGB, MSGB, BOWL, CHEER - Fri., Nov. 7th

HSWR, MSWR - Mon., Nov. 24th

MSBB - Fri., Dec. 19th

SPRING: All teams - Tues., March 17th

Final Reminders



Make sure you read the 2025-26 Athletic Handbook for all information including points reviewed during this video.

Parents, please complete the completion survey link from this email to verify that you and your student have viewed this video.

Make sure your parent Final Forms are complete and a valid physical is either on file or turned in by the first official day of practice/tryouts.

Any Questions?



**Please feel free to contact myself or any of
our coaches on the directory list with any
questions...**

GOOD LUCK TO EVERYONE!