

NORTH OLMSTED CITY SCHOOLS
ATHLETIC HANDBOOK



26669 Butternut Ridge Rd
North Olmsted, Ohio 44070
440-588-5824

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Brett Koch

Athletic Director

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NORTH OLMSTED ATHLETIC DEPARTMENT PHILOSOPHY

The guiding philosophy of the North Olmsted City Schools Athletic Department is, first and foremost, to provide experiences for our student-athletes to create life lessons that will help to develop successful people who will make positive contributions to our society and community. This foundational principle is vital to all North Olmsted Athletic programs. Building winning programs & winning contests are the by-products of developing young people through education-based athletics. Our programs and their atmosphere will contribute to the development of good sportsmanship on the part of our student-athletes, our athletic staff, the general student body, the faculty, and residents of the school community.

Participation in scholastic athletics and extracurricular activities is a unique and important learning experience. This participation is a privilege for our North Olmsted students...not a right. In this way, extracurricular activities are separate from the school curriculum.

Our coaches & staff shall always encourage each student-athlete to strive for excellence in the classroom first, and secondly in their athletic endeavors. Our staff will recognize that the general welfare and development of the total person must be given constant attention. Members of the school athletic community will encourage athletes to participate in a variety of athletic endeavors & activities. Our athletic staff will encourage maximum participation and devotion to personal and athletic development at all levels of participation.

Our policies & procedures will be within the guidelines of the Cleveland West Conference and/or the Ohio High School Athletic Association.

INTRODUCTION

The North Olmsted City Schools offers student-athletes and their parents a high-quality, comprehensive athletic program. We are pleased that you have decided to participate. It is our goal to assist each student in reaching his/her ultimate potential through positive interaction and relationship building with coaches and fellow students, as well as team instruction, competition, and activities. Our athletic program is based on uncompromised integrity. The program and staff promote honesty and ethical standards, as well as insist upon sportsmanship, fairness, and respect for others.

To ensure a quality athletic program of which the community can be proud, this handbook is provided to explain the program rules, regulations, and guidelines. The

High School Athletic Participation Handbook contains the academic standards and Code of Conduct that apply to all students who participate in athletic-related activities. Please use it as a reference throughout the year.

We strive to promote ongoing communication with students and parents. Continued eligibility to participate in the athletic program is based upon following the policies and procedures in this handbook, it is important that all student-athletes and their parents carefully read the handbook and become familiar with its contents.

If you have questions or concerns regarding any provision, policy, rule or regulation, please don't hesitate to contact an activity sponsor, coach, or administrator.

Our athletic department will:

- Provide the educational benefits available through interscholastic competition to a maximum number of participants that can be efficiently and properly handled.
- Provide the best facilities and qualified staff possible.
- Provide a variety of sports activities according to the interests and needs of our students within the confines of our budget and facility.
- Provide a program with the physical welfare and safety of all participants and spectators of prime concern.

The North Olmsted City Schools Athletic Department believes the interscholastic athletic program, and other programs that support the interscholastic program, exist for boys and girls who have an interest and ability in sports with an outlet for the expression of these interests and abilities.

- Providing an opportunity to experience important lessons of life which are a part of athletics.
 - The opportunity to see that many limitations, both physical and mental, can be conquered.
 - The ability to accept limitations, which cannot be overcome.
 - The joys of teamwork as well as individual accomplishments.
 - The ability to be humble in victory and gracious in defeat.
 - Teaching physical skills and good health habits which will be of lasting benefit to the individual.

North Olmsted athletic programs are a means to the end in developing well-rounded individuals. North Olmsted athletic programs are never an end in themselves.

The objectives of the North Olmsted Athletic Program are to provide:

- Understanding and knowledge of the value of athletics.
- An understanding of why the school has athletics.

- Better health and fitness.
- A desire to succeed and excel
- The opportunity for developing self-discipline and emotional maturity.
- The opportunity for developing social competence.
- The opportunity to develop an understanding of why rules are necessary.
- The opportunity for developing a sense of fair play and sportsmanship.
- The opportunity to think both as a member of a group and as an individual.
- The opportunity to develop the values of striving for and reaching group goals.
- The opportunity to develop and improve motor skills.
- The opportunity to develop skills, interests, and knowledge that will make life now and as an adult more enjoyable.

PROGRAM OPERATIONS

Keeping in mind that the head coaches are hired to coach and oversee the entire program and their philosophy and style permeate the program, the head coaches shall work with all coaches in the sport program to develop a style of play and direction of the program. The head coaches must set those parameters within the broader scope of the school district's philosophy and goals.

The head coaches shall work with the athletic director in setting parameters for the program. Specifics of each sport are not addressed in the philosophy because they may change from one sport to another and from one head coach to another. Participation in an athletic program is a privilege (not a right!), which the North Olmsted City Schools afford its young people.

