



NORTHERN LOCAL SCHOOL DISTRICT ATHLETIC HANDBOOK

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Introduction

The athletic program at Sheridan High School and Sheridan Middle School is an integral part of the overall education program in Northern Local Schools.

As with the academic program, we offer levels of competition and strive to be as competitive as possible in those programs while maintaining a caring and positive attitude toward students.

In addition to instilling a winning attitude and providing our athletes the desire to gain a competitive edge, we also want to stress the importance of good sportsmanship by all parties involved. Moreover, we want our athletes to follow not only the letter, but also the spirit, of the rules.

It is our belief that through diligent perseverance, hard work, and sacrifice, both on the part of coaches and the athletes, we can be competitive and successful in our endeavors on and off the playing fields.

This handbook has been prepared in order to give direction and definition to the athletic program in Northern Local Schools.

Sheridan Athletic Department Mission Statement

Mission: Educating Generations, Serving Our Community.

Vision: To be a distinguished athletic program that promotes General Pride.

We Value: Every athlete, sportsmanship, work ethic, competition, and the engagement of students, staff and community.

Goals:

- Providing intentional communication
- Fostering participation in multiple athletic programs
- Supporting coach development and professional growth
- Promoting collaboration between our community and our school

Focus Areas of Sheridan Athletic Department

Our athletic department will:

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

The Sheridan Athletic Department believes the interscholastic athletic program, and other programs which support the interscholastic program, exist for the purpose of:

- Providing boys and girls who have interest and ability in sports with an outlet for the expression of these interests and abilities.
- Providing an opportunity to experience important lessons of life which are a part of athletics.
 - * The opportunity to see that many limitations, both physical and mental, can be conquered.
 - * The ability to accept limitations, which cannot be overcome.
 - * The joys of teamwork as well as individual accomplishments.
 - * The ability to accept both victory and defeat gracefully.
 - * Teaching physical skills and good health habits which will be of lasting benefit to the individual.

In relating the desire to win with the purposes listed above, the Sheridan Athletic Department feels that the lessons can be most easily taught in a winning atmosphere.

Although the Athletic Department encompasses both middle and high school students, each sport program should show evidence of articulation from one level to the next. In so doing, it is imperative that each head coach work with the athletic director and Principals.

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

The objectives of the Sheridan Athletic Program are to provide:

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

PROGRAM OPERATIONS

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

The head coaches shall work with the athletic director and Principals in setting parameters for the program. Specifics of each sport are not addressed in this philosophy because they may change from one sport to another and from one head coach to another.

The participation in an athletic program is a privilege (*not a right*), which Sheridan schools affords its young people. Although the department recognizes the value of athletic participation, the department does adhere to the belief that the structure of the interscholastic athletic program is triangular in shape. At the base of the triangle is the physical education program in which everyone participates. The next step is middle school interscholastic athletics. This is still a learning experience and there is more participation than at the next level of the triangle. However, playing time is not guaranteed. At each successive step in the triangle, there are greater demands placed upon each student-athlete, along with greater rewards. At the varsity level, there is no guarantee of playing time. However, each individual athlete who is a member of the team should be made to feel as an integral part of the team.

In building this triangle, the coaching staff for each sport, with the approval of the building administration, does determine the size of the team/squad. While it is true that not every member of the team receives equal playing time, and some may receive very limited playing time, the coaching staff needs to develop each individual athlete as much as possible.

The athletes, as team members, must also understand that they are part of a team and have a responsibility to work diligently and to sacrifice personal glory for team success and team goals.

It is the goal of the department that the principals, athletic director, assistant coaches, and head coaches will work together toward excellence and (1) will offer a quality program to the athletes, (2) will be competitive in all sports, and (3) will help each athlete reach his/her potential in that sport while still operating within the premise and guidelines of the philosophy of the Northern Local School District.

Philosophy and Organization of the Sheridan Athletic Department

Ohio High School Athletic Association

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

The management of the Association by the Board of Control, District Boards and Commissioner, and other such persons designated by the Board of Control make up the administrative body of the OHSA. All sport regulations of the Ohio High School Athletic Association are strictly adhered to by all concerned with the Sheridan Athletic Department.

Muskingum Valley League

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

Coaching Ethics and Responsibilities

All individuals who accept a coaching assignment in the Northern Local School District are expected to adhere to and enforce all policies, rules, and regulations established by the district. Responsibilities of every coach include:

- * To impress upon each athlete that academics is the primary purpose of attending school.
- * To support the administration in all policies, rules and regulations.
- * To support all other Sheridan coaches and their teams.
- * To suggest, recommend, and advise the Athletic Director of matters related to conduct or improvement of the department. Matters should be discussed in a professional manner and final decisions should be accepted and supported.
- * To work through the Athletic Director and Principal to minimize school disruptions due to athletic activities. Programs, rallies, and travel itinerary must have advanced approval.
- * To encourage each athlete to achieve their potential academically and athletically.

