



AMHERST JUNIOR HIGH

ATHLETIC HANDBOOK

PROUD TO BE A COMET
Rev. 8/14/23

ADMISSIONS

The collection of gate receipts is until the end of the event unless conditions warrant otherwise.

Ticket Procedures For Away Events:

1. <https://swcoho.net/2021/08/12/swc-online-box-office-links/>

Home Events:

1. Home individual tickets will go on sale at 9AM, one week prior to the game.
2. Please note, we are offering various pass options (Family Passes, Student Passes, and Season Tickets). These options are in place to alleviate the fees associated with online tickets. Instead of paying fees for each individual game purchase, the fees will be associated with your one-time pass purchase.
3. For Selected Home Events, there will be a free livestream available at <https://www.youtube.com/cometslive>.

Home Ticket procedures for the 2023-24 School year will be as follows:

All Home Athletic Tickets for High School & Junior High School Events will be sold online at <https://amherststeelecomets.com/amherst-event-tickets/>

At Most Home events, we will have Credit Card Readers Available for purchase at the event.

Tickets are required for those Kindergarten and older.

Home Season Ticket Packages will be available for Fall Sports and can be purchased at <https://amherststeelecomets.com/amherst-event-tickets/>

Student Passes: Year Long Home Athletic Contest Passes for Students will be available for purchase. The cost of the pass is \$50 (plus fees). This pass is good for ALL Regular Season Home Athletic Events (High School and Junior HS) for the 2023-24 school year. For a passcode to purchase a Student Pass, please contact Mr. Wolf at casey_wolf@amherstk12.org or by phone at 440-988-1325.

Family Passes for all Home Athletic Events. We are offering Home Family Passes for 4 people, 5 people, and 6 people. Home Event Family Passes will cover ALL Regular Season High School and Junior High School Athletic Events. If you would like to

purchase a Home Family Pass to include more than 6 people, please contact Mr. Wolf at casey_wolf@amherstk12.org or by phone at 440-988-1325.

All Senior Citizens (60 and older) will be admitted Free to All Southwestern Conference (SWC) Regular Season Events. We will have passes available for pick up at all home events that you may keep and use at all SWC Regular Season Athletic Events! The pass will be valid at SWC Schools and they are: Amherst, Avon, Avon Lake, Berea-Midpark, Elyria, Midview, North Ridgeville, and Olmsted Falls.

Passes will be available at Home Events or You may also come into the Athletic Office during business hours to pick up a SWC Senior Citizen Pass.

Please note, Non-SWC Schools may NOT accept our conference Senior Citizen Pass. Please be prepared to purchase a ticket at a Non-SWC School. Also, this pass is not valid at any SWC Tournament or Championship Events.

Individual Event Ticket Costs for 2023-24 have been set by the Southwestern Conference and can be found here: <https://swcoho.net/2023/05/19/2023-all-swc-boys-track-and-field-honors-2/>

Cash Option: Ohio House Bill 33 was passed. As part of this bill included that schools will be required to accept cash starting October 1st. More Information to follow. At this point, though, we will be online and credit card only for the time being. Please plan accordingly.

STARTING TIMES

All conference games will begin at 4:30 p.m. if possible, unless both schools establish a different starting time.

SWC CODE OF CONDUCT

As members of the SWC schools, we believe that we should conduct ourselves at all times in a way befitting true sportsmen, realizing that we must be governed by the ethics of honest rivalry and graceful acceptance of the results.

We urge all supporters of our respective teams to enjoy the games as we do, and to do it in a way that will bring credit to our schools, our team, or league and our country.

ATHLETIC GOALS AND OBJECTIVES

Our Goal: The student-athlete shall become a more positive school citizen, with a high moral character.

Our Specific Objectives

The student-athlete shall learn teamwork. To work with others in a successful way a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. We must place the team and its objectives higher than personal desires. We must accept success and defeat like a true sportsman, knowing we have done our best.