The athletes, as team members, must also understand that they are part of a team and have a responsibility to work diligently and to sacrifice personal glory for team success and team goals. It is the goal of the department that the athletic director, assistant coaches, and head coaches create a quality and competitive program that helps each athlete reach his/her potential in that sport while operating within the premise and guidelines of the philosophy of the North Olmsted City School District.

Cleveland West Conference

North Olmsted High School and North Olmsted Middle School are members of the Cleveland West Conference, which is administered by the principals of the league schools and the league constitution. The purpose of the league shall be to provide wholesome interscholastic athletic competition, promote sportsmanship among its member schools, and encourage participation in other co-curricular activities.

- Member School Districts
 - Bay Village City School District
 - Buckeye Local School District
 - Lakewood City School District
 - Parma City School District (Normandy and Valley Forge)
 - North Olmsted City School District
 - Rocky River City Schools
 - Westlake City School District

Interscholastic Sports and Activities

- Baseball
- Basketball (Boys and Girls)
- Bowling (Boys and Girls)
- Cheerleading (Basketball and Football)
- Cross Country (Boys and Girls)
- Eaglets (Kick, Flag, and Dance)
- Football
- Golf (Boys and Girls)
- Ice Hockey
- Soccer (Boys and Girls)
- Softball
- Swimming and Diving (Boys and Girls)
- Tennis (Boys and Girls)
- Track and Field (Boys and Girls)
- Volleyball
- Wrestling

Ohio High School Athletic Association

The purpose of this non-profit organization is to regulate, supervise, and administer interscholastic athletic competition among its member schools. This purpose shall be accomplished by cooperating with all agencies concerned with the health and educational welfare of high school and middle school students; determining qualifications of individual contestants, coaches, and officials; providing information through literature and other materials to facilitate athletic relations among member schools; establishing standards for sportsmanship and competition and furnishing protections against exploitation of school or student and in any manner directed by member schools.

The management of the Association of the Board of Control, District Boards and Commissioner, and other such persons designated by the Board of Control make up the

administrative body of the OHSAA. All sport regulations of the Ohio High School Athletic Association are strictly adhered to by all concerned with the North Olmsted City School Athletic Department.

GENERAL POLICIES

Club Sports

Sports initiated as a club sport will comply with the North Olmsted City Schools Board of Education Administrative Guidelines.

Conflicts in Extracurricular Activities

The North Olmsted Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and to this end will attempt to schedule events cooperatively to minimize conflicts. The student must designate a primary sport and a secondary sport. In the event of a game conflict, the student must attend the primary sport contest, unless agreed upon by both head coaches involved.

Once the decision has been made and the student has complied with the decision, there will be no student penalty imposed by any advisor/coach. In some cases, withdrawal may be suggested.

Additionally, coaches should be alert for other potential school-related conflicts in scheduling. Every attempt should be made to avoid conflict of interests in scheduling contests on dates involving activities including, but not limited to, Homecoming, Prom Night, National Honor Society Inductions, etc.

Eagle Boosters

The North Olmsted Eagles Boosters are an independent organization whose sole purpose is to support and promote interests in all North Olmsted City Schools sports. The Athletic Boosters provide financial assistance to the athletic department and assist in a variety of projects to promote cooperation, spirit, and assistance to the athletic programs. Special projects or requests to the North Olmsted Eagles Boosters should be addressed through the athletic director; the athletic director may then present the request to the Boosters or develop an alternative funding plan.

To continue to provide this support we encourage parents to join Eagle Boosters and become active members of this important organization. Membership dues are \$20, \$50, \$100, or \$250. The Eagles Boosters offer up to eight \$1,000 scholarships each year. You must be a member for your son or daughter to be eligible for these scholarships.

Hazing/Bullying

It is the policy of the North Olmsted Board of Education and North Olmsted City Schools that hazing/bullying activities of any type are inconsistent with the educational process and shall be prohibited at all times. No administrator, or faculty member, shall tolerate any hazing/bullying activities. No student shall plan, encourage, or engage in hazing/bullying.

To be clear, our coaches should intentionally instruct and proactively address issues of hazing/bullying. Choosing to ignore (“don’t ask, don’t tell”) hazing/bullying situations is not an option.

Hazing is defined as doing any act or coercing another, including the victim, into an activity that creates a risk of causing mental or physical 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.

Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal, or psychological. It can happen face-to-face or online.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action and may be liable for civil and criminal penalties in accordance with Ohio law.

Injury/Accident Procedures

When a student-athlete is injured in competition or practice, the following protocol is the responsibility of the coach in charge.