Athletic Job Descriptions:

A. Head Coach

Head coaches will be selected on the basis of the most qualified person available for such a position. Ohio Revised Code (RC 3313.53) requires that school districts first seek licensed teachers to fill supplemental positions; should a licensed teacher not meet the qualifications for the position, the position may be offered to a non-licensed person if all ORC standards are met (Ohio School Law, 7.11). The Superintendent of Schools recommends to the Board of Education a nominee who has the endorsement of the Athletic Director and the Principal. (In hiring assistant coaches, the head coach is involved in this same selection process).

1. Responsible to the Athletic Director.
2. Develops a well-organized program of interscholastic competition at all levels of the program.
3. Selects and organizes a staff at all levels to achieve the highest degree of efficiency.
4. Makes every effort to promote a feeling of good will and cooperation between and among other coaches and squad members.
5. Ensures that all rules and regulations of the Ohio High School Athletic Association and Muskingum Valley League are followed and enforced.
6. Plans practices and game sessions so that one coach is present at all times. **This includes supervision of the locker room until all athletes have departed.**
7. Accompanies and supervises the team in buses to and from all athletic events, unless other arrangements have been made. It is necessary to wait until all athletes have been picked up by their parent/guardian before leaving the building and or field after all events.
8. Maintains good public relations with the community, parents, administration, faculty, media and squad members.
9. Establishes and administers all team regulations during the season.
10. Assumes responsibility for conduct of players and coaches.
11. Promotes sportsmanship.
12. Conforms to the school policies in the ordering and purchasing of equipment.
13. Prepares assignments for all assistant coaches.
14. Works with Athletic Director on recognition events.
15. Appraises his/her coaching staff in cooperation with the Athletic Director.
16. Works with the athletic trainer and team doctor of Sheridan, as well as introducing themselves and an assistant coach to training staffs at away games to facilitate treatment of players and communication on injuries.
17. Conforms to the policies of the Sheridan Athletic Department.
18. Supports the Sheridan Athletic Booster Club.

19. Attends all required Athletic Department meetings.
20. Assumes the responsibility for the enforcement of team training regulations and the Northern Local School District Athletic Code of Conduct policy for athletes.
21. Pre-Season responsibilities:
 - * require physical exams of all participants before tryouts are conducted.
 - * require all athletes to show evidence of having insurance coverage or a signed waiver before starting practice.
 - * supervise the issuance of equipment.
 - * complete and forward eligibility forms to the Athletic Director as directed by him.
 - * check all travel itineraries with the Athletic Director.
 - * see that all necessary forms are completed and sent to the designated person.
 - * * arrange with the Athletic Director for all facility requests for the season and holidays (i.e., fields, gyms, rooms).
 - * review the season's schedule with the Athletic Director.
 - * conducts informational meeting(s) with athletes' parents.
22. In-Season responsibilities:
 - * assume the responsibility for the maintenance and storage of equipment.
 - * submit publicity material to the local newspapers and work cooperatively with the media.
 - * submit program information to the Athletic Director.
 - * file student accident reports to the Athletic Director.
 - * submit squad roster information to the Athletic Director.
 - * scout other schools' teams as necessary.
 - * maintain intra-staff communication at all levels.
23. Off-Season responsibilities:
 - * prepare presentations at awards banquet, Booster Club, and sport assemblies.
 - * * complete a detailed inventory of supplies and equipment for entire program (7th through 12th grades).
 - * determine needs for the next season.
 - * prepare requisitions for the purchase of new equipment.
 - * complete all required forms to be filed with Athletic Director (records, evaluations, awards, etc.).
 - * attend clinics when possible.
 - * assist individual athletes in college choices as needed.
 - * assess, evaluate, and confer with returning athletes for developmental planning.
 - * organize and implement the off-season conditioning program with the coaching staff.
 - * prepare college information sheets on next year's seniors.
 - * monitor grades/eligibility throughout the school year while promoting academics.
24. Must possess valid CPR and Pupil Activity Permit.
25. Assume all additional duties assigned by administration.

B. Assistant Coach

The position of assistant coach will be filled based upon input from the head coach, Athletic Director, and Principal and recommendation of the Superintendent to the Board of Education.

The assistant coach must meet all provisions of the Northern Local Board Of Education and the OHSA.

