

Athletic Department



Brad Watson Athletic Director

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Introduction

Vision:

The Perkins Athletic Department is committed to providing an opportunity for all students-athletes to fully develop their academic and athletic potential. The athletic department will strive to instill in each student-athlete:

- **Winning Attitude**
- **Relentless Effort**
- **TEAM over Me**



Coaches

Bowling

- Cathy Dorin-Lizzi - Girls
- Jeff Lizzi - Boys

Swim & Dive

- Stephanie Mulvin

Wrestling

- Travis Crabtree

Basketball

- Leia Lyden - Girls
- Andy Hoying - Boys

Cheer

- Gigi Musser

Administration

- Superintendent
 - Dr. Lonny Rivera
- High School Principal
 - Jeff Harbal
- High School Assistant Principal
 - Drew Davie
- Middle School Principal
 - Jeff Thom
- Middle School Assistant Principal/AD
 - Eric Weisenberger

Support Staff

- Athletic Secretary
 - Dawn Sullivan
- Head Athletic Trainer
 - Jordan Bowers
- Coordinator of Sports Performance
 - Travis Webb
- Youth Athletic & Activities Liaison
 - Jalen Santoro

Booster Club

- President
 - Matt Schweinfurth
- Vice President
 - John Losey
 - Tim Didion
 - Chris Henry
- Treasurer
 - Jamy Lowe
- Secretary
 - Kelli Oddo
 - Wendy Schirg

Perkinsboosterclub.org

CONCESSION STAND COVERAGE





WHY INTERSCHOLASTIC ATHLETICS & OHSAA BELIEFS

- Participation in interscholastic athletics programs is educational in nature and:
 - Complements your school experience.
 - Fosters a sense of community and teaches lifelong lessons of hard work, teamwork, citizenship and discipline.
 - Promotes a lifetime appreciation for sports and healthy lifestyles.
 - Helps prepare you for the next level of your life as a responsible adult and productive citizen.



WHY INTERSCHOLASTIC ATHLETICS & OHSAA BELIEFS

- Participation in interscholastic athletics programs:
 - ...is a privilege, not a right.
 - ...is not designed to prepare you for the next level of sports. Rather, it allows students to engage in a well-rounded experience that includes participation in a multitude of extracurricular activities.
 - ...implements educational components of participation in interscholastic athletics programs.
 - ...promotes student academic achievement and success over athletics achievement and success.

Parent Expectations

- Follow the chain of command
- Support ALL players on the team
- Speak positively about coaches, even if you don't agree
- Encourage working through struggles
- Be a positive influence at games

PARENTS #1 - Accept the Struggle

Sports are all about Competition. It is that simple. You compete with your opponents, with your teammates, and with yourself.

Competition makes us all better. TEAM sports are about We > Me. The joy of sport is in the process, the fight, and the struggle. It is not a shiny trophy. That doesn't last. Don't fight against the struggle. **Accept the Struggle.**

PARENTS #2 - It is your Child's Struggle, not yours

Always remember this about sports. It is your CHILD'S: Experience, Struggle, Game, Challenge, Fight, Courage, and Tenacity

It is not yours. Parents: SUPPORT, CHEER, and ENCOURAGE, but do not cross the line.

PARENTS #3 - The Struggle is not the Enemy

The struggle is HOW your child becomes resilient & strong. Adversity makes us better. Do not be a snowplow parent = clears the path in front of their child so that they never face adversity. What happens when they hit the real world?

PARENTS - Come to Grips. For your child's sake. The struggle never ends. After HS, the struggles get more serious: Jobs/Careers, Relationships, Health Issues, Finances, and Loss.

Your child will be much better prepared for these struggles. And when you look back on this....you will know why. And you will be thankful for the struggle.

Athlete Expectations

- Winning Attitude, Relentless Effort, & Team over Me
- **Playing time is EARNED**
- **Development**
 - Classroom
 - Weight-room
 - Practice
- **Coachable**
- **See challenges as growth**

Coaches Expectations

- **Relationships**
- **Communication**
- **Program Development**
- **Provide the best experience possible**
- **Positive Culture**

Code of Conduct

- **24-7-365**
- **Any student who willfully performs an act, which materially interferes with or is detrimental to the orderly operation of a school's educational and co-curricular program, will be subject to athletic discipline, suspension, or expulsion.**

Code of Conduct

- **Violations**

- **First Offense - 40% of season. Option to take courses to reduce to 20% of season**
 - **Second Offense - One full season suspension**
 - **Third Offense - One calendar year suspension**
 - **Fourth Offense - Permanent suspension**
- **Student-athletes are required to be in attendance no later than 10:00 AM to participate in an athletic contest, practice or any other athletic turnout scheduled for that day.**

