

# Student-Athlete Handbook

1. Student-Athlete Handbook
  - a. Introduction
  - b. Athletic Philosophy
  - c. Governance
  - d. Requirements for Participation
2. Perry Extracurricular Student Participation regulations
  - a. General Information
  - b. Codes of Conduct
  - c. Academic Eligibility
  - d. Other Governing Regulations
3. Athletic Awards
4. Role of Parents
5. College Bound Student Athlete Guide
6. Athletic Participation Forms

## **1. Student Athlete Handbook**

### **a. Introduction**

#### **1) To the parent**

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal growth.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such emphasis on good training habits. Failure to comply with the rules of training and conduct can mean exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter participates in one of our sports programs, our staff commits to certain responsibilities and obligations. They are:

- a) to provide adequate equipment and facilities
- b) to provide well trained coaches
- c) to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

## 2) To the athlete

Being a member of any of our athletic teams is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over the years. As a member of an interscholastic squad, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to strive to win with honor. We desire to win, but only with honor to our athletes, our school and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of conference and tournament championships. Many individuals have set records and achieved All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family. We feel that you have the following responsibilities:

- a) Responsibilities to yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your experiences.  
Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for life as an adult.
- b) Responsibilities to your school: Another responsibility you assume as a squad member is to your school. Perry cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.  
You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Perry proud of you and your community proud of your school, by your consistent demonstration of these ideals.
- c) Responsibilities to Others: As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game “all out”, you can keep your self-respect and your family can be justly proud of you.  
The younger students in the Perry School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

## **b. Athletic Philosophy**

### **1) Statement of Philosophy**

The Perry Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures that might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

### **2) Athletic Goals and Objectives**

Our goal is for the student-athlete to become a more effective citizen in a democratic society. Our specific objectives are for the student-athlete to learn:

- a) To work with others- In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- b) To be successful- Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- c) To develop sportsmanship- To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- d) To improve- Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.
- e) To enjoy athletics- It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
- f) To develop desirable personal health habits- To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

**c. Governance**

**1) The Board of Education**

The Board of education, responsible to the people, is the ruling agency for Perry Public Schools.

The Board of Education is responsible for the following areas:

- a) Interpreting the needs of the community.
- b) Developing of policies in accordance with state statues and mandates and in accordance with the educational needs and wishes of the people of the Perry Public School District.
- c) Approving means by which professional staff may make these policies effective.
- d) Evaluating the interscholastic athletic program in terms of its value to the community.

**2) The Ohio High School Association**

All schools are voluntary members of the Ohio High School Association and compete only with member schools. As a member school district, the secondary schools of Perry agree to abide by and enforce all rules and regulations promulgated by this association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

**Ohio High School Association Rules**

(See respective state handbook for pertinent regulations, which is available in the Middle School and High School Athletic Offices. To be eligible for interscholastic athletics, a student must meet the following state regulations:

- a) Enrollment
- b) Age
- c) Physical Examinations
- d) Seasons of competition
- e) Semesters of Enrollment (scholarship)
- f) Residence Requirements
- g) Transfers
- h) Guardianship
- i) Awards
- j) Amateur Practices
- k) Participation on Independent Teams
- l) Undue Influence (recruiting)

**3) The National Federation of State High School Associations (NFHS)**

The NFHS consists of the fifty-one individual state high schools athletic and/or activities associations. The purpose of the NFHS are to serve, protect and enhance the interstate activity interests of the high schools belonging to the state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

**4) The Athletic Conference**

Perry Middle and High Schools are voluntary members of the Chagrin Valley Conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships. The conference provides Perry the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Member schools are:

Aurora	Beachwood	Berkshire	Cardinal	Chagrin Falls	Cuyahoga Hts.
Fairport	Grand Valley	Hawken	Independence	Kenston	Kirtland
Newbury	Orange	. Perry	Richmond Hts	West Geauga	Wickliffe

**d. Requirements for Participation**

**1) Physical Examination**

A yearly physical examination is required. The physical form must be complete by a physician and submitted to the Athletic Department **prior** to participation. A physical is good for one year from the date of the examination.

## **2) Emergency Medical Authorization**

Each athlete's parents shall complete an Emergency Hospitalization Authorization Form giving permission for treatment by a physician or hospital, in life threatening situations, when the parent(s) are not available. The form will be kept by each coach for availability at all practices and contests. This Form must be updated each school year.

## **3) Parental Acknowledgement of Athletic Policies**

At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian and the athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document will be filed in the athletic administrator's office.

## **4) Insurance**

The school district does not carry insurance to cover student athletic injuries. Parents will need to possess insurance and/or be fully responsible for all medical cost related to athletic participation injuries. Perry Schools does participate in the Ohio High School Association Catastrophic Insurance Program. Contact the Director of Athletics for details if a serious injury occurs that exceeds \$25,000, it can be covered by this program.

## **5) Scholastic Eligibility**

In order to participate on a Perry athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation. See the eligibility policy for details located in the rules and regulation section.

## **6) Risk of Participation**

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

- a) Conduct a parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- b) Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- c) Instruct all athletes about the dangers of participation in the particular sport.

## **7) Financial Obligations and Equipment**

- a) For each sport athletes may incur fees as established by the Board of Education, to help the Athletic Department and/or squad with the cost associated with their sport.
- b) Uniforms- In several sports, athletes will be required to purchase a portion of their uniform.

- c) Equipment-All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a fee to replace the missing or damaged equipment and/or uniforms.

## **2. Perry Public Schools Extracurricular Student Participation Regulations**

**Note: Though reference will be made to athletic participation these regulations apply to all extracurricular activities in Perry Schools grades 7 through 12.**

Perry School's Athletic Programs have these objectives: development and maintenance of individual health and vigor, perfection of playing skills, enjoyment of competitive play, development of sportsmanship and citizenship, and contribute to school and community spirit and morale.

Those students who participate in the interscholastic athletic program should commit themselves to the following personal goals: presentation of a positive image through dress and grooming, avoidance of any action which would bring embarrassment or disrepute to themselves or their team, development of desirable personal health standards (which includes the avoidance of tobacco of any kind, alcoholic beverages, and illegal drugs and substances), development of athletic skills, and the growth of a competitive philosophy which includes sportsmanship, team play, and a consistent awareness of school and community pride.

As a member of the Ohio High School Athletic Association and by adopted policy of the Perry Board of Education, Perry adheres to and enforces a policy of academic eligibility. Details regarding the academic eligibility policy are outlined in the information to follow.

The players on each team will be governed, at the minimum, by the following athletic department training rules. Each head coach will also establish additional individual sports rules for his/her team regarding curfew, attendance at practice sessions, personal conduct, and personal appearance. These rules will be distributed to team members at or before the first day of official practice and will also be on file in the Athletic Office.

### **a. General Information**

- 1) Interscholastic Athletic Department sport specific rules are available from each sport Head Coach.
- 2) Interscholastic Athletic Department training rules apply to interscholastic sports for boys, interscholastic sports for girls, interscholastic cheerleaders, all interscholastic personnel including managers, trainers, statisticians, and all other extracurricular activities.