1. Responsible to Athletic Director and head coach.
2. Attend all meetings scheduled by the head coach.

3. Assist in the administration of the athletic program.
4. Demonstrate loyalty to the head coach and to the program.
5. Maintain good public relations with those groups and individuals involved with the program.
6. Support the Sheridan Athletic Booster Club.
7. Conduct oneself in a professional manner at all times.
8. Teach the values of good sportsmanship.
9. Be available for Athletic Department meetings as necessary.
10. Works through proper channels and protocol in referring parents or the public to appropriate administrative responses.
11. Assume responsibilities of head coach in matters of supervision in absence of head coach.
12. Pre-Season responsibilities:
 - * be in attendance from the first day of practice.
 - * assist with the supervision of practices and games.
 - * assist with the issuance of equipment.
 - * assist in pre-season conditioning as assigned by the head coach.
13. In-Season responsibilities:
 - * carry out the duties assigned by the head coach.
 - * assist the trainer with his/her duties.
 - * scout other schools' teams as necessary.
 - * observe and communicate with feeder coaches in the program.
14. Off-season responsibilities:
 - * assist in the collection, storage, and inventory of equipment.
 - * assist with banquet activities.
 - * attend clinics when possible.
 - * assist with the off-season conditioning program.
15. Must possess a valid CPR and Pupil Activity Permit.

C. Volunteer Coach

Any head coach who desires to have a volunteer coach work with a team in his/her program must secure permission in writing from the Athletic Department. Upon approval, the selected person will be submitted to the Northern Local Board of Education for approval. The head coach should discuss the request with the Athletic Director prior to the volunteer coach working with the team/staff.

1. Responsible to Athletic Director and head coach.
2. Assumes responsibilities as designated by the responsible coach.
3. Must have secured a valid CPR and Pupil Activity Permit.

D. Procedure for Selecting a Head Coach

The Superintendent will determine the available teaching positions within the district and initiate the school posting and employment procedures. The Superintendent, in coordination with the Principal and the Athletic Director will establish application parameters (acceptance and closing dates), interview timelines, and tentative selection date. The Athletic Director and Principal will screen all applications and (per established timelines) present a candidate(s) to the Superintendent for approval.

E. Procedure for Selecting Assistant Coaches

Head coaches will select assistant coaches to fit their needs. Prospective new assistant coaches will meet with the Athletic Director and Principal before being presented to the Superintendent for approval.

F. Individual Sport Offerings (by season)

The Northern Local School District currently offers the following sports programs for high school students:

<u>FALL SPORT:</u>	<u>ABBREV.</u>	<u>TEAMS (As Warranted By Participation):</u>
Cheerleading	CL	Varsity, Junior-Varsity
Cross-Country/Boys	BXC	Varsity
Cross-Country/Girls	GXC	Varsity
Football	FB	Varsity, Junior-Varsity, Freshman
Golf/Boys	BG	Varsity, Junior-Varsity
Golf/Girls	GG	Varsity, Junior-Varsity
Soccer/Boys	BSOC	Varsity, Junior-Varsity
Soccer/Girls	GSOC	Varsity, Junior-Varsity
Volleyball/Girls	GVB	Varsity, Junior-Varsity, Freshman
 <u>WINTER SPORT:</u>		
Basketball/Boys	BBK	Varsity, Junior-Varsity, Freshman
Basketball/Girls	GBK	Varsity, Junior-Varsity, Freshman
Bowling/Boys	BBOW	Varsity, Junior-Varsity
Bowling/Girls	GBOW	Varsity, Junior-Varsity
Cheerleading	CL	Varsity, Junior-Varsity
Gymnastics	GY	Varsity
Wrestling	WR	Varsity, Junior-Varsity
 <u>SPRING SPORT</u>		
Baseball	BB	Varsity, Junior-Varsity
Softball	SB	Varsity, Junior-Varsity
Track/Boys	BTR	Varsity
Track/Girls	GTR	Varsity

The Northern Local Schools offer the following sports programs for middle school students:

<u>FALL SPORT:</u>		
Cheerleading	CL	One combined 7 th & 8 th
Cross Country/Boys	BXC	One combined team (7 th & 8 th)
Cross Country/Girls	GXC	One combined team (7 th & 8 th)
Football	FB	One 7 th and one 8 th grade team
Volleyball/Girls	GVB	One 7 th and one 8 th grade team
 <u>WINTER SPORT:</u>		
Basketball/Boys	BBK	One Seventh & One Eighth team
Basketball/Girls	GBK	One Seventh & One Eighth team
Cheerleading	CL	One unit
Wrestling	WR	One combined team (7 th & 8 th)
 <u>SPRING SPORT:</u>		
Track/Boys	BTR	One combined team (7 th & 8 th)
Track/Girls	GTR	One combined team (7 th & 8 th)

COACHING GUIDELINES – GENERAL POLICIES

The following is a brief list of general policies that the athletic department of the Northern Local Schools adheres to.