- Take appropriate steps to ensure the safety and comfort of the injured athlete.
- Notify the athlete’s parents or designee on the emergency medical form.
- Responsible adults must accompany and stay with the athlete. In the event the athlete needs to be transported to a medical facility, a coach or responsible adult must stay with the athlete.
- Complete an accident/injury report with the athletic office as soon after the accident as possible. A copy of this report should be filed with the trainer.
- The injury report should be filed if the athletic trainer is not on-site at the time of the injury for evaluation/care and the coach was responsible for immediate care.
- A doctor or appropriate medical personnel will determine when the athlete may return to activity.

- Coaches should follow all guidelines related to blood-borne pathogens prevention, Lindsey's Law, and the OHSAA guidelines for return to sport after a concussion.
- Adhere to the current emergency action plan as developed by the athletic department, athletic trainer, and coach.

In-Season/Out-of-Season Preferences

In-season sports will have preferences for facilities over out-of-season sports. It is assumed that all coaches will work together to bring about a schedule that is agreeable to everyone.

Official School Colors, Logos, and Nickname

The official school colors for North Olmsted athletic teams are orange and black. All purchases including team apparel, uniforms, spirit wear, etc. must comply with the North Olmsted City Schools approved colors and logos as outlined in the official Branding and Style Guide. The official nickname of North Olmsted athletic teams is "Eagles"

Parent Meetings

In coordination with the athletic director, each head coach will schedule a pre-season meeting for their sport season. Attendance at these meetings is required by each student-athlete and their parent(s) or guardian. Topics that will be covered at the meeting include (but are not limited to) safety, schedules, administrative details (paperwork), and the general goals and objectives of the coaching staff. Further, the OHSAA mandates that all student-athletes and parent(s) attend a pre-season information meeting. Student-athletes and their parent(s) will sign off that they have viewed the information from this meeting. The sign-off and PowerPoint presentation will be available via the "Activity Registration" which must be completed by a parent for a student to participate in North Olmsted athletics.

Postponements/Cancellations

It is the policy of the North Olmsted City Schools that the following protocol is in effect on days of school cancellation due to weather:

- All middle school events (practices and games) are canceled.
- High school contests may be played upon the recommendation of the athletic director and approval of the superintendent. Consideration of existing driving and potential weather conditions will be utilized in determining the safety of our student-athletes and coaches.
- Efforts will be made to reschedule canceled events through the athletic director. Cleveland West Conference events will receive first priority.

- The athletic director will be responsible for publicizing any postponements or cancellations through social media and appropriate game personnel.
- It is the policy of the Cleveland West Conference to complete all varsity-level contests in the sports season.

Practices

All coaches are required to submit a season practice schedule to the athletic director before the start of the official practices. In situations where facilities are shared with another in-season sport or activity, the coaches/advisors of these sports/activities will meet first to devise an appropriate schedule of usage.

Participants (and parents) should be notified as far in advance as possible. Changes should be kept to an absolute minimum. Other practice-related concerns:

- Generally, a practice period should not exceed two hours in length.
- Coach(s) are responsible for securing the locker room/facilities after each use.
- All practices held when school is not in session (weekends, holidays) must be cleared through the athletic director.
- Sunday practices are allowed on a limited basis (the athletic director may grant permission for this situation).
- Snow Days
 - All Middle School (practices and contests) are canceled.
 - High School practices may be held with the approval of the athletic director and superintendent.

Roadside Running Safety

For the safety of all athletes, it is essential to follow proper procedures and stay aware of your surroundings while running on roads. Adhering to these safety guidelines will help minimize risk and ensure a safer environment for everyone involved. The following are key road running safety practices all athletes should follow:

- Use sidewalks when available or run facing traffic.
- Stay alert and avoid wearing headphones and using electronic devices, including cell phones.
- Cross roads at crosswalks and intersections, when available. If not, cross at a well-lit location.
- Avoid running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or headlamp.
- Follow the rules of the road.
- Avoid running along eastbound roads at sunrise or along westbound roads at sunset.
- Run in pairs when possible.
- Never run against traffic lights.

- Avoid running in higher-traffic speed areas.
- Run during lower traffic times if running along a road.
- Avoid loitering along the road before and after runs.

Recognition Nights and Athletic Award System

The athletic director will establish the dates of the fall, winter, and spring “Athletic Awards Nights”. The objective of the “Athletic Awards Nights” is to provide a celebration of our student-athlete’s achievements within each sport season. The North Olmsted community strongly supports its student-athletes and we want to provide appropriate recognition for the many good things they accomplish.