1. **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. We must be an active, contributing citizen.
2. **Sportsmanship** - 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.
3. **To Improve** - Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.
4. **Enjoy Athletics** - It is necessary for us to acknowledge all of the personal rewards we derive from athletics and to give sufficiently of ourselves.
5. **To Develop Desirable Health Habits** - It is important to obtain a high degree of physical fitness through exercise and good health habits and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

ATHLETIC PROGRAMS AT THE JUNIOR HIGH

Interscholastic athletics are an integral part of the educational program of Amherst Junior High School. The broad scale athletic program offers developmental opportunities to boy and girl team members who show an interest and willingness to participate in sports.

Experiences through athletics contribute greatly to the knowledge, skills, and emotional patterns which the student possesses. Through athletics, students are provided with skills for becoming better persons and citizens, as well as better athletes.

The Junior High offers two types of interscholastic programs. In the sports of football, cross country, wrestling and track, any student who agrees to follow the school and team rules will be permitted to participate. In the sports of basketball, volleyball, softball and cheerleading the number of participants on each team will be limited.

The Amherst Junior High School athletic program is administered under the guidelines and jurisdiction of the Ohio High Athletic Association and ultimately by the Director of Athletics, Building Principal and the Board of Education of the School District.

GOALS AND OBJECTIVES FOR STUDENT/ATHLETES

1. The primary goal of our Amherst Junior High School athletics is to provide exploratory opportunities in interscholastic sports for team members.
2. We want to give our student athletes the experiences of trying a variety of sports in a controlled program.
3. Student athletes will be taught the fundamental skills of each sport.
4. Each athlete will be properly prepared and developed to move into high school sports if their interest and competitive level increases.
5. Winning and losing, and learning to adjust with each will be placed in perspective relative to our Amherst Junior High School athletes.
6. A well supervised athletic program will be provided where the major influence developed will be good sportsmanship and total participation by team members as much as possible.
7. Participation in Junior High School athletics is a privilege which carries with it responsibilities to our school, the team, student body, the community, and to the athletes themselves. In play and in conduct, students in athletics represent all these groups. The image you portray is a reflection of you, your team, and the school you represent.

RESPONSIBILITIES TO YOURSELF

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your junior high school experiences. Your studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

Another responsibility you assume as a squad member is to your school. Amherst Junior High School cannot maintain its position as an outstanding school, unless you do your best in whatever activity you wish to 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 an athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you.

The student body, our community and other communities judge our school by our conduct and attitudes both on and off the field. Because of this community pride, make Amherst Junior High proud of you and your community proud of your school by your faithful exemplification of these ideas.

RESPONSIBILITIES TO OTHERS

As a squad member, you also bear 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 up to all the training rules, that you have

practiced to the best of your ability every day, and that you have played the game “all out” you can keep your self-respect and your family can be proud of you.

CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

On the Field - In the areas of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

In the Classroom - In the academic area, a good athlete becomes a good student. A person cannot fall behind in the classroom and think he/she can be an outstanding athlete. Dedication in the classroom will lead to dedication on the field of play. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

ATHLETIC DEPARTMENT POLICIES

1. *Pay to Participate Fees*

The AJH Athletic Department has set forth these guidelines for Pay-to-Participate fees:

For any sport in which there is a limited number of participants (cuts are made), the fee shall be paid in full the day after the teams have been announced or by the date designated by the administration.

-- Basketball, Softball, Cheerleading, Volleyball

For sports in which there is unlimited participation (and require no cuts), the fee shall be paid in full prior to the first contest, on the date provided.

-- Track, Cross Country, Wrestling, Football, Drama Club

2. *Physicals*

All student-athletes must have a current OHSAA physical on file in the AJH office prior to the first practice date.

3. *Eligibility Requirements* (as set forth by the OHSAA)

In order to maintain eligibility for grades 7 and 8, you must have received passing grades in a minimum of four (4) classes in the immediately preceding grading period.