1. Accountability for the program: Each head coach is given appropriate latitude in directing the program. Each coach is permitted to set guidelines and run their respective program. The coaches are expected to be held accountable for their program and their subsequent activities.
2. Communications with student-athletes and parents: Players should feel comfortable to discuss any concerns that they may have with the coach. Parents should also feel comfortable in discussing concerns with the coach.
 - a. An atmosphere should be created by the coach to insure good communication with the players and parents. There are times when complaints or concerns may arise. The best place to resolve these issues is at the level of the coach. The administration is there and ready to help when the need arises. In any case, coaches are required to discuss these concerns with the athletic director and to keep the athletic director informed of concerns and developments in their programs. A proactive approach with communication is expected by all parties.
3. Knowledge of and Adherence to OHSA By-Laws: All Sheridan athletic coaches (head and assistant coaches) are expected to have a thorough knowledge of Ohio High School Athletic Association By-laws and Sport Specific Rules that apply to their respective sport(s). Coaches will be expected to follow all OHSA directives and operate their programs within the spirit of such regulations at all times.
4. Communication with school/local community: Coaches should have avenues to get their message and philosophy to the community. Communication with fellow professionals at the school and with community members and youth programs is encouraged. This could help the coach in times of controversy or when the season is not going as well as expected.
5. Hiring: The superintendent, according to the law and practices, has the final say in recommending a coaching candidate to the Board of Education for hire. The Principal makes the recommendation to the superintendent. Internally, the Principal is encouraged to use resources in making the recommendation. Among the resources are the athletic director and, for assistant coaches, the head coach.
6. Evaluation: The athletic director, with appropriate input from the building administration, shall evaluate each head coach according to the negotiated agreement. The head coach will evaluate the assistants. The head coach shall have an active part in discussing concerns with the athletic director and Principal.
7. Non-renewal: Non-renewal of a coach shall be in accordance with the negotiated agreement and the Ohio Revised Code. (Note: All "Community Coaches" are automatically non-renewed at completion of each one-year contract).

Accreditation (of coaches)

The Northern Local School District encourages and supports the professional development of all interscholastic coaches. All Sheridan athletic coaches will be expected to meet the following requirements as approved by the Northern Local Board of Education: ○ All Sheridan athletic coaches (paid and volunteer) must be approved by the Northern Local Board of Education.

- All Sheridan athletic coaches (paid and volunteer) will be required to produce a valid Ohio BCI and FBI check **PRIOR** to being approved by the Northern Local Board of Education.
- Prior to being approved by the Northern Local Board of Education, all Sheridan (paid and volunteer) athletic coaches must provide a valid Ohio Pupil Activity Permit, a current CPR card, a current Concussion Training Certificate, a current Lindsay's Law Certificate, and a NFHS Fundamentals of Coaching (Coach Education) Certificate. All certifications must be valid through the coaching season.
- NLSD stipend coaches will receive their coaching stipend once all requirements listed above have been met and verified by the Sheridan athletic director.

Assemblies

Athletic/Pep assemblies may be requested by the cheerleader coach, student council advisor, or the head coach. Assembly requests should be arranged through the Principal. A detailed agenda should be submitted at least 48 hours in advance of the assembly.

Alcohol, Tobacco and Other Drugs Proactiveness

All athletic coaches will be knowledgeable of the Northern Local Drug & Alcohol policy and will take a proactive approach in communicating with players and families about the dangers of chemical substances.

Assessment/Evaluation

Each head coach and their respective sport program will be assessed on an annual basis. This evaluation process will incorporate a multi-step routine:

- a. Pre-season meeting with athletic director.
- b. In-season update sessions.
- c. Administrative observations and feedback opportunities.
- d. Post-season evaluation meeting.

Athletic Facilities Usage

It is the general policy of the Northern Local Board of Education that school facilities be made available for community use when such use does not interfere with school operation, school functions, school events. School organizations, activities, and athletic teams have priority over outside groups. All requests for facility usage from non-school groups should be referred to the Sheridan High School/Middle School Secretary who is in charge of coordinating scheduling requests at (740) 743-1335 (High School), or (740) 743-1315 (Middle School). Rental fee and agreements are established per Board of Education Policy, and requests specific to athletic facilities can be addressed through this contact.

Championship Recognitions:

To recognize Sheridan athletic teams who win league, district, regional and state championships in the manner intended by the Sheridan Athletic Handbook and approved by the Northern Local Board of Education, such championships must be sanctioned by (i.e., under the jurisdiction of) the Ohio High School Athletic Association (OHSAA).