Academic Eligibility

- **Minimum of five units of credit per year toward graduation during each nine-week grading period.**
- **Each athlete must earn a minimum 1.50 GPA on a four-point scale during the previous grading period.**
- **Post-Secondary - Be sure to talk with Athletic Office to make sure enrolled in enough credits.**
 - **If drop class, talk with Athletic Office IMMEDIATELY**

Travel

- **All athletes must travel to and from athletic contests when transportation is provided by the school district.**
- **If there are extenuating circumstances and school provided transportation to and/or from an athletic contest cannot be used by the student-athlete, then a completed alternative transportation form is required to be on file no less than 24 hours in advance of the athletic contest. Form can be found on in the Athletic Office.**

Activity Fee

- Each high school athlete will be responsible to pay an athletic activity fee of \$100.00 **PER YEAR**.
- \$100.00 due Dec 5, 2025
- Checks payable: Perkins Local Schools
- Send to: Athletic Office or pay online at Pay Schools

Non-School Teams & Out-of-Season Regulations

- You may not participate in a non-school team in the same sport during your school team's season. (Example: AAU basketball during school's basketball season)

Conflicts

- The Athletic Department recognizes and encourages each student to participate in a broad range of extracurricular activities. Individuals who attempt to participate in too many extracurricular activities, however, will at some point encounter a conflict with different activities. Students must realize that they have a responsibility to do everything they can to avoid conflicts. **Perkins High School athletic team functions take precedence over the activities of outside athletic clubs or organizations.**

Dual Sport

- **Due November 24, 2025**
- **Form needs to be signed by BOTH head Coaches and AD meeting scheduled**
- **Athletes job to have great communication with both coaches on schedule**

Picture Day

- **Wednesday Nov 26th**
 - **See head coaches for times**
 - **First Choice**
 - **No Packets, Email from First Choice**

ALL SENIORS GET INDIVIDUAL PICTURE FOR BANNER

Passes

- Perkins Box Office
 - All-Sport Pass
 - Varsity “P”
 - Student Pass
 - Reserved Football Tickets - If purchase and want an Adult Sports Pass, may receive \$35 discount

Final Forms

- <https://perkins-oh.finalforms.com>
- BOTH Parent/Guardian & Student-Athlete need to complete ALL forms
- Forms Completed by November 24th.
 - Failure to complete forms will result in ineligibility.
- Physical Forms, print using Final Forms



FINALFORMS

Shut Down Week 2026

- **Monday June 29 - Sunday July 5, 2026**

NIL (Name, Image, Likeness)

- OHSAA Vote happening this week on setting parameters
- More information to come as the process evolves

Perkins Strength & Conditioning

- Program Philosophy: *The Sports Performance program is committed to developing the COMPLETE athlete by providing data-driven, evidence-based scientific programming that emphasizes movement proficiency, injury resilience, and athletic performance.*

twebb@perkinsschools.org



SportsYou - Access Code: 5WUT DRQK



PerkinsStrength



Perkins_Strength



sportsYou



You've been invited to join

Perkins Strength

Use your **unique access code** below and follow the instructions.

Access Code

5WUT-DRQK

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**

Perkins Strength & Conditioning

- Long Term Athletic Development: 7th - 12th
 - Individualization within a team setting according to:
 - Training age
 - Movement proficiency
- Program Structure:
 - 2 x per week, In-Season (*required*): scheduled around competition / practice
 - Schedule Posted to SportsYou + Social Media Accounts
 - Athlete Based Training - emphasis on movement and outputs (strength, speed, and hypertrophy) rotated throughout week to allow for optimal performance and recovery.



Perkins Strength & Conditioning

- **Return to Performance:**
 - The Strength and Conditioning Department is responsible for developing and implementing policies and procedures to ensure the safe return of athletes to play after minor or significant injury. Working in collaboration with the Athletic Training Staff, Physical Therapists, Team Doctors, and Coaches, the Director of Strength and Conditioning creates a comprehensive plan for each athlete's recovery. The staff will monitor athlete's progress and modify/adjust as needed depending on athletes' response to stimulus.

Modify - Not Sit Out! We can adjust all programming to give athletes what they need!



Perkins Strength & Conditioning

- **How Parents Can Support:**
 - **Control the other 22 Hours:**
 - **Overtraining:**
 - If you choose to utilize additional or outside training services from what is offered at Perkins, it must be communicated with Coach Webb to minimize risk of injury and overtraining
 - **Nutrition**
 - Ensure athletes are fueling their bodies to promote performance, recovery, and demands of their sport
 - **Recovery**
 - Best supplement for an athlete is good SLEEP, and REST!



Head Coach Meetings

Wrestling

- PLC

Boys Basketball

- Meeting time will be sent out soon. Delayed due to football playoffs