(There are NO eligibility requirements for incoming 7th graders during the fall season.) Summer school and other educational options may not be used to bring a student into compliance with scholarship bylaws, nor can they be used to compensate for lack of courses taken in the preceding grading period. Your semester or yearly grades have no effect on OHSAA eligibility (although they could, depending upon your school's official grading periods). OHSAA eligibility is dependent upon grades received in the immediately preceding grading period. In order to be eligible for the first grading period upon entrance into grade 9, you must have received passing grades in a minimum of four (4) classes in the immediately preceding grading period.

4. Dropping or Transferring Sports

If an athlete removes himself from a team over the course of a season, he is not permitted to join another school team until that season has ended. If an athlete may find it necessary to drop a sport, the following procedure must be followed:

- A. Talk to your immediate coach and then the head coach.
- B. Check in all equipment issued to you.

Those individuals selected as squad members on any athletic team shall be considered as members of the team through the completion of that regular sport season unless they are removed for disciplinary reasons, scholastic ineligibility, or mutual agreement between player and coach. All squad members who complete the season shall participate in the athletic award ceremonies.

5. Equipment

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.

6. 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 severely. Sudden illness or some other emergency would be good reason for missing a practice or game.

7. Travel

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department. Athletes will remain with their squad and under the supervision of a coach when attending away contests.

All regular school bus rules will be followed: including food, noise, remaining in seat, care and respect for equipment. We encourage all athletes to ride the bus to and from contests, as we feel it builds camaraderie, however, parents/guardians may transport their children in extraordinary circumstances. In these cases, the coach will have paperwork for parents to sign in order to transport their own children.

7. Conflicts with Extra-Curricular Activities

An individual student who attempts to participate in too many extra curricular activities will, undoubtedly, be in a position of a conflict of obligations. 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 schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty advisor involved immediately when a conflict does arise.

8. School Behavior

For every five detentions received in a nine (9) week grading period the athlete will miss one contest.

9. Absence from School

Students must report to school by 10:30 a.m. to be considered eligible to participate in after-school activities. A student who has been absent all day will not be permitted to participate in any after-school or evening activities. If a student needs to be excused from school for a doctor or dentist appointment, reasonable attempts at attendance are required before and/or after the appointment.

10. Hazing

It is the position of the Amherst Board of Education and School District that hazing activities of any type are inconsistent with the educational process and shall be prohibited at all times. No administrator, faculty member, or other employee of the school district shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in any hazing. Hazing is defined as doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that uses or creates a substantial risk of causing mental or physical harm to any persons. Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

GUIDELINES FOR CUTTING STUDENT/ATHLETES FROM TEAMS GENERAL STATEMENT

Amherst Schools offer (14) sports in the high school and (11) sports in the junior high school. In football, boys' and girls' cross country, boys' and girls' swimming, wrestling, and boys' and girls' track, athletes are not eliminated based on specific number of participants. In the sports of girls' volleyball, boys' and girls' basketball and girls' softball, athletes may be eliminated or denied the privilege of participation because the sport prescribes a specific number that may participate. The number in each sport is prescribed by the coach of that team, with the help of the head coach in that sport,

based on many criteria. Some of the criteria that can determine the size of the team could be:

- A. Talent and work ethics of those trying out
- B. Number of individuals trying out
- C. Optimum number determined by coach to conduct productive practices and insure adequate substitutes
- D. Academic eligibility of those individuals trying out. To be eligible a student/athlete must pass at least 4 subjects in which they were enrolled in the preceding grading period.

Our coaches realize that as difficult as cutting is, it is more difficult on student athletes. We should use this opportunity to let these students know that we understand their disappointment, that it is not a personal decision. We ask our coaches to put themselves in the place of the athlete.

Training Rules and Regulations

- 1. Amherst students participating in extracurricular activities are encouraged to adhere to the training rules and regulations all twelve months of the year.
- 2. Coaches may add additional rules for their sport.
- 3. Student/Athletes are encouraged to comply with these rules and regulations during the season.