However, to honor an appropriate team accomplishment which falls outside such jurisdiction, the following may be considered:

- A recognition banner displayed in the gym

Rationale:

1. Many non-OHSAA tournaments and championships have a limited scope of competition. Not all sponsored teams within an activity/sport are included with all competitions.
2. There are varied sponsorships of non-OHSAA tournaments. The purpose, goal and philosophy of such competitions are not always educational-based.
3. Most non-OHSAA competitions are "pay to compete" which may tend to minimize a true "level playing field" competition.

Club Sports

Self-supporting club sports may be approved at the discretion of the administration. Special consideration will be given to OHSAA sanctioned or emerging sports.

Conflicts in Extracurricular Activities

The Sheridan 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 cooperative manner to minimize conflicts. ***The student has a responsibility to do everything they can to avoid continuous conflicts.*** This might include participating in only one athletic activity each sport season and being cautious about belonging to too many activities where conflict may occur. It also means notifying all advisors/coaches well in advance of any potential conflict in activities. A performance (athletic event, contest, play, concert, etc.) normally has priority over any practice or rehearsal. When two events of equal value conflict, the student may participate in the event of his/her choice without fear of penalty or consequence.

Should a conflict arise, the advisors/coaches will meet to work out a solution so conflict is minimal. If the parties are not able to create a solution, the athletic director and Principal will make the decision based upon:

- a. Relative importance of each event.
- b. Importance of each event to the student.
- c. Relative contribution the student can make.
- d. Parental input.

Once the decision has been made and the student has followed the decision, there will be no student penalty imposed by any advisor/coach. In some cases, withdrawal may be suggested. Additionally, coaches should be alert for other potential school-related conflicts in scheduling. Every attempt should be made to avoid conflict of interests in scheduling contests on dates involving activities including (but not limited to) Homecoming, Prom Night, National Honor Society Induction, etc.

Documentation

Documentation is key ingredient to prevent or minimize future crisis occurrences. A well-written incident report is an important tool in this process and a way to improve the safety of everyone who may be involved in crisis moments. Coaches are expected to be aware of good documentation procedures.

Emergency Medical Authorization

Any time a student or a group of students are taken out of the district as participants in a school event, the responsible staff member in charge of the event must take the Emergency Medical Authorizations for those students (per Ohio Revised Code 3313.71.2). Coaches should have good communication with the Sheridan trainer and make them aware of any injuries that may occur when they are not present. The Head coach should also introduce themselves and at least one assistant coach to any outside medical trainers that are present at away events to establish good lines of communication in the event of player injury. Coaches will defer to the

training and opinion of contracted athletic trainers or doctors that may be working at away events.

Equipment

Issuing, collecting, purchasing, and inventory of equipment will be the responsibility of the head coach. The head coach may delegate this duty to an assistant coach. The head coach will recommend the purchase of new equipment and the repair/reconditioning of used equipment to the athletic director. Issued equipment to a student-athlete is to be worn only at practices, scheduled events, or as directed by the coach in charge. Equipment purchased with athletic department monies or donated equipment is property of the Northern Local Schools. No such equipment may be borrowed or otherwise utilized without the express approval of the athletic director.

Gym Banners (Team Recognitions)

Any board-approved athletic team winning the following league or OHSA-sanctioned championships will have an appropriate recognition displayed in the Varsity Gym.

1. Muskingum Valley League Champions
2. District Champions
3. Regional Champions
4. State Finalist or Champions

Hazing

It is the policy of the Northern Local Board of Education and Northern Local Schools 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 hazing. ***To be clear, our teacher-coaches should intentionally instruct and address issues of hazing in a proactive manner. Choosing to ignore ("don't ask, don't tell") hazing and hazing-like situations is not an option.***

Hazing activities of any type are inconsistent with and disruptive to the educational process, and prohibited at any time in school facilities, on school property, and at any school sponsored events. No administrator, faculty member, or other Board of Education employee shall encourage, permit, authorize, condone, or tolerate any hazing activities. No student shall plan, encourage, or engage in any hazing.

Hazing is defined as performing any act or coercing another, including the victim, to perform any act of initiation into any class, team, or organization that causes or creates a substantial risk of causing mental or physical harm. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.

Administrators, faculty members, and other employees of the School District shall be alert, particularly to possible situations, circumstances, or events that might include hazing. If hazing or planned hazing is discovered, the students involved shall be informed by the discoverer of the prohibitions contained in this policy and shall be ordered to end all hazing activities or planned activities immediately. All hazing incidents shall be reported immediately to the Superintendent. Students, administrators, faculty members, and other employees who fail to abide by this policy may be subject to disciplinary action and may be held personally liable for civil and criminal penalties in accordance with law.

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

accordance with Ohio law. In addition, any student-athlete found to be initiating, participating, or encouraging any Hazing activity may be removed from the team immediately.