- 3) To provide consistency within the athletic department, the training rules will be reviewed and explained to each squad by the Head Coach.
- 4) In addition, the Head Coach will review and explain their own sport rules to each squad during organizational meetings prior to the season.
- 5) All interscholastic athletic squads are encouraged to have parents' programs for the following purposes:
  - a) Introduction of the coaching staff
  - b) Explain practice sessions
  - c) Explanation of athletic sport policies for a given sport by the Head Coach
  - d) Explanation of training rules
  - e) Copies of the Perry School Athletic Code will be given to each parent attending the parents' program
  - f) The Athletic Department of Perry Schools is anxious to have parents of our athletes not only know the regulations governing their son or daughter, but also approve of the regulations. To make this phase of education more meaningful, each parent will be asked to sign the athletic code form, along with that of the son or daughter, and indicate an understanding and willingness of the student-athlete to abide by the rules and regulations of the school athletic code.
- 6) No boy or girl will be allowed to participate in any athletic contest until the original copy of the athletic code form is signed and returned to the administrator of athletics. Signature of the student and one, or both, of the parents **must be** included. (forms are included with this information).

## **b. Athletic Codes of Conduct**

### **1) Conduct of Athletes**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect/insubordination, immorality/lying to school officials, gang-related activities, fighting, violations of law or conduct endangering others, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

The penalty for behavior which is inappropriate for or unbecoming an athlete is at the discretion of the coach and could include denial of participation and/or dismissal.

## 2) Rules and Regulations Governing All Sports and Activities

Training rules and regulations provide the structures needed to best accomplish these purposes are:

- a) Major training rule violations- automatic suspension as designated by the policies related to interscholastic athletics.
  - 1) No tobacco use
  - 2) No alcoholic beverage use
  - 3) No unauthorized drug use
  - 4) No possession of any of the above
- b) Reporting
  - 1) **THE RULES PERTAINING TO THE USE OF CHEMICALS WILL BE APPLIED DURING THE ENTIRE CALENDAR YEAR.**
  - 2) All violations should be reported immediately by coaches to the administrator of athletics.
  - 3) This information will then be given to the building principal.
- c) Extracurricular Participation and School Attendance
  - 1) All athletes must be in school for at least one-half of the normal school day (2 full blocks) to participate in a practice session or athletic contest.
  - 2) It is also important to be in school the day following the contest.
  - 3) Unexcused absence from practice or athletic contests automatically causes the athlete to suffer consequences as established by each sport coach/activity advisor.
- d) Misconduct disciplinary action can result in probation, suspension from the next contest or more than one contest, and/or other disciplinary action reasonably fitting the seriousness of the violation for period not to exceed two weeks (10 days).
  - 1) The student-athlete's conduct in and out of school shall be such as to bring no discredit to the athlete, his/her parents, the school or the team.
  - 2) Each athlete should be home at **10:00 PM or earlier** on school nights. School events scheduled on a school night out of town presents a different situation. On these nights, athletes should be home immediately upon returning to Perry.
  - 3) All athletes are expected to travel to and from out-of-town contests with the squad.
  - 4) Appearance and grooming
    - a) The coaches and entire squad will meet and decide the details of the regulations which will best meet the needs of the sport in developing esprit de corps, respect, pride and team unity of purpose.

## 3) Smoking, chewing tobacco, drinking of alcoholic beverages and the possession, use, sale, or distribution of illegal drugs or substances, and alcoholic beverages.

### a) Scope of Policy

The use of tobacco of any kind, drinking of alcoholic beverages and the use of illegal drugs or substances shall not be permitted for any athlete. This applies to every situation, with the exception of an alcoholic beverage being served by the family at traditional dinner affairs or at a religious function. This includes the possession, sale, and distribution of the above mentioned items as well.

b) Philosophy and Purpose

Perry Schools recognize that the use of any mood altering chemicals is a significant health problem for any adolescent, which can result in negative effects on behavior, learning, and the total development of the extracurricular participant. The misuse and abuse of mood altering chemicals by participants affects extracurricular performance and development of related skills.

The contact of coaches and advisors provides them with a unique opportunity to observe, confront, and assist young people. Perry Schools supports education and awareness training in adolescent chemical use problems. Thus it becomes the coaches/advisors responsibility to deal with this issue involving participants who choose to be part of the extracurricular programs.

c) Penalties for Violations of Regulation

I. First Violation – Effective with the 2009-2010 School Year

Penalty:

After confirmation by any Perry School staff member, Law Enforcement authority, or admission of violation of a regulation by the participant, the student shall lose eligibility immediately to participate for 20% of the scheduled events in which the student/team participates. Should an incident occur late in a season/school year wherein 20% of the events are not available for said consequence, then the penalty shall carry over into the next season/school year. Upon approval of the administration, a student may continue to condition or practice with a team after his/her first offense, but shall not be eligible to participate in any contests, games, or matches.

A meeting for all parties, including the parent(s)/guardian(s), involved will occur with the coach/advisor to discuss the violation and a plan for remediation. A student is not eligible to return to any form of participation until this meeting occurs.

II. Second Violation – Effective with the 2009-2010 School Year

Penalty:

After confirmation of the second violation in any school year, the student shall immediately lose eligibility and shall be excluded from any/all extracurricular activities for the remainder of the school year. Should the second violation occur in the spring, the penalty will carry over through the fall season of the next school year and the student shall remain ineligible to participate in any/all extracurricular activities. Practicing or conditioning with a school team will not be permitted under any circumstances if a second violation occurs.

A meeting for all parties, including the parent(s)/guardian(s), involved will occur with the coach/advisor to discuss the violation and a plan for remediation. A student is not eligible to return to any form of participation until all such requirements are met.

III. Third Violation

Penalty: After confirmation of the third violation, the participant shall be excluded in any extracurricular activities for the remainder of their remaining school enrollment.

Recommendation: Parents must recognize the importance of placing this student under the care of a professional agency suited to handle problems of drug related violations. We strongly urge a chemical dependency assessment and/or testing.

IV. Miscellaneous

- 1) Penalties shall be accumulative covering grades 7 through 12.
- 2) Parents are strongly urged to support any community or coach/advisor program, which seeks parental commitment to values, which discourages chemical abuse. **PARENTS OF ALL EXTRACURRICULAR PARTICIPANTS SHOULD NOT PROVIDE OPPORTUNITIES OR FOSTER CONDITIONS THAT CAN CAUSE THE STUDENT TO VIOLATE THIS REGULATION.**

d. Due Process

- 1) A student athlete will be advised by the coach of the charges against him/her.
- 2) The student athlete and his/her parents will be given the opportunity to respond to the charges.
- 3) The student athlete and his/her parents will be advised by the coach of any disciplinary action taken as a result of the charges.
- 4) The student athlete and his/her parents will be provided the opportunity to appeal the disciplinary action of the coach.

e. Appeal Process

- 1) Any student who is denied participation may appeal the decision to the Faculty Review Board. The Review Board shall consist of the Athletic Director, the Head Coach or advisor of the program in question, and one other faculty member appointed by the Principal. Any student seeking an appeal hearing must notify the Principal of the school within five (5) days of the decision. Once notified the Principal shall arrange for an appeal hearing within the next five (5) school days. A parent or guardian of the student must be present for this hearing. The Review Board shall then review the case. The decision of the Review Board shall then be made in writing to the student and the parents within 72 hours of the hearing.
- 2) The final appeal process is the Principal of the School. Any student may appeal the decision of the Review Board to the Principal within five (5) school days of receipt of their decision. The Principal shall then hear the case and

make a decision based upon the information presented. The decision of the Principal shall then be made in writing to the student and the parents within 72 hours of the hearing. The decision of the Principal is final.