North Olmsted athletic awards will be presented according to the following guidelines:

Varsity Awards

- A student-athlete will receive only one six-inch block “NO” letter and graduation numerals.
- A first-time letter winner will receive a sport-specific pin and a gold bar pin.
- The letter shall have no emblem of said sport woven in the letter.
- With each additional letter earned the student-athlete is awarded a gold bar pin.
- A second letter earned for the same sport will be awarded a gold bar pin and a North Olmsted key chain.
- A third letter earned for the same sport will be awarded a gold bar pin and a North Olmsted sport-specific lanyard.
- A fourth letter earned for the same sport will be awarded a gold bar pin and a North Olmsted wooden box.
- Any student-athlete may receive a letter at the discretion of the head coach.

Junior Varsity / Freshmen Awards

- Any student-athlete who is a faithful member of a junior varsity or freshmen athletic team, upon recommendation of the head coach, receives a sport-specific decal.

NOTE: All awards will be distributed by the athletic director to the respective head coach upon receipt of award list, and completed inventory from postseason coach packets. The head coach will receive these awards prior to the “Athletic Awards Night” date.

A student-athlete is not eligible for an award if he/she quits the team prior to the conclusion of the total season. All award winners must finish the season, including post-season events, and be in good standing with the team.

Any student-athlete who earns a varsity letter is eligible to display the letter on an appropriate North Olmsted Varsity Letter jacket.

All Middle school sport participants may receive a certificate of participation. NO special awards are presented at the middle school level.

Senior Nights

Senior student-athletes within each sport season will have an opportunity to be recognized at one selected "Senior Night" during their sport season.

- Senior nights are events hosted by each individual sports program.
- Each program will notify the athletic office of the date they have selected for their senior night.
 - The program should coordinate with the student-athletes and their parents to organize the event.
 - A Google survey will be sent to all senior student-athletes in the week leading up to the event. This is what will be announced as the senior is recognized.
 - Parents/Guardians of the senior student-athlete will be permitted free admission to the senior night contest.
 - The Eagle Boosters will provide one flower to each senior to present to their escorts.
 - The Eagle Boosters will provide a thank you card to the coach, to be completed by the senior and given to their escorts with the flower.
 - The Eagle Boosters will provide a photo of each senior and their escorts.
 - If you plan to use the inflatable eagle your program is responsible for set-up and tear-down of the inflatable. (This is for all events you plan to use the inflatable for.)
 - If the team and/or parents decorate the facility, all decorations are to be taken down immediately after the varsity contest is over.

Sports Medicine

The North Olmsted City School District, in cooperation with the Cleveland Clinic, provides daily, professional assessment and evaluation of all North Olmsted High School student-athletes. This service is provided free of charge to our student-athletes, however, each family should coordinate and communicate related health issues and concerns through both their personal health-care provider and the school athletic trainer.

Student-athletes will be seen by the trainer during posted hours throughout the school year, regardless of the current status of the student-athlete as it relates to being "in-season" or "out of season".

Ticket Policy and Athletic Passes/Punch Cards

The North Olmsted City Schools adhere to the ticket policies as created by the Cleveland West Conference, the Northeast District Athletic Board, and the Ohio High School Athletic Association.

Children under school age (including kindergarten) may be admitted free. Senior citizens who are residents of North Olmsted and have a North Olmsted City Schools senior citizen pass, need not purchase tickets for athletic events. Passes may be obtained in the athletic office. Prices for individual contests, athletic passes and punch cards will be determined on an annual basis. Pricing information will be available on the athletic website or in the athletic office.

Transportation/Cancellation of Bus

All transportation for athletic events will be requested through the athletic office. Each coach will consult with the athletic director before the start of the respective season for purposes of establishing departure and return times per date.

Team members are not permitted to drive to out-of-district scrimmages or contests. Team members are expected to ride to and from the event on the team bus. Parents can request permission to drive their son or daughter home in the event of an emergency with the approval of the athletic director. Extenuating circumstances may also be considered on a limited basis. Exceptions may be made for individual sports such as gymnastics, wrestling, track and field, cross country, tennis, and golf provided the necessary transportation waiver is signed and approved by the athletic director. Emergencies or extenuating circumstances must be approved by the athletic director. Transportation release forms are found on the athletic website.

Coaches shall ride the bus to and from the athletic event involving their assigned team. Non-participants (those not connected with the team) are not permitted to ride the team bus. Statisticians, scorekeepers, and video are considered participants.

Coaches transporting student-athletes for sponsored or sanctioned activities: Student-athletes will be transported via board-approved vehicles (bus or school van) at all times for North Olmsted-sanctioned/contracted events. The North Olmsted City School District will only assume responsibility under such circumstances. Any driver of such vehicle(s) must meet the requirements and criteria established by the state of Ohio regarding the transportation of students for any school-related activities and events.

Every effort will be made to notify all parties when changes in transportation are necessary. Coaches are expected to contact the athletic secretary or the athletic director directly to cancel or change any transportation directive.