Injury/Accident Procedures

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

1. Assist the trainer or doctor contracted to cover the event in communicating with the player.
2. Take appropriate steps to insure the safety and comfort of the injured athlete when there is no trainer available.
3. Notify the athlete's parents or designee on the medical form.
4. In the event the athlete needs transported to a medical facility, a coach or responsible adult must accompany and stay with the athlete.
5. Complete an accident/injury report with the athletic office as soon after the accident as possible. A copy of this report should be filed with the trainer.
6. A doctor or appropriate medical personnel will determine when the athlete may return to activity.
7. Coaches should follow all guidelines related to blood-borne pathogens prevention.

In-Season/Out-of-Season Preferences

In-season sports will have preference of facilities over out-of-season sports. It is assumed that all coaches will work together to bring about a schedule that is agreeable to everyone. Scheduling conflicts which may arise from non-school requests and will be handled and communicated through the Athletic Office and those in charge of scheduling.

Keys

All keys must be returned upon the completion of the season unless other arrangements are made with the athletic director. The head coach is responsible for all staff keys and their accounting. No keys are to be reproduced or loaned without the express approval of the athletic director. Violation of key privileges will result in immediate return of all keys to the athletic office. Upon a coach's non-renewal, retirement or otherwise leaving of the Sheridan athletic department, all keys and "swipe cards" must be returned to the Sheridan athletic office.

Official School Colors/Nickname

The official school colors for Sheridan athletic teams are Red and Gray, with Black and White being used as an outline/substitute colors. The Northern Local Schools will not be responsible for paying for any uniforms or game apparel which are not in compliance with the official school colors. Likewise, any team apparel, worn as a group "dress" or as a function of the team will follow the same school color expectations.

The official nickname for Sheridan athletic teams is "Generals," or "Lady Generals". The officially adopted team/school logo is:



“Open Gyms”/“Open Fields”

Coaches may open facilities for unstructured free play provided the activity is supervised by a Northern Local school employee and does not conflict with an in-season facility use. The supervisor may designate the sport to be played, but may not limit participation to a select group of students. Requiring student-athletes to attend such sessions or implying that a student-athlete's selection to an interscholastic squad is contingent upon participation at the open session is prohibited.

Parent Meetings

In coordination with the athletic director, each head coach will schedule a pre-season meeting each sport season. Areas which will be covered at this meeting include (but are not limited to) safety concerns and warnings, eligibility and lettering requirements, discipline and team rules, practice schedules, administrative (paperwork) details, and the general goals and objectives the coaching staff seeks with the student-athletes and their parents. As there will be necessary paperwork shared with parents, attendance at these meetings are required by each student-athletes parent(s) or guardian. Further, the OHSAA mandates that all student-athletes and parents attend a pre-season information meeting prior to the start of each sport season in which the respective student-athlete participates and coaches are expected to work with the athletic director to ensure all topics are covered. Parents will sign-off on an attendance form at such meetings and the form will be maintained for OHSAA audits. The head coach will prepare a “hard copy” packet of information for those parents not able to attend the required meeting.

Personnel Recommendations

The assessment and evaluation of each Sheridan athletic coach and sport program is an on-going process. The general sequence in the assessment and recommendation process is as follows:

1. The athletic director and head coach will have a pre-season conference to establish goals and parameters for the sport program and coach.
2. The athletic director and head coach will meet periodically throughout the sport season to review the goals and parameters of the program.
3. The athletic director and head coach will complete their evaluation within four weeks of the conclusion of the season. The head coach's evaluation of assistant coaches is due within two weeks following the conclusion of the season.
4. The athletic director and principal will be responsible for all contract recommendations to the superintendent.

Individual head coaches may suggest personnel change (replace or remove) to the athletic director to present to the principal. The athletic director may suggest change to the principal. The principal may suggest change to the athletic director and superintendent. The superintendent will have the final say in any personnel change.

Postponements/Cancellations

It is the policy of the Muskingum Valley League and Northern Local Schools that the following protocol be in effect on days of school cancellation due to weather:

1. All 7th and 8th grade events (practices and games) are canceled.
2. Varsity/JV contests *may* be played upon the mutual consent of the superintendents of the participating schools. Consideration of existing driving and potential weather conditions will be utilized.
3. Efforts will be made to reschedule canceled events through the athletic director.
4. Muskingum Valley League events will receive first priority.

5. The athletic director will be responsible for publicizing any postponements or cancellations through media and appropriate game personnel.
6. It is the policy of the Muskingum Valley League to complete all varsity-level contests in the sport season.