**c. Academic Eligibility Policy**

As adopted by the Perry Board of Education, the following regulations will govern academic extracurricular participation for all Perry students grades 7 through 12.

**PERRY PUBLIC SCHOOLS EXTRACURRICULAR ELIGIBILITY POLICY**

**Adopted 5/99 (Revised 6/30/10)**

- A) The eligibility policy will cover all extracurricular activities, both athletic and non-athletic grades 7-12.
- B) Students must be annually scheduled for a minimum of 5 credits- High School and 5 core subject- Middle School.
- C) Students shall maintain continuous extracurricular eligibility by having a 2.0 GPA each grading period.
- D) Students at Perry High School are also ineligible for the next six weeks, if they have any failing (“F”) grades in any six week grading period. Students at Perry Middle School with more than one failing grade (“F”) in any nine week grading period will be declared ineligible. For either school, this applies even if the six/nine weeks GPA is 2.0 or above with failing (“F”) grades. Thus, any “F” grade at the High School and more than one “F” at the Middle School will automatically mean ineligibility for the next grading period.
- E) All scheduled courses, which issue letter grades, will be used to calculate six/nine weeks GPA’s.
- F) Students declared ineligible can continue to practice at the coaches/advisors discretion; however, the student can never be involved in an interscholastic activity or any function requiring a performance and/or travel. Teachers are encouraged to report lack of academic improvement and/or behavioral problems to coach/advisors of ineligible students. Coaches are to take into consideration the continued practicing of ineligible students who are not working to improve grades or behaving appropriately in their classes.

Counselors, Building Administration, and Coaches can also initiate and require study table assignment during any grading period with parental contact and approval.

- G) All incompletes will be treated as F’s until the work is made up, a letter grade is established and the GPA is re-calculated. Upon recalculation any

GPA below a 2.0 will result in the student being declared ineligible for the remaining grading period.

- H) Students and parents will be notified in writing of any ineligibility or probationary status effecting extracurricular eligibility.
- I) Eligibility status from one school year to the next will be determined by the GPA at the end of the previous year's last grading period. Students in the eighth grade entering the high school will follow the middle school policy their last grading period (revised 6/10).
- J) Students enrolled in post secondary option courses will be required to submit letter grades signed and verified by the college instructor within one week of the close of each six weeks. Course letter grades not reported will be considered as incomplete. After the end of the week, all non-reported grades will be calculated as an F for GPA purposes. All grade reporting is the student's responsibility. All written college grade reports are to be submitted to the secretary of the Perry Community Fitness Center, office of the Director of Athletics.
- K) The Directors of Athletics of the H.S. and M.S. will be responsible to check and report eligibilities each grading period to the students, parents, and staff. The Guidance Office of each school will submit interim reports noting failing grades in order to establish a probationary status list.
- L) This revised policy will become effective based on a student-athlete's grades from the first interim report filed the 1<sup>st</sup> six weeks of the 1999-00 school year.

#### **d. Other Governing Regulations**

##### **1) Participation**

- a) An athlete may participate in more than one sport per season with approval of the sport Head Coaches and parents. It is highly recommended that athletes participate in one sport per season.

- b) On Days Of Absence

When a student is absent from school for more than ½ of the school day, the student cannot practice or play in any contest that day! Saturday participation does not apply. Any special circumstances must be cleared in advance through the Director of Athletics and/or the Principal that involve school schedule activities and/or family emergency situations.

**Note:** ½ day = ½ of the student's school day if early release or late arrival apply.

- C) Dropping or transferring sports

Quitting is an unacceptable habit. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- 1) Consult with immediate coach and then the head coach
- 2) Head coach of sport reports situation to the athletic administrator
- 3) Check in equipment

If an athlete wishes to change sports during a season or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the athletic administrator. This procedure assures a smooth transfer, which is in the best interest of the student.

- c) Conflicts in extracurricular activities

An individual student who attempts to participate in several extracurricular activities can create conflict of obligations and interests. The 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 minimize conflicts.

Students have the responsibility to do everything possible to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately when a conflict arises.

When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the athletic administrator or principal will make the decision based on the following:

- 1) The relative importance of each event to the student
- 2) The importance of each event to the school
- 3) The relative contribution the student can make

- 4) How long each event has been scheduled
- 5) Talk with the parents

Once a decision has been made the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

- d) Missing practice: An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with in accordance with the rules established by the coach of each sport.
- e) Release from class: It is the responsibility of the athletes to see their teacher at least the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.
- f) Vacation Policy: Vacations by athletic team members during a sport season is discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:
  - 1) Be accompanied by his/her parents while on vacation
  - 2) Contact the head coach prior to the vacation
  - 3) Be willing to assume the consequences related to their status on that squad as noted in the coaches regulations covering missed practices and/or contests.
- g) Squad Selection: In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Perry, we encourage coaches to keep as many students as they can without unbalancing the integrity and/or safety of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport.
- i) Squad Reduction Policy: Choosing the members of athletic squads is the sole responsibility of the coaches of those squads and the Perry Board of Education governing squad reductions. Prior to trying out, the coach shall provide the following information to all candidates for the team:
  - 1) Extent of any try-out period
  - 2) Criteria used to select the team
  - 3) Number to be selected
  - 4) Practice commitment if they make the team
  - 5) Game commitmentsWhen a squad cut becomes a necessity, the process will include two important elements. Each candidate shall have:
  - a) Competed in practice sessions sufficient for the coaches to evaluate their performance

- b) Been personally informed of the cut by the coach, including the reasons for the action

## 2) **Travel**

- a) All students shall travel to and from events by school-sponsored transportation. Exception: student may return from events with their parents with the permission of the particular coach/advisor. Written parental permission must be submitted **prior** to the event or parent must personally contact the coach/advisor at an event in order to have the student return with the parent. School personnel will not release any student to anyone other than the parents.
- b) The Athletic Director will handle extenuating circumstances. Parents should contact the Athletic Director well in advance of the event if there are any questions or need for other arrangements involving transportation to or from scheduled school events.
- c) Under no circumstances can other students ride with others except if written permission is given to the coach in advance.
- d) Penalties can range from denial of event participation to dismissal.
- e) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances
- f) All regular school bus rules will be followed
- g) Dress should be appropriate and in good taste

## 3) **Equipment**

- a) School equipment checked out by the student-athlete is his/her responsibility. He/She is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.
- b) Any athlete found to be in possession of Perry athletic equipment/uniforms not issued to him/her would be restricted from any further athletic participation. Athletes who are not cleared at the end of the season will not be allowed to begin practice for another sport until their equipment obligations have been satisfied. Athletes who keep issued equipment/uniforms for more than one week after the end of the season will be considered in possession of unauthorized equipment. This unauthorized possession of athletic property may also be reported to school and/or law enforcement authorities for applicable disposition.

## 4) **College Recruitment Policy**

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic and guidance offices. NCAA standards are also available.