Weight Room

North Olmsted City Schools provides an outstanding weight room facility, which is available to all North Olmsted students. The weight room is located in the North Olmsted High School and maintains posted hours by sports season (hours are available by contacting the athletic office). No students are permitted in the weight room without direct supervision of a North Olmsted Board of Education-approved supervisor. Coaches and athletes may arrange specific workout hours and programs by contacting their head coach.

STUDENT-ATHLETE GUIDELINES

Alcohol, Tobacco, and Other Drugs Policy

The North Olmsted City Schools Board of Education has approved a drug testing policy for student-athletes. Before participating in NOCS athletics, all student-athletes (7th through 12th grades) must consent to this policy while completing their online athletic registration. A summary of the North Olmsted City Schools' drug testing policy for student-athletes is included in this section. This school board-approved athletic policy impacts the choices the athletes make year-round. Any additional North Olmsted Board of Education adoption of a policy that impacts the general student population will also apply to student-athletes.

Students shall not at any time possess, use, sell, offer to sell, deliver, conceal, consume, or be under the influence of any counterfeit drugs of abuse. Counterfeit drugs of abuse include any substances that are directly or indirectly represented to be a drug of abuse. Participants shall not possess, use, sell, offer to sell, deliver, or conceal any instruments or paraphernalia for use with drugs of abuse. Use of drugs 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.

- **SELF-REFERRALS**

A student may give a self-referral one (1) time during their tenure at North Olmsted High School. A student can only self-refer BEFORE the test is taken, or before information is brought to the administration that could lead to a student-athlete code violation. The student will also be required to participate in an Alcohol and Drug Education/Intervention Program beginning with an assessment from a certified chemical

dependency counselor; then following the counselor's recommendations plus future drug testing are required. No other punitive action is taken upon the student's referral. If another violation occurs, the next offense goes to level 2.

- IF A POSITIVE TEST OCCURS

A. Upon the first violation, the student and family will be notified and required within five days of notification to attend a meeting with the North Olmsted High School Principal or the Middle School Principal. At this meeting, the circumstances of the situation will be discussed, and the student and family will be allowed to accept or refute the findings. The student and parent/guardian must attend this meeting to remain eligible for continued participation. Upon completion of the meeting, the student will be encouraged to meet with his/her North Olmsted Guidance Counselor to review opportunities for assistance both within and outside of the school. The student will also be recommended to make contact with an Alcohol and Drug Education/Intervention Program beginning with an evaluation from a licensed chemical dependency counselor being the goal. A list of area resources to complete this recommendation will be provided by the school district, but the choice of which provider to use is decided by the parents and the student. All costs associated with the Alcohol and Drug Education/Intervention Program are the responsibility of the parent of the student. The student will be required to take part in all future drug tests that occur at NOHS or NOMS. All consequences for non-graded co-curricular activities plus parking permits under this policy will also be applied.

B. Upon a second violation, the student shall lose eligibility for a number of games equal to 20% of the regular season's scheduled contests. The athlete must report to practice during this time. These events shall be consecutive starting with the first scheduled event after the confirmation of the violation. If an athlete cannot serve out the twenty percent (20%) of the season suspension, the remaining balance will be served in the next athletic season. The student will also be required to participate in an Alcohol and Drug Education/Intervention Program beginning with an evaluation from a licensed chemical dependency counselor. A list of area resources to complete this requirement will be provided by the school district, but the choice of which provider to use is decided by the parents and the student. All costs associated with the Alcohol and Drug Education/Intervention Program are the responsibility of the parent of the student. The total duration of the evaluation process is not to exceed five (5) weeks. The student will need to complete the evaluation and any/all of the counselor's recommendations to be successfully reinstated. The student will be required to meet with his/her North Olmsted High School Guidance Counselor at least once to remain eligible for continued participation. The student must complete the Alcohol and Drug Education/Intervention

Program or else she/he will be deemed in violation of the Code of Conduct and will be ineligible to participate until the program has been completed. The student will be required to take part in all future drug tests that occur at NOHS. Parents are encouraged to attend counseling sessions with their child. All consequences for non-graded co-curricular activities plus parking permits under this policy will also be applied.

C. Upon confirmation of the third violation, the student-athlete shall lose eligibility for a number of games equal to fifty percent (50%). These events shall be consecutive starting with the first scheduled event after the confirmation of violation. The student will also be required to participate in an Alcohol and Drug Education/Intervention Program beginning with an assessment from a certified chemical dependency counselor; then following the counselor's recommendations plus possible submission to future drug testing not to exceed five (5) weeks. The student must complete the Alcohol and Drug Education/Intervention Program or else she/he will be deemed in violation of the code of conduct and will be ineligible to participate until the program has been completed. Parents are encouraged to attend counseling sessions with their child. The student will again be required to meet with his/her North Olmsted High School Guidance Counselor at least once to remain eligible for continued participation. The student will be required to take part in all future drug tests that occur at NOHS. All consequences for non-graded co-curricular activities plus parking permits under this policy will also be applied.