Practices

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

When changes to the practice schedule are necessary, the athletic director and all participants (and parents) should be notified as far in advance as possible. Changes should be kept to an absolute minimum. Other practice-related concerns:

1. Generally, any one practice period should rarely exceed two hours in length.
2. Coaches are to provide a starting and ending time for each practice for athletes and parents – with the expectation that the ending times are adhered to as closely as possible out of courtesy for those who are involved in the program – including the families of the student- athletes.
3. Coaches are responsible to secure locker room/facilities after each use.
4. All practices held when school is not in session (weekends, holidays) must be cleared through the athletic director.
5. There are to be no Sunday practices (only the superintendent may grant an exception to this situation).
6. "Snow Days": All Middle School events (practices and contests) are canceled. High School practices may be held at their regularly scheduled times when cleared through the AD and Principal in consultation with the superintendent.

Public Relations/Promotions

Publicity surrounding a sport program is the responsibility of the head coach. The Sheridan Athletic Department encourages each head coach to promote in a positive manner all levels of the specific program.

The student body and faculty/staff should be kept informed of athletic events through PA announcements and appropriate posters. Special publicity or media releases should be approved and released through the athletic director.

Promotion of special events (Homecoming, Senior Nights, Youth Nights, etc.) must be coordinated with the athletic director. Every effort should be made to schedule these promotions prior to the start of the sport season.

Senior Recognition

Sheridan coaches establish the dates for fall, winter and spring "Senior Recognition". The objective of "Senior Recognition" is to provide a celebration of our senior student-athletes' achievements within each sport season. The Northern Local community strongly supports its young people and we want to provide appropriate public recognition for the many good things these student-athletes accomplish.

Senior Parent Recognition Nights

The athletic director will establish the dates for the fall and winter "Senior Parent Recognition Nights". Senior student-athletes and their parents/guardians will be recognized during the fall and winter seasons. The Sheridan Athletic Department will provide corsages for the parents of

seniors on the designated night and a photographer will be present to take photos of each senior with their parent/guardians, which parents may purchase if they choose to do so.

Sportsmanship

Each Sheridan athletic coach is expected to set a good example for participants and fans in regards to sportsmanship. Coaches should specifically address and instruct all participants in matters of acceptable sportsmanship and reinforce appropriate behavior that impacts their respective program and the ensuing athletic venue (crowd control, student support, and general contest atmosphere). Coaches are expected to work with the athletic and school administration to create a positive sportsmanship environment at all Sheridan activities.

Sports Medicine

The Northern Local School District provides daily, professional assessment and evaluation of all Sheridan student-athletes during the regular sport seasons. This service is provided free of charge to our student-athletes. However, each family should coordinate and communicate related health issues and concerns through both their personal health-care provider and the school athletic sports medicine personnel/trainer. Student-athletes will be able to be seen by the trainer at posted hours throughout the school year, regardless of the current status of the student-athlete as it relates to being "in-season" or "out-of-season". Athletic trainers and trained medical professionals contracted by our opponents will also be able to evaluate and treat injured athletes as their training dictates.

Squad Selection

The assigned coach shall select the squad based upon the sport program's selection criteria. When "cuts" for selection are necessary, coaches should provide ample opportunity for each candidate to appropriately represent their skills. Final selection of team members rests solely with each head coach. Coaches that select or "cut" to finalize squad rosters are expected to offer the opportunity for individual student-athletes to meet with coaches and discuss options for improvement and general assessment of skills. No "Cut Lists" are to be posted by coaches in notifying squad members of their status.

Supervision

Coaches are to remain on site after practice or after games until each athlete has departed the building or field. Legally, the coach is responsible for supervision of athletes, not only during practice, but also until they leave the building or field.

Supervision expectations are the same for planned out-of-season activities (conditioning, open gyms, etc.). Likewise, no athlete should be left unsupervised for any reason by a Sheridan coach in the weight room or similar athletic/school facilities.

Summer Camps

Head coaches are encouraged to provide summer/camp experiences for their athletes. The coach may utilize Northern Local Schools facilities for summer instruction of Sheridan students with rental fees waived provided all Board-approved criteria is met. The athletic director will assist coaches wishing to conduct summer camps by coordinating dates and facilities. Consideration of each coach's camp schedule and target group will be given to minimize athlete and facility conflict.

Coaches who involve their athletes and teams in summer camps and leagues at outside venues assume all responsibilities and costs for such activities.