- 5) **Grooming and Dress Policy:** A member of an athletic team is expected to be well-groomed. "He/She shows up best who shows off least." Appearance, expression and actions always influence people's opinions of athletes, the

team and the school. Members of a squad have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

- a) Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school
  - b) An athlete shall dress presentably at all times, on trips, or at assemblies or award functions
  - c) Only uniforms issued by the athletic department will be worn for contests
  - d) Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.
- 6) **Reporting of Injury:** All injuries that occur while participating in athletics must be reported to the trainer and coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, **the athlete must provide written doctor's permission to return to the activity.**
- 7) **Locker Room Regulations:**
- a) Roughhousing and throwing of objects is not allowed in the locker room. Hazing of other players is not allowed.
  - b) All showers must be turned off.
  - c) No one except coaches and assigned players are allowed in the locker room.
  - d) No glass containers are permitted in locker rooms.
  - e) All spiked or cleated shoes must be put on and taken off outside of the school at all times. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.
- 8) **Weight Room Regulations:**
- a) Any athlete who uses the weight room must have athletic participation forms on file in the Athletic Office
  - b) Shirts and shoes are required at all times- tank tops are acceptable
  - c) **No one** is to be in the weight room alone
  - d) All students **must** be under supervision of the instructor assigned
  - e) Free-weight lifters **must** work with a partner
  - f) Replace all weights on racks **immediately** following use
  - g) Know your limits! Work with the instructor to determine your limits
  - h) Do the lifts **correctly**. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury
  - i) Warm-up with proper stretching exercises
  - j) No chewing gum or eating while lifting/ No food or drinks allowed in weight room except water
  - k) No horseplay or profanity
  - l) No abuse of equipment. Any equipment that is broken must be reported immediately

- m) Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself

### **3. Athletic Awards Policy**

#### **a. Varsity Letter Requirements**

The varsity award shall be presented to an athlete who satisfied the participation requirements as established by each coach for the sport they are participating. Coaches will relate and review prior to the start of your select sport the lettering policies for that sport.

- 1) Season is defined as that period of time from the first practice to the awards program
- 2) Junior varsity and freshman awards are given based on the recommendation of the coach. To be eligible athletes must complete the season.
- 3) Manager's award will parallel the regular awards system if they manage for the entire season

#### **b. Award criteria that pertain to all sports**

- 1) An athlete who moves from one level of competition to another will letter at the level of the highest competition, provided the athlete has met combined requirements
- 2) A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering
- 3) Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgement, he would have met the lettering requirements
- 4) In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria
- 5) Complete the season in good standing with the school and coach.

#### **c. Awards**

- 1) Varsity awards
  - a) 1<sup>st</sup> year award: Chenille award letter with cloth insignia signifying the sport and certificate. (Note: Should the athlete letter in another sport, he/she will not receive a second chenille letter.)
  - b) 2<sup>nd</sup> year award: service bar and certificate
  - c) 3<sup>rd</sup> year award: service bar and certificate
  - d) 4<sup>th</sup> year award: service bar, certificate and senior award plaque indicating the recipient as a three or four year varsity letter winner
- 2) Junior varsity (reserve) awards
  - a) JV letter and certificate (this award can be repeated for each sport and year of JV participation)
- 3) Freshman awards: numerals and certificate

- 4) Non-Varsity letter award: **all members** of a varsity athletic squad who successfully completes a sport, but who has not earned a varsity letter as set forth by their sport coach, are to be awarded a JV award.
- 5) Senior awards: **senior athletes** who have earned three or more varsity letters in any particular sport will receive a senior athletic award plaque showing the varsity letters he/she has earned during their career at Perry High School.
- 6) Championship awards: **all members** of a sport that wins a conference, sectional, district, regional or state championship will receive a patch indicating the championship(s)

d. **Senior Sportsmanship award**

This award, The OHSAA- Archie Griffin Sportsmanship Award, is presented to one senior girl and one senior boy who exemplifies the very best in sportsmanship. The award is chosen by vote of the coaching staff.

f. **Perry High School Varsity Club**

The purpose of the varsity club is to improve relations among the members of the various athletic teams within the school as well as on the interscholastic level. The members of this organization shall consist of all boys/girls who have earned at least one varsity letter in any of the sports offered at Perry High School.

The club shall have as its specific objectives to increase school and team spirit, provide service to the school and community, promote discipline, and to provide material and monetary contributions to the athletic programs

#### 4. Role of Parent

## Perry Public Schools The Role of Parents in Interscholastic Athletics

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Just as with academic keys to success in educating the student, parents play a vital role in the success of the students' athletic participation.

In order to insure a rewarding experience, it is imperative that parents recognize, practice, and support the accepted practices parents need to follow.

Attached are several valuable guidelines for parents to review. One of the attachments is the official *Athletic Department Parent/Coach Communicator Guide*. Our expectation is that these procedures noted in this information will be the accepted practices for our parents and coaches to follow. **Please read them, and practice them.**

Remember your support to these guidelines is an important key to the overall success of all our athletic programs. Be a part of the success, not a roadblock to our programs reaching team goals.

## **Perry High School Pirates** presents

### *Parent/Coach* Communication “Succeeding Together”

#### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

#### **Communication you should expect from your child's Coach**

- ✓ Philosophy of the coach.
- ✓ Expectations the coach has for your child as well as the team.
- ✓ Locations and times of all practices and contests.
- ✓ Team requirements (fees, special equipment, off-season conditioning).
- ✓ Procedure should your child be injured during participation.
- ✓ Discipline that results in the denial of your child's participation.

#### **Communication Coaches expect from Parents**

- ✓ Concerns expressed directly to the Coach.
- ✓ Notification of any schedule conflicts well in advance.
- ✓ Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Perry, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

#### **Appropriate concerns to discuss with Coaches**

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

It is very difficult to accept your child's not playing as much as you hope. **Coaches are professionals.** They make judgement decisions based on what they believe to be the

best for all students involved. As you have seen from our list, certain things can be and should be discussed with your child's coach. Other things, such as those mentioned upcoming, must be left to the discretion of the coach.

**Issues not appropriate to discuss with Coaches**

- ✓ Playing time.
- ✓ Team strategy.
- ✓ Play calling.
- ✓ Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

**If you have a concern to discuss with a coach, the procedure you should follow:**

- ✓ Call to set up an appointment.
- ✓ The Perry Athletic Department telephone number is 259-9499.
- ✓ If the coach cannot be reached, call the Athletic Director, Mr. Cassella. He will set up the meeting for you.
- ✓ Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.

**The Next Step:**

**What can a parent do if the meeting with the coach did not provide a satisfactory resolution?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience with the Perry Athletic program less stressful and more enjoyable.

## **The Role of Parents In Interscholastic Athletics**

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### **Communicating With Your Children**

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for consistent positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure; you lost as well as you won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must withdraw. Remember, there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

## **Additional Tips for Being a Supportive Parent**

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- ✓ **Be positive.** Being on a team is quite an accomplishment. Don't let playing time dictate the athlete's happiness. Celebrate the fact they are good enough to be on a team.
- ✓ **Be supportive of the coaching staff and child.** Nothing can erode the intricate fabric of teamwork faster than athletes doubting their own and their coaches' capabilities. It can be a cancer that affects performance; confidence and the edge needed to compete.
- ✓ **Be a part of a parent network.** Whether you are part of a booster club or not, very special relationships can be fostered over the careers of our athletes by socializing with their parents. Parents need support too! Be positive with each other.
- ✓ **Booster parents.** Be satisfied with supporting the athletic department without ever thinking that you have to donate to allow your son/daughter to play. Donate to help make the experience for every athlete the best it can possibly be. The support we receive is extremely welcome and appreciated; it provides our athletes with many things that enhance our programs.
- ✓ **Winning and Losing.** To say winning and losing is not important is not true. If it weren't, we wouldn't keep score. The higher the level of play each athlete achieves, the greater the emphasis will be on being competitive. We take a great deal of pride in the traditions of our accomplishments: preparing for that competition is the athlete's ultimate goal. When things are not going well for your son/daughter or for the team, that is when parents need to be most positive and supportive. If we strive toward making our programs consistently competitive, the success will take care of itself.
- ✓ **College scholarships.** Having lofty expectations for our children is normal, healthy, challenging goal. In striving for these expectations, we must be realistic. Not everyone can receive a college scholarship, nor should the number of offers measure your son/daughter's athletic success they receive. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers.
- ✓ **One final thought, publicly, be positive, privately – be more positive.**

## **E-5 College Bound Student Athlete Guide**

### **Acknowledgment**

Perry Public schools, Department of Interscholastic Athletics, wishes to thank Mr. David Hill and Depauw University of Greencastle, Indiana for granting permission to make the following information available to Perry athletes and their parents who are considering continuing their athletic participation at the college level.