D. Upon confirmation of the fourth violation, the student-athlete shall be permanently denied participation in athletics in the North Olmsted School District.

Violations are cumulative throughout the student's high school career, grades 7-12.

Athlete (Definition of)

For all purposes of interpretation, a student is considered to be an "athlete" when he/she first indicates an intention to try out for any interscholastic sports team (for example, attending a preseason information meeting).

Attendance (Extracurricular Policy)

When an individual is absent from school because of illness, he/she must be in school by 11:30 a.m. in order to participate in practice or games on that day. Failure to meet the attendance requirement will result in denial of participation. Excused absences made in advance through the Attendance Office are permitted.

Polaris, SITES, and CCP students must also comply with these attendance rules as well as the rules and regulations of programs of which the individual student is a member.

Doctor's appointments will require a note from the doctor with the time and date of the appointment. Field trips, court appointments, holidays, pre-approved college visits, and death in the family are exceptions to this policy. Prior notice must be given to a coach or administrator in such cases.

Friday absences may result in non-participation for weekend events. The athletic administrator will have the discretion to allow a student-athlete to participate. Consideration will include history of attendance, disciplinary issues, and other factors deemed relevant by the athletic administrator.

Changing Sports in Mid-Season

A student-athlete, who is a member of an interscholastic team, may not quit that team following the first regular contracted competition and join any other North Olmsted City Schools' interscholastic athletic program during the same season. An athlete's participation in another school sport may begin upon the completion of the last regular season contest of the sport. If a player is dismissed from a squad for disciplinary reasons during a season he/she must refrain from participation in other North Olmsted Schools' Interscholastic athletic programs until the regular season is concluded.

If an athlete is to be denied participation in practices or contests as a result of a violation of team rules, the coach must inform the athletic director of this action.

The student-athlete has the right to appeal such actions. The appeal may be with or without the parent(s). The appeal will be made to an Athletic Appeal Board composed of the athletic director, one head coach (not of the appellers' sport), and one administrator. The appeal must be made within five (5) days of the coach's notification of denied participation.

On matters of denial of participation related to school discipline violations (e.g., truancy, suspensions, etc.), the board-approved protocol and procedures will apply.

Code of Conduct

Any conduct that is considered inappropriate, illegal, and/or contrary to the expectations of our student-athletes as defined in our student-athlete handbook, may result in immediate dismissal from a team. This rule applies regardless if the conduct occurred during or after school, on or off school property. The Athletic Administrator may suspend a student-athlete for improper conduct.

Eligibility/Academic Probation

FOR STUDENTS ENROLLED IN GRADES 9-12

- In the immediately preceding grading period, a student must receive a passing grade in a minimum of five (5) one-credit courses, or the equivalent, which count toward graduation;
- The grades referenced, when combined, must have a total grade point average of at least 1.5 on a four (4) point scale:
 - A student enrolled in the first grading period after advancement from the eighth grade must have passed a minimum of four (4) subjects in the preceding grading period in which the student was enrolled; and those grades must, when combined be a total grade point average of at least 1.5 on a four (4) point scale.

NOHS Students who are ineligible by the NOCS BOE-approved eligibility standards but obtained a minimum of a 1.0 GPA and meet the OHSAA requirements of passing five credits may request "Academic Probation." Academic Probation may be granted one time during a student's entire high school career. Academic Probation will last until the next grade reporting period. Academic Probation requires signatures from the student, parent, head coach, and Athletic Director for approval. Academic Probation is not available for a student during their 9th-grade year.

Students must be passing all classes during academic probation to remain eligible. Students are also expected to be on track to receive BOE BOE-approved 1.5 GPA for the next grading period.

During the academic probation period, the student and athletic director will have a scheduled weekly meeting to confirm the academic probation requirements are being met. If academic requirements are not met, the student will be unable to participate in athletic contests for the remainder of that week.

If the student fails to meet the academic probation requirements for two consecutive weeks, the student will be removed from academic probation and will not be able to participate in interscholastic events for the remainder of the grading period.

FOR STUDENTS ENROLLED IN GRADES 7 & 8

- A student enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of previous academic achievement. Thereafter, to be eligible, a student in grade 7 or 8 must have received passing grades in a minimum of four subjects in the preceding grading period in which the student was enrolled; and those grades referenced, when combined, for a total grade point average of at least 1.5 on a four (4) point scale.