NOTE:

The individual athletic sports seasons shall include those dates that are prescribed by the OHSAA as listed in the current Ohio High School Constitution and Rules, as well as any approved preseason conditioning program.

Rules:

The student/athlete of Amherst must refrain from the following:

- 1. No use, purchase or possession of the following substances:
 - a. Alcoholic beverages in any form
 - b. Build altering chemicals
 - c. Mood altering chemicals
 - d. Tobacco, in any form

Definitions:

- 1. Build altering chemicals - include without limitation, anabolic steroids, growth hormones, testosterone or its analogs, human chorionic gonadotropin (HCG), and other hormones.
- 2. Mood altering chemicals - include without limitations, narcotics, depressants, stimulants, hallucinogens, counterfeit controlled substances, marijuana, and

prescription drugs, unless authorized by a medical prescription from a licensed physician.

3. Being involved in malicious behavior in sports or in their every day activities is unacceptable. Malicious behavior may be defined as, but not limited to the following examples:
 - a. Vandalism
 - b. Disruption of school activities
 - c. Violations of the rights and responsibilities of other individuals, as adopted by the Amherst Exempted Village Schools and contained in the Student Code of Conduct.
4. The Head Coach/Director of each sport/organization and/or Athletic Department shall have the right to enforce reasonable additional rules or regulations that will be beneficial to the health and welfare of the student/athlete participation in his/her respective sport.

Violations of Training Rules

Disciplinary Actions:

1. FIRST OFFENSE (Voluntary Referral)

A. Voluntary Referral - When a student/athlete or his/her parents voluntarily share his/her violation of a training rule with a coach or administrator is referred to as a voluntary referral. A voluntary referral may also occur in the following way: when information is obtained from an outside source and when confronted with the alleged violation, the student tells the truth.

- a. A student/athlete is entitled to one (1) voluntary referral in his/her two years at Amherst Junior High School.
- b. PENALTY - The student/athlete will be denied the privilege to participate in one (1) game, match, etc.

B. Involuntary Referral - When a student/athlete violates a training rule during his/her season he/she may be subject to the consequences set forth under involuntary referral.

a. PENALTY - The student/athlete will be denied the privilege to participate in athletic contests for (2) weeks. During this time the athlete must (during the course of a suspension) attend all practices and games, matches, etc. Failure to do so may result in further disciplinary action.

2. SECOND OFFENSE

A. The student/athlete will be denied the privilege of participating for the remainder of the school season.

B. A student/athlete who lies about the facts involved in alleged first offense will be treated as a second offense violator.

C. The student/athlete will not receive any awards in the sport whether earned previously or not.

3. THIRD OFFENSE

A. The student/athlete will be denied participating for the remainder of the school year.

B. A student/athlete may appeal this decision (to the Athletic Policy Board) provided that he/she is willing to undergo a professional evaluation at their expense to determine the degree of student/athlete risk. This appeal may be granted or denied.

Out of Season Violations

A. A student/athlete found in violation of training rules “Out of Season”:

- a. Will have this count as their one (1) voluntary referral during his/her two (2) years at Amherst Junior High School.
- b. Written notification to parents of the violation will be sent home with the student/athlete to be signed and returned to the Athletic Director the next day.

Peer Mediation

A. May be requested by either the head coach or student/athlete to assist in resolving an “alleged violation” of training rules.

B. The peer “jury” will be given the facts to the extent known, listen to the statement of the student/athlete accused of the violation, and render a decision.

C. The peer “jury” will be made up of student/athletes who have attended a workshop involving “drug free schools”. Peer mediation instruction will be given to train the members of the peer “jury”.

D. All student/athletes will be required to sign a “Pledge” at the beginning of the season in which they agree to:

- a. Keep the training rules outlined in the Code of Conduct.
- b. Agree to the hearing and decision of a “Peer Jury” if the coach or athlete requests this procedure.