We find that information as presented by Mr. Hill to be informative and in line with the overall philosophy of athletic participation as approved by the Athletic Department and its coaches.

**Special Note:** The Perry Public Schools, Department of Interscholastic Athletics, in conjunction with the Perry High School Guidance Department will annual sponsor a parent/senior student athlete assembly during the second semester of each school year to review information and answer questions related to the college athletic participation experience. We encourage your attendance at these planned programs. Each year all seniors who've participated in one or more of our athletic programs will receive information of the program date and time.

## The College Bound Student-Athlete Guide

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### **Do you plan to participate in an intercollegiate sport? We'd like to help!**

About the author; David C. Hill is assistant athletic director and coordinator of athletic recruiting. As a defensive back on Penn State's 1982 National Championship Team and experienced football coach, Hill is in demand as a speaker and has made presentations on a wide variety of topics affecting student athletes.

### **Introduction**

*"Truth isn't always the beauty, but the hunger for it is"* – Nadine Gordimer

Someone once said a dream is nothing more than a goal without a deadline. Millions of talented young men and women vigorously participate in their high school athletic programs, many maintaining the dream of being offered a college scholarship in their sport. All too often those dreams are muddled in the harshest of realities called athletic recruiting. The reality is that there are only so many athletic scholarships to go around, and there are a limited number of colleges and universities in a position to offer full athletic scholarships.

The most visible and elite high school athletes in the country have an opportunity to pick and choose the college or university that wants them the most. If you lack the proper athletic skills, are injured during the course of your career, or lack sufficient academic preparation for college, you may find your dreams of earning an athletic scholarship diminished.

There is, however, an opportunity for you to go on the offensive and choose the college that is best for you- for both academics and athletics. Understand that "a goal is a dream with a deadline." If your dreams are to attend the college of your choice, continue to play the sport you love, have a social life on campus and **GRADUATE ON TIME**, then you have to establish your **GOALS AND DEADLINES**; only then will your dreams become a reality.

This guide is intended to help the student-athlete, coaches and parents understand the athletic recruiting process better as it relates to the NCAA Divisions I, II and III. It can be used as a reference as you prepare for a career as a student-athlete. This guide focuses on the issue of academic preparation versus academic eligibility, the NCAA Initial-Eligibility Clearinghouse, scholarship and non-scholarship intercollegiate athletic programs and how to market your particular academic and athletic skills to the college of your choice.

## **Academic Preparation vs. Academic Eligibility**

*“Intelligence without ambition is a bird without wings”*- C. Archie Danielson

It is not universally understood that academic eligibility in high school or college is not always equal to academic preparedness. A student can be eligible to compete on the field or court, yet be unprepared to compete in the classroom. A student can be eligible to graduate from high school, yet be unprepared academically to enroll in the college of his/her choice much less graduate from that college.

Success in a college classroom is directly linked to the type of academic preparation a student-athlete has received at his/her high school. That is, it is extremely important to select the right courses in high school. A college-preparatory curriculum is best if it is offered. If your high school does not offer “college-prep” curriculum, simply take the most rigorous courses the school has to offer.

Most public and some private high schools in the country require the following **minimum courses** for graduation:

- 4 years of English
- 3 years of Math
- 2 years of Social Studies
- 2 years of Science (include 1 year of a lab science)
- 2 years of foreign language
- 4 years of additional coursework (electives)

As compared to the minimum high school graduation requirements above, the nation’s best and most competitive and selective colleges require a higher standard from their entering freshman class. For example, as a minimum, you need to complete the following:

- 3 to 4 years of English
- 3 to 4 years of Math
- 3 to 4 years of Social Science
- 3 to 4 years of Science (includes 2 years of a lab science)
- 2 to 4 years of Foreign Language
- years of additional college-prep coursework (AP, Honors, etc.)

All too often, some athletes take exception to the rule and simply choose to complete minimum academic requirements in order to be eligible for NCAA Division I or II scholarship.

As an athlete, the concept of minimum achievement is never tolerated by any of your coaches. Therefore, why would you ever accept minimum efforts in a classroom?

**Consider using your remaining years of high school coursework to take extra year of math, foreign language and/or science. Or, sign up for an honors or AP course if one is offered.**

As a true student-athlete, your goal is to be prepared for the college classroom as well as the playing field. The reward for success in the high school classroom is academic success in college. The ultimate success in college is graduating on time with a meaningful degree.

The grim realities of those who are **not** prepared academically, (scholarship athlete or non-scholarship athlete) are severe. Academic probation, potential loss of scholarship, refused admission to a selective college or worse yet, not earning a degree, are the results of poor academic preparation.

## **NCAA Initial-Eligibility Clearinghouse (General Information)**

Student athletes who want to participate in NCAA Division I or II athletics should start the certification process early- by the end of their junior year or early in their senior year in high school. Students may obtain a copy of *Making Sure You Are Eligible to Participate in College Sports and a Student Release Form (SRF)* free of charge from a high school counselor.

**To be certified by the Clearinghouse, students must:**

**1. Graduate from high school**

Students should apply for certification before graduation, usually after their junior year. The NCAA Clearinghouse will issue a preliminary certification based on information available before graduation, so that the student is informed about any potential reasons that he or she may not be certified. Final certification will be issued only after receipt of a final transcript that includes proof of graduation.