- Eligibility requirements are clearly defined in the Ohio High School Athletic Association Constitution and Bylaws. Ultimately, the understanding of and acknowledgment to meet all eligibility requirements falls upon the student-athlete and his/her parent/guardian.

Equipment/Uniform Loan

All uniforms, practice gear, and associated sport equipment loaned to the student-athlete remain the property of the North Olmsted City School district. Student-athletes, upon the completion of the respective season and with the direction of the coach, shall return all such property in a clean and appropriate condition when requested. Failure to do so will result in the student-athlete's reimbursement for repairs, cleaning, or replacement costs to the North Olmsted athletic department.

Missed Practice or Contests

An athlete should always inform his/her coach before missing a practice or a game. An illness or some personal or family emergency would be a good reason for missing practice or a game. Missing practice or a game without a good reason could result in the denial of participation. Athletes should not regularly schedule other activities, including practices for other teams or events, which conflict with regularly scheduled practices or games for her/his sport or activity. Attending another sporting event or a social event, or participating in an outside athletic event that is not school-related are not good reasons for missing a practice or game. Being scheduled to work during practice is not an excused absence from the practice or game. Denial of participation will be as follows:

a. Missed practices by an athlete that are not caused by illness, a longer-term illness or injury, emergency related, or otherwise considered excused by a head coach, will not be tolerated. Athletes will be notified of the penalties for these infractions by their respective coaches. Rules set forth by the coaches will be approved by the Athletic Director before the start of each school year.

b. All athletes who become a members of a North Olmsted High School Athletic team are expected to begin the season with the team on the designated date set by the Ohio High School Athletic Association.

c. Any student who lives outside the North Olmsted school district before the start of an athletic season and then moves into the North Olmsted school district may be allowed to join an athletic team.

Multi-Sport Athletes

The North Olmsted High School Athletic Department and the North Olmsted City Schools strongly encourage our student-athletes to take advantage of the many athletic programs and activities offered throughout the school year. Student-athletes and

parents are reminded that this also involves committing to the individual program as well as the coaches and fellow students who are also involved in the chosen activity.

Attendance and active participation are expected from all team members, particularly when a sport is “in season.” Missing part or all of any practice, contest, or team event to attend a workout, contest, or showcase for another sport, including but not limited to summer or fall travel baseball/softball, Junior Olympic volleyball, or AAU basketball, will result in the absence being considered unexcused with the possibility of decreased playing opportunities, or other sanctions, at the discretion of the head coach. Three unexcused absences may result in dismissal from the team.

While this policy might be interpreted as one that “punishes” those who are hoping to broaden their multi-sport opportunities, we also wish to recognize and appreciate those who demonstrate a commitment to the team and sport by completing all practices, contests, and time requirements and miss team events only due to excused reasons as determined by the head coach.

NCAA Signing Day

To celebrate our student-athletes who will be continuing their athletic careers in college, North Olmsted has established guidelines for signing days. We have aligned our dates with the official NCAA signing periods, which are coordinated with the National Letter of Intent (NLI) program. The NLI is a binding agreement between the student-athlete and a Division I or Division II academic institution, which has offered the student-athlete financial aid. We also have a spring signing day for Division III student-athletes. Student-athletes planning to continue their athletic careers in college should let the athletic office know as soon as the NLI has been made available or the student has been admitted to the academic institution. Signing Day dates will be determined at the beginning of each school year per the NCAA signing day periods.

Return to Participation from Illness or Injury

Athletes who are out of school because of injury may not participate in practice sessions or competitions without written permission from the athlete’s physician. An athlete must have a doctor’s permission to return to practice or competition if he/she has sustained any injury or serious illness that requires a visit to the doctor.

Season

A student-athlete is considered “in-season” beginning with the first day of practice as defined by the OHSAA for a specific sport and continuing until the last contest for that sport has been played. A student-athlete is considered “out of season” when their activities fall beyond the above-stated season time frame.

Social Media

Inappropriate use of social media that is inconsistent with the athletic code of conduct may result in a suspension or dismissal from an athletic program. Inappropriate cell phone use and/or sexting are serious offenses and may result in a suspension or dismissal from an athletic program.

Special Athletic Awards

- Cleveland West Conference (CWC) AWARDS: Selection of All-League student-athletes is made by league head coaches and established selection meetings following each sport season.
- All DISTRICT SELECTIONS: Criteria for All-District selections are established by coaching associations and the media, not North Olmsted High School or the North Olmsted Athletic Department.
- ALL OHIO SELECTIONS: Criteria for All-Ohio selections are established by coaching associations and the media, not North Olmsted High School or the North Olmsted Athletic Department.