Appeals

A. The student/athlete has the opportunity to appeal.

PARENT COACH COMMUNICATION

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. To be successful, communication must happen. This begins with clear communication from the coach of your child’s program.

COMMUNICATION

YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Locations and time of all practices and contests
2. Philosophy of the coach
3. Expectations the coach has for your child as well as all the players on the squad
4. What is required to be part of the team, i.e. -fees, special equipment, off season conditioning
5. Procedure should your child be injured during participation
6. Discipline that results in removal from participation

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Skill improvement and development
3. Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student/athletes

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Support towards the commitment of the program. Be sure your student is at practice on time.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Make an appointment with the coach.
2. If the coach cannot be reached, call the Junior High Athletic Director, Mr. Brad Draga, to set up a meeting.
3. Please do not attempt to confront a coach before, during, or following a contest or practice. These are emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

IF MEETING WITH THE COACH DID NOT PROVIDE 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.

COACHES' ROLE

Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.

Instruct participants in proper sportsmanship and expect that they make sportsmanship the No. 1 priority.

Respect judgement of contest officials, abide by rules of the event and display no behavior that could incite fans.

Treat opposing coaches, participants and fans with respect. Shake hands with officials and the opposing coach.

Develop and enforce penalties for participants who do not abide by sportsmanship standards.

PARTICIPANTS' ROLE

Treat opponents with respect. Shake hands after contests. Do not embarrass, demean, taunt, or intimidate your opponent with ridiculing motions, finger pointing or trash talking.

Respect judgement of contest officials, abide by rules of the event, and display no behavior that could incite fans.

Cooperate with officials, coaches and fellow participants to conduct a fair contest.

Accept seriously the responsibility and privilege of representing school and community; display positive public actions at all times.

Live up to the high standard of sportsmanship established by the coach.

PARENTS', OTHER FANS' ROLE

Realize that a ticket is a privilege to observe a contest and support junior high school activities, not a license to verbally assault others or be generally obnoxious.

Respect decisions made by contest officials.

Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Applaud during introduction of players, coaches and officials.

Recognize players' performances with applause, regardless of team.

Do not blame the loss of the game on officials, coaches or participants.

Do not use profanity or displays of anger that draw attention away from the game.

Show concern for an injured player, regardless of team.

Encourage surrounding fans to display only sportsmanlike behavior and respect all fans, coaches and participants. Treat competition as just a game. Be a fan, not a fanatic.

SPIRIT GROUPS' ROLE

Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.

Treat opposing spirit groups and fans with respect.

Recognize outstanding performances on either side of the playing field or court.

Know rules and strategies of the contest in order to cheer at proper times.

Maintain enthusiasm and composure; serve as a role model.

SCHOOL ADMINISTRATORS' ROLE

Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the league/conference and state.

Provide appropriate supervisory personnel for each interscholastic event.

Support participants, coaches and fans who teach and display good sportsmanship.

Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.

SWC SCHOOLS

AVON

Avon Middle School

3075 Stoney Ridge Road

Avon, Ohio 44011

AVON LAKE

Learwood Middle School

340 Lear Road

Avon Lake, Ohio 44012

BEREA-MIDPARK

Berea-Midpark Middle School

7000 Paula Drive

Middleburg Hts., Ohio 44130

ELYRIA

Eastern Hts. Middle School

528 Garford Ave.

Elyria, Ohio 44035

Northwood Middle School

570 Abbe Rd. North

Elyria, Ohio 44035

Westwood Middle School

42350 Adelbert Rd.

Elyria, Ohio 44035

MIDVIEW

Midview Middle School

12865 Grafton Road

Grafton, Ohio 44044

NORTH RIDGEVILLE

North Ridgeville Academic Center

34620 Bainbridge Rd

North Ridgeville, Ohio 44039

OLMSTED FALLS

Olmsted Falls Middle School

27045 Bagley Road

Olmsted Falls, Ohio 44138