**2. Earn a grade point average of at least 2.00 (on a 4.00 scale)**

Students must achieve a grade point average of at least a 2.00 in a core curriculum of at least 13 academic courses taken during grades 9 through 12. Only courses that satisfy the NCAA definition of a core course are acceptable. Core courses include:

- 4 years of English
- 2 years of Math (including algebra and geometry)
- 2 years of natural/physical science (including at least 1 lab science)
- 2 years of Social Science
- 2 years of additional core courses from English, Math, natural/physical science, foreign language, computer science, philosophy or nondoctrinal (e.g. comparative) religion

**3. Earn an ACT score with a sum of subscores no less than 68...or a combined score of at least 820 (700 composite score if original SAT taken before April 1995) on the SAT I on a national test date. Note:** For Division I, the minimum GPA in the 13 core courses and the required ACT or SAT I vary according to the Initial-Eligible Index listed as follows:

**Initial –Eligibility Index**

<b>Core GPA</b>	<b>ACT</b>	<b>SAT I</b>	<b>Core GPA</b>	<b>ACT</b>	<b>SAT I</b>
Above 2.500	68	820	2.250	77	920
2.500	68	820	2.225	78	930
2.475	69	830	2.200	79	940
2.450	70	840-850	2.175	80	950
2.425	70	860	2.150	80	960
2.400	71	860	2.125	81	960
2.375	72	870	2.100	82	970
2.350	73	880	2.075	83	980
2.325	74	890	2.050	84	990
2.300	75	900	2.025	85	1000
2.275	76	910	2.000	86	1010

**(Source: NCAA Initial-Eligibility Clearinghouse Guide)**

**The Athletic Scholarship: The Odds of Signing a National Letter of Intent**

*“Dollars have never been known to produce character, and character will never be produced by money.”  
W.K. Kellogg, I’ll invest My Money in People (W.K. Kellogg Foundation)*

If you are considered by the “experts” to be one of the more elite, highly-recruited athletes in the country, recruiters and athletic scholarship offers **will** find their way to you. If you have talent and you are being recruited rather heavily, but you are not considered to be one of the nation’s more elite athletes, the recruiting process becomes a bit more confusing. To help clarify your status, you simply need to ask hard questions of the person(s) recruiting you. For example:

1. How many players are you recruiting at my position?
2. If I decide to visit, are you offering me a scholarship?
3. How long do I have to accept or decline your offer?
4. Are you offering the same scholarship to other players?
5. Are you offering me an official campus visit?
6. Where am I on your priority list?
7. If you offer one scholarship to me and others, will it go to the first player who commits?
8. What percentage of all students graduate in four years? What percentage of athletes graduate in four to five years? What percentage of athletes from your team graduate in four to five years?
9. If I don’t pro, what are the placement rates of your graduates in graduate schools? What are the placement rates of your graduates in professional schools (i.e., medical school, law school, etc...) and professional jobs?
10. Of the athletes who do not turn pro, what are their outcomes after graduation? What post-graduate successes have they experienced?

**(Source: Chicago Sun Times, April 1995)**

You are entitled to ask whatever questions you deem necessary in order to understand the recruiting process better and to know exactly where you stand in the process. It is imperative that you and your parents know how to communicate with college recruiters. They are hired to evaluate your athletic ability; you must evaluate their professional ability and integrity.

In order for you to understand the complexity of earning an athletic scholarship, look closely at the following numbers. Remember, numbers tell the truth:

**Example: NCAA Men's Basketball**

**298** Division I Schools  
**13** Scholarships per school  
= **3,874** total scholarships nationally  
**-1,788** approximate number of returning players nationally  
=**2,086** approximate numbers of scholarships available for  
500,000 high school senior basketball players

**Example: NCAA Football**

**107** Division I Schools  
**85** Scholarships allowed per school  
  
=**9,095** total scholarships, nationally  
**-6,955** approximate number of returning players nationally  
=**2,140** available scholarships for approximately 1 million  
high school senior football players

### **Division III Athletics**

The chances of earning a Division I scholarship are very small. The chances of earning a Division II scholarship are even smaller because they usually have fewer full scholarships available.

Although many Division III student-athletes receive scholarships, they don't receive them because they play a sport. Their scholarships are based on financial need and/or academic merit. And while the competition and rivalries of Division III athletics are as intense as those at any level, if athletes become injured, lose interest or simply decided something else is more important when it comes to how they spend their time, they don't have to worry about losing their scholarships. In this division the value of amateur athletics, playing purely for the love of the sport, is universally preserved,

In general, Division III athletes experience a high degree of academic, social and post-graduate success. Occasionally, some do turn professional. Today's professional scouting is so highly sophisticated and pervasive that if you are a standout at any level, a talent scout will find you.

The odds of turning professional for student-athletes in any of the three divisions are not encouraging. If you have your sights set on going to college with the intention of turning professional, consider the following statistics:

- Out of approximately 1 million high school varsity football players in the country... 150 will make NFL rosters: **6,000 to 1 odds.**
- Out of 500,000 high school basketball players, about 50 make NBA rosters: **10,000 to 1 odds.** (Source: 1994-95 NCAA Manual)
- For every 1,223 high school senior football players - **44** will become “major-college” players – one will make NFL roster.
- **Fewer** than 30 percent of all NBA players graduate from college... less than one percent graduate after turning professional early. (Source: USA Today Spring, 1995)

Hopefully, it has now become clear that you need to have distinct goals and a plan for your future. A college education should factor into your plans regardless of whether you are a scholarship player, future pro prospect, or just a “weekend warrior”. Choosing the right college is the most difficult part of the recruiting process.

Even if you are fortunate enough to receive an athletic scholarship, there is no guarantee that the school offering the scholarship will be a good fit or match for you. In the long term, it becomes imperative that you choose a college for all that it has to offer. Academic reputation, quality of student life, diversity, outcomes of its graduates, post-graduate placement rates, and academic support are just a few of the things to consider when you are choosing a college. If the school can reasonably provide what you need and want from it, then there exists a great match between you. **Remember, college is not just a four-year decision; it is a life long decision, so you must choose wisely. When an athletic scholarship is not worth the paper it is written on...**

**1. Be sure that you understand the terms of your scholarship offer before you sign anything!**

Often, there are terms and conditions that place limitations on your scholarship offer. For example, there are some athletic scholarship offers that have one-year, renewable limitations. Therefore, it allows the coach and/or university the legal right to terminate your scholarship at the end of an academic year.

If you prefer to transfer to another Division I or II university, asking permission from the coach to be released from your scholarship can also prove to be difficult and frustrating. Coaches generally do not like to admit to a failed situation. Therefore, they can make life difficult by holding up or simply refusing your scholarship release. You must have written permission from the athletic department of the university you are attending before you can talk to another coach from any other university to which you may want to transfer.

So be sure to read and understand all of the terms and conditions of your scholarship before you sign anything!

**2. Do not believe the hype.**

That is, if something sounds too good to be true, then it generally is.

**3. Never allow yourself to be compromised.**

If you find that your decision to accept an athletic scholarship is based solely on the opportunity to turn pro, or you feel that your intelligence, integrity and/or athletic ability are being compromised, get out of it! There are far too many disturbing consequences and unlimited assortment of positive alternatives to compromise.

Colleges and universities are always looking for something unique and positive in the students they admit. Most colleges offer competitive academic and/or need-based financial aid packages, which provide most students the opportunity to attend the school. So never, ever compromise your college choice. The right choice will pay off for you at time in your life, perhaps when you least expect it.

## **How to Market Your Academic and Athletic Talents to the College of Your Choice**

*“God gives every bird his worm, but does not throw it into the nest” - Swedish proverb*

Bobby Knight, Cheryl Miller and Joe Paterno share one thing in common. They always know who the top high school players in the nation are in their sport. If you are a “blue-chip” player, you have been identified by several sources: local and national sportswriters, national prep publications (e.g., Blue-Chip Illustrated), etc.

If you are not a blue-chip player, male or female, you still have every opportunity possible of participating in an intercollegiate sport. You can market your best qualities in ways that will gain the attention of a coach at any level. Beyond raw or polished athletic talent, colleges and universities now prefer to recruit the “**complete**” student-athlete. They want a diverse student body; thus, a student’s gender, ethnic origin, geographic origin, personal character and academic preference are among the criteria that colleges evaluate. This is common, for example, with non-scholarship, Division III schools.