Spectator Code of Conduct

The North Olmsted City Schools, in association with the Ohio High School Athletic Association, promote interscholastic events, and sportsmanship. Sportsmanship is an essential part of any athletic competition and is expected from all athletes, coaches, officials, and spectators. As a spectator (student or adult) of the North Olmsted City Schools we want you to be an example of positive encouragement while supporting our athletes, coaches, and officials. Behavior should be positive, respectful, and encouraging of all others.

Failure to be an example of the behaviors listed above and/or ejection from an athletic contest from an event official may result in the following actions, being taken:

The spectator will meet with the athletic director and building principal. Depending on the severity of the spectator's action/behavior, the spectator may be prohibited from returning to athletic contests or other district events as determined by the athletic director and the principal. A letter will be sent from the athletic director and the building principal to the spectator notifying him/her of their decision.

An athletic event official includes, but is not limited to, contest officials, the athletic director, principals, game site supervisors, and anyone else in an administrative role on the site.

In addition to the spectator code of conduct North Olmsted City School students are held to the applicable rules as defined in their Student Handbook and North Olmsted City School district administrators may apply further consequences outlined in the Student Handbook as well.

Additionally, conference rules may be applied to similar situations as established by the principals and athletic directors of the conference.

Sportsmanship

North Olmsted student-athletes are expected to treat all opponents and contest officials with respect and abide by all respective rules for their sport. Student-athletes are expected to take seriously the responsibility and privilege of representing the North Olmsted Schools and the community while displaying positive actions.

Student-Athlete/Family Concerns

Players should feel comfortable enough to discuss with the coach any concerns that they may have. An atmosphere should be created by the coach to ensure good communication with student-athletes. The school district has a strict protocol for addressing student-athlete and parental concerns in athletics. First, the student-athlete should address the concerns with the coach and the coaching staff. If the meeting does not resolve the issue, a parent may contact the coach to set up a meeting with the coach and the staff. The student-athlete must be present at this meeting. While in-person discussions are encouraged, they should never take place immediately following a contest. Please use the 24-hour rule before calling the coach. After you have met with the coach, if you do not feel your concerns have been addressed, you should then contact the athletic administrator and set up a meeting.

Please note playing time is NOT an issue to discuss. Coaches have full discretion on who plays, where, and how often.

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

OHSAA Regulations

The eligibility standards for the OHSAA have been adopted by member schools and were accepted by the North Olmsted City Schools when it became a member of the OHSAA.

- **Scholarship:** Do not change your course schedule or drop a course without first consulting your guidance counselor or athletic director to determine whether it will affect

your eligibility. Eligibility for each grading period is determined by grades received in the preceding grading period. Semester and yearly grades do not affect eligibility.

Grades 9-12: To be eligible, you must be currently enrolled in a member school and have received passing grades in a minimum of five (5), one (1) credit course, or the equivalent, in the immediately preceding grade period.

Grades 7 & 8: To be eligible, you must be currently enrolled in a member school and have received passing grades in a minimum of five (4) subjects in the preceding grade period.

For eligibility purposes, summer school grades may not be used to substitute for failing grades received in the final grading period of the regular school year or for lack of enough courses taken the preceding grading period.

Students taking post-secondary school courses must comply with these standards. Please see your guidance counselor or athletic director if you have questions.

- **Residence:** A student is eligible at the school located in the Ohio school district where the parent or legal guardian resides when all other eligibility standards are met. If your parent/legal guardian lives outside Ohio, you are not eligible unless you meet one of the exemptions to the residency bylaws. When there has been a court-ordered change in custody, the student must reside in the same school district with the legal guardian. (“Legal guardian” will be defined by court paperwork”).

- **Age Limitations:** If you are 19 years of age before August 1, you are ineligible for the current school year.

- **Non-Interscholastic participation:** Participation by an athlete in a non-interscholastic program (tryouts, practice, or contests) while a member of a school squad in the same sport is PROHIBITED. An athlete becomes a member of a squad by participating in an interscholastic contest (scrimmage, preview, or regular season contest). Exceptions: In individual sports, an athlete may practice and try out for a non-school team but may NOT compete in a contest.

Additional information on OHSAA bylaws can be found at:

www.ohsaa.org/general/about/Bylaws.pdf

Pre-Participation Exams (“Physicals”)

OHSAA medical and parent consent forms are required of all interscholastic participants before they may participate in any pre-season, in-season, or post-season practice, conditioning, weight training, open gym/field, or an interscholastic event. The original

form will be filed in the athletic office (forms are also available on the OHSAA website: www.ohsaa.org)

Transfers

The transfer bylaws apply to all students in grades 9-12 who are transferring to high schools whether the schools are public or non-public, member or non-member, or whether the high schools are within the same school system or district. All transfer students are ineligible until the proper paperwork has been submitted to the OHSAA and eligibility is granted. Check with the athletic administrator.