If you do not receive a phone call from a prominent college coach, all is not lost. You may want to consider marketing your talent to another level of athletic competition (NAIA, NCAA Division I-AA non-scholarship, II and III). There are distinct ways in which you can capture the attention of a college coach. We suggest using the following strategies:

1. Write a personal letter to the coach.
2. Follow up your letter with a phone call to the coach.
3. Initiate a visit to the campus on your own (campus tour, meet with admissions and financial aid, meet with the coach).
4. Send a thank you note reminding the coach of your visit to the campus and your continued interest in the program.
5. Send a video **if a coach asks you to provide one.**
6. Return all phone calls.

7. Participate in summer athletic camps in your area whenever and wherever possible. Most college coaches attend summer athletic camps and scout talent.
8. Attend an athletic camp at the college(s) where you have a strong desire to play.

Notice in the above suggestions the only evaluation of true athletic talent is emphasized last. It is a fact that most colleges and universities now prefer to evaluate the **whole** student. That is, your intellect, initiative, character, and ability to succeed in college are prioritized before they decide to invest any amount of time and money recruiting you.

The challenge for you and your parents throughout the recruiting process is to communicate thoroughly with the colleges and universities. Find out exactly what is being offered by the school recruiting you (i.e., degrees offered, graduation rates of athletes, academic resources, academic scholarships vs. athletic scholarships, student life, etc...). Understand exactly what your needs are and what you want out of college.

When you find the college or university that meets your needs and expectations, be sure to give it a thorough look. No matter whether it is Division I, II or III school, scholarship or non-scholarship, there can be no substitute for the complete college experience. As a student-athlete, you are bonded to a university like few other students. Make the most of your experience by being prepared!

**“A goal is a dream with a deadline.”**

## 6. Student Athletic Forms

### a. Required Athletic Participation Forms

- 1) Physical Examination (a copy is provided with this information)  
Students participating in athletic extracurricular programs must obtain a physical examination prior to the start of any program. No student can practice or participate in an event without a physical. Physicals are good for one year.

Physical forms are also available from the team physician's office or the CFC and middle school offices; completed forms are to be returned to the H.S. Athletic Office prior to the first official day of sports practice. **Do not give physical forms to the coach!!**

- 2) Hospital Authorization Form (copy provided)  
Students participating in athletic extracurricular programs must submit a completed Hospital Authorization Treatment Form. This form is used by authorized medical transportation agencies giving direction to a preferred hospital and authorization for emergency (life threatening) situations where parents cannot be contacted. **Note:** Depending on the site, transport may need to be to the nearest medical facility. This form must be updated each school year and on file prior to the first official day of sport practice.
- 3) Lake Hospital System HIPAA Form (copy provided) – It is only necessary to complete this form one time for the middle school and one time for the high school. The form will be kept on file from year to year in each building until the student leaves the building or graduates. If you completed this form for the prior school year and your child has NOT moved from the middle school to the high school, it is NOT necessary to complete this form again. (All Freshmen and new students must complete this form.)
- 4) OHSAA Authorization Form (copy provided) – This form only needs to be completed one time for the middle school and one time for the high school. This form will be kept on file from year to year in each building until the student leaves the building or graduates. If you completed this form for the prior school year and your child has NOT moved from the middle school to the high school, it is NOT necessary to complete this form again. (All freshmen and new students must complete this form.)
- 5) Parent and Student Signature Form (see below) - Parent and student are to acknowledge receipt of all rules and regulations governing extracurricular participation and warning relative to potential injuries that can occur in athletic and all extracurricular participation. (All freshmen and new students are required to complete this form.) Please complete form on the next page and return to the Athletic Department along with other required medical forms.

Each student is responsible to his coach/advisor. The written rules and regulations as issued to each student are expected to be followed as a part of the student's acceptance of participation. Consequences outlined by the coach/advisor have the full support of the Perry Public Schools. The rules and regulations and any penalties imposed for violation are to be followed as assigned or determined by the advisor/coach of each program. These participation regulations and those of each coach/advisor have been approved by the Perry Board of Education.

\*\*\*\*\*

STUDENT AND PARENTAL VERIFICATION FORM

I have read the attached pages concerning expectations of students in extracurricular activities and have also been versed on any individual rules and regulations as given to the participant by the coach/advisor of the program.

The signatures below verify that these pages and information given has been received.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

**Note: This form must be on file with the office before any athlete is permitted to participate and when any other advisor chooses to use it.**

**PERRY PUBLIC SCHOOLS**  
*Department of Interscholastic Athletics*

*Pre-Participation Screening Questionnaire,  
Physical Examination Form, and Other Related Participation Information*

**Please read everything and complete all information with required signatures.**

**Call the Athletic Department at 259-9499 if you have any questions or need any clarification.**

Dear Parent(s) or Guardian(s),

In the interest of safety for your student who plans to participate in one or more of the school's athletic programs, it is imperative that you carefully read and complete, with your student, the pre-participation required form prior to your scheduled physical examination. Completion of the pre-participation form assists the healthcare practitioner with their physical exam and can alert them to potential areas of concern.

Each student is required to have a physical examination prior to the start of the season. Many local healthcare practitioners will provide sports physicals at special rates. The healthcare practitioner is required to sign and complete the last page of this form (physical examination). All forms must be turned into the CFC office (or the Middle School office, if your child is in middle school) prior to the first day of their sport's practice. By state law, a student cannot participate until they have a current medical authorization clearance on file.

Your cooperation regarding this important health and safety matter is greatly appreciated. We will be happy to answer any questions regarding the physical requirements, timeline, locating a healthcare practitioner, or any other physical examination concerns.

Thank you.

Connie Bowler  
Director Community Fitness Center/Wellness  
(440) 259-9400

John Dorko  
Athletic Coordinator  
(440) (440) 259-9450



**6.** Have you had a medical illness or injury since your last sports physical?  
 Do you have an ongoing or chronic illness? (i.e. Diabetes)  
 Have you had a severe viral infection within the last month (i.e. mononucleosis)?  
 Explain any yes answers: \_\_\_\_\_



Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**7.** Have you ever been hospitalized overnight?  
 Have you ever had surgery?  
 Explain any yes answers: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**8.** Are you currently taking any prescription or non-prescription (over the counter) medications or pill?  
 Have you ever taken any supplements or vitamins to help you gain or lose weight or to improve performance?  
 Explain any yes answers: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**9.** Do you think you are in good health?  
 Has your doctor ever told you or someone in your family has the sickle cell trait or sickle cell disease?  
 Have you ever had surgery?  
 Explain any yes answers: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**10.** Do you have any allergies (i.e. pollen, medicine, food, or insect sting?)?  
 Explain: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**11.** Do you have any current skin problems (rashes, acne, warts, fungus, blisters, itching)?  
 Explain: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**12.** Do you use any special protective or correctional equipment or devices that aren't usually used for your sport or position (i.e. braces, neck roll, orthotics, oral retainer, or hearing aid)?  
 Explain: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**13.** Have you had problems with your eyes or vision?  
 Do you wear glasses or contact lenses?  
 Do you wear protective eyewear such as goggles or a face shield?  
 Explain any yes answers: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**14.** Have you ever had a sprain, strain or swelling after injury?  
 Have you ever fractured or broken and bones or dislocated any joints?  
 Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?



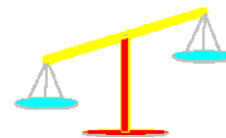
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If yes, please check the appropriate box:

- Head    Neck    Back    Chest    Shoulder    Upper arm    Elbow    Forearm    Wrist    Hand  
 Finger    Hip    Thigh    Knee    Shin    Calf    Ankle    Foot

Explain any yes answers: \_\_\_\_\_

**15.** Are you trying to gain or lose weight?  
 Do you lose weight regularly to meet requirements for your sport?  
 Are you happy with your current weight?  
 Do you limit or carefully control what you eat?  
 Has anyone recommended you change your weight or eating habits?  
 Explain: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**16.** Record the dates of your most recent immunizations (shots) for:  
 Tetanus \_\_\_\_\_ Measles \_\_\_\_\_ Hepatitis B \_\_\_\_\_ Chicken Pox \_\_\_\_\_

**17.** Were you born without or are you missing a kidney, eye, testicle, or any other organ?  
 Explain: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**18.** Has a doctor ever denied or restricted your participation in sports for any reason?  
 Explain: \_\_\_\_\_



<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**19.** Do you have any other concerns that you would like to discuss with a doctor?  
 Explain: \_\_\_\_\_

?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**FEMALES ONLY:**

**20.** When was your first menstrual period? \_\_\_\_\_  
 When was your most recent menstrual period? \_\_\_\_\_  
 How much time do you usually have from the start of one period to the start of the next? \_\_\_\_\_  
 How many periods did you have last year? \_\_\_\_\_  
 What was the longest time between periods in the last year? \_\_\_\_\_



# Physical Examination

Student's Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Last First Middle  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_ / \_\_\_\_\_  
 Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected? Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

**Normal**

**Abnormal Findings**

**Initials\***

## MEDICAL

Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (Males Only)			
Skin			

## MUSCULOSKELETAL

Neck			
Back			
Shoulder/Upper Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Lower Leg/Ankle			
Foot			

\*Station-based exam only

## Clearance

Cleared  
 Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Not Cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

**Recommendations:** \_\_\_\_\_

I certify that I have on this date examined this student and that, on the basis of the examination requested by the school authorities and the student's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities (**Note exceptions above**).

Physician's Name and Address (stamp or print)  
 If the Physician's Assistant (P.A.) or Advanced Nurse Practitioner (A.N.P.) performed the exam, name and address of collaborating physician or physician group:

Examiner's Signature / Date

Examiner's Telephone Number

**NOTE: HISTORY AND CONSENT MUST BE COMPLETED PRIOR TO PHYSICAL EXAMINATION**



OHSAA AUTHORIZATION FORM

I hereby authorize the release and disclosure of the personal health information of \_\_\_\_\_ (“Student”) as described below, to \_\_\_\_\_ (“School”).

The information described below may be released to the school principal or assistant principal, athletic director, coach, athletic trainer, physical education teacher, school nurse or other member of the School's administrative staff as necessary to evaluate the student's eligibility to participate in school sponsored activities, including but not limited to interscholastic sports programs, physical education classes or other classroom activities.

Personal health information of the student which may be released and disclosed includes records of physical examinations performed, to determine the student's eligibility to participate in school sponsored activities, including but not limited to the Pre-participation Evaluation form or other similar document required by the School prior to determining eligibility of the Student to participate in classroom or other School sponsored activities; records of the evaluation, diagnosis and treatment of injuries which the Student incurred while engaging in school sponsored activities, including but not limited to practice sessions, training and competition; and other records as necessary to determine the Student's physical fitness to participate in school sponsored activities.

The personal health information described above may be released or disclosed to the School by the Student's personal physician or physicians; a physician or other health care professional retained by the School to perform physical examinations to determine the Student's eligibility to participate in certain school sponsored activities or to provide treatment to students injured while participating in such activities, whether or not such physicians or other health care professionals are paid for their services or volunteer their time to 1 School; or any other EMT, hospital, physician or other health care professional who evaluates, diagnoses or treats an injury or other condition incurred by the student while participating in school sponsored activities.

I understand that the School has requested this authorization to release or disclose the personal health information described above make certain decisions about the Student's health and ability to participate in certain school sponsored and classroom activities, and that the School is a not a health care provider or health plan covered by federal HIPAA privacy regulations, and the information described below may be redisclosed and may not continue to be protected by the federal HIPAA privacy regulations. I also understand that the School is covered under the federal regulations that govern the privacy of educational records, and that the personal health information disclosed under this authorization may be protected by those regulations.

I also understand that health care providers and health plans may not condition the provision of treatment or payment on the signing this authorization; however, the Student's participation in certain school sponsored activities may be conditioned on the signing of this authorization.

I understand that I may revoke this authorization in writing at any time, except to the extent that action has been taken by a health care provider in reliance on this authorization, by sending a written revocation to the school principal (or designee) whose name and address appears below.

Name of Principal: \_\_\_\_\_  
School Address: \_\_\_\_\_

This authorization will expire when the student is no longer enrolled as a student at the school.

**NOTE: IF THE STUDENT IS UNDER 18 YEARS OF AGE, THIS AUTHORIZATION MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN TO BE VALID. IF THE STUDENT IS 18 YEARS OF AGE OR OVER, THE STUDENT MUST SIGN THIS AUTHORIZATION PERSONALLY.**

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Birth date of student, including year

-----  
Name of student's personal representative, if applicable

I am the student's (check one): \_\_\_\_\_ Parent \_\_\_\_\_ Legal Guardian (documentation must be provided)

\_\_\_\_\_  
Signature of student's personal representative, if applicable

\_\_\_\_\_  
Date

A copy of this signed form has been provided to the student or his/her personal representative  
**THIS STUDENT SHALL NOT BE CLEARED TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS UNTIL THIS FORM HAS BEEN SIGNED AND RETURNED TO THE SCHOOL**

2005-2006 Ohio High School Athletic Association Eligibility and Authorization Statement

This document is to be signed by the participant from an OHSAA member school and by the participant's parent.

- I have read, understand and acknowledge receipt of the OHSAA brochure entitled "Your Athletic Eligibility," which contains a summary of the eligibility rules of the Ohio High School Athletic Association. I understand that a copy of the OHSAA Handbook is on file with the principal and athletic administrator and that I may review it, in its entirety, if I so choose. All OHSAA bylaws and regulations from the Handbook are also posted on the OHSAA web site at www.ohsaa.org.
I understand that an OHSAA member school must adhere to all rules and regulations that pertain to the interscholastic athletics programs that the school sponsors, but that local rules may be more stringent than OHSAA rules.
I understand that participation in interscholastic athletics is a privilege not a right.

Student Code of Responsibility

- As a student athlete, I understand and accept the following responsibilities:
I will respect the rights and beliefs of others and will treat others with courtesy and consideration
I will be fully responsible for my own actions and the consequences of my actions
I will respect the property of others
I will respect and obey the rules of my school and laws of my community, state and country
I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country
I understand that a student whose character or conduct violates the school's Athletic Code or School Code of responsibility is not in good standing and is ineligible for a period of time as determined by the principal

Informed Consent - By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN OHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.

I understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

To enable the OHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in an OHSAA member school I consent to the release to the OHSAA any and all portions of school record files, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received and attendance data.

I consent to the OHSAA's use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

By signing this we acknowledge that we have read the above information and that we consent to the herein named student's participation.

\*Must Be Signed Before Physical Examination

Student's Signature Birth date Grade in School Date

Parent's or Guardian's Signature Date