Texting/Electronic Communication with Students

In the present culture of multi-media communication, the texting of information is familiar and common to many of our students. However, as educators, coaches are expected to maintain high levels of professionalism and behavior. The following expectations are required of Northern Local coaches and teachers in ANY type of adult-to-student contact and communication:

- The text/message/information should be transparent and accessible to parents
- Must be professional in content and tone
- Avoid texting individual students; text entire teams, groups (e.g., captains, seniors, etc.)
- Information should be limited to “need to know” basics (e.g., time, place, day, etc.) and must be related to the sport/activity under the charge of the coach
- Coaches and Employees should be respectful and professional in all communications by word, image or other means.
- Coaches and Employees should avoid use of obscene, profane or vulgar language on any social media network or engage in communications or conduct that is harassing, threatening, bullying, libelous, or defamatory or that discusses or encourages any illegal activity or the inappropriate use of alcohol, use of illegal drugs, sexual behavior or sexual harassment. If you post information or comments that are not related to the District, your activities may still result in professional and/or personal repercussions. Such actions include, but are not limited to:
 - Posting of photographs or documents, regardless of the content, which could be considered offensive to other parties and be a violation of state and/or District rules and policies
 - Posting of information that is considered to be proprietary, copyrighted, defamatory, libelous or obscene (as defined by the courts) may be a violation of state and/or District rules and policies
 - Posting as a citizen about a non-job related matter of public concern (elections, environmental issues, etc.) and making comments that negatively affect the district’s effectiveness or efficiency or otherwise disrupt the workplace
 - Posting or blogging about personal subjects (i.e. dating, romance, drug or alcohol use).
- Your blog or web page should not contain any references to sexual subjects or contain vulgar or profane language or graphics. If your blog or web page was a movie, it should be rated “G”.

Training Rules/Discipline Codes

It is the responsibility of the head coach of a team to set up and enforce training rules and consequences for each sport. The Sheridan “Athletic Code of Conduct” will take precedence over any individual sport rules, but each coach may structure additional expectations for his/her program.

A copy of team rules is to be given to each athlete and parent/guardian. There should also be a signed contract on file in the Sheridan Athletic Office from each athlete confirming that they are knowledgeable of the rules prior to participation.

Included in each team’s set of rules should be a reminder that to letter in a varsity sport, the athlete is required to fully complete the season as a member of the squad.

Transportation/Cancellation of Bus

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

Students are permitted to ride home with their parent following an event, provided the parent/guardian signs the "sign-out" sheet, but a bus is provided to ride home if needed. An exception may be made for a student to travel to and/or from an event with their parent/guardian with a prior written request and administration approval.

Coaches shall ride the bus to the athletic event involving their assigned team. If no athlete and coach require a return bus ride home, the Coach may release the bus to return to Sheridan. If an athlete requires a return bus ride home, the coach will accompany the student's return ride home on the bus. Nonparticipants (those not connected with the team) are not permitted to ride the team bus. Statisticians, scorekeepers, video are considered participants.

Coaches/NLSD Transportation transporting student-athletes for sponsored or sanctioned activities: Student-athletes will be transported via Board-approved vehicles (bus or school van) at all times for NLSD-sanctioned, contracted events. The Northern Local School District will only assume responsibility under such circumstances. Any driver of such vehicle(s) must meet the requirements and criteria established by the state of Ohio regarding the transportation of students for any school-related activities and events. This includes coaches, trainers, and any other personnel assigned to supervise individuals who are involved with activities under the name of Northern Local Schools.

Note: For any non-NLSD-sanctioned activity (e.g., summer camps, summer leagues, non-sanctioned work-outs, or other competitions), coaches are HIGHLY DISCOURAGED from providing transportation for student-athletes. Any coach providing such transportation will be doing so AT THEIR OWN LIABILITY RISK!

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

STUDENT-ATHLETE GUIDELINES

Athletic Award System

Sheridan athletic awards will be presented according to the following guidelines:

- A. VARSITY awards: A student-athlete will receive only one six-inch block "S" letter. All succeeding varsity awards will be a metallic award indicative of the sport in which he/she successfully meets the requirements necessary to win the award.
 - 1. 1st Year Award: Chenille "S" and sport specific pin and certificate
 - 2. 2nd Year Award: Service Bar and certificate
 - 3. 3rd Year Award: Service Bar and certificate
 - 4. 4th Year Award: Service Bar, certificate, and sport plaque indicating the recipient as a four year varsity letter winner.
- B. JUNIOR-VARSITY awards: Any student-athlete who is a faithful member of a junior-varsity athletic team, upon recommendation of the head coach, receives a certificate.

- C. **FRESHMAN awards:** Any student-athlete who is a faithful member of a freshman athletic team, upon recommendation of the head coach, will receive a certificate.

NOTE: All awards will be distributed by the athletic director to the respective head coach upon receipt of "Award Winners" list and completed inventory list from post-season coach packets. The head coach will receive these awards prior to the banquet date. Each head coach/assistant coach should sign certificates prior to the banquet.

- D. No awards other than those designated in this handbook shall be given to any student-athlete.
- E. All varsity lettering requirements are determined by the head coach of each sport.

A student-athlete is **not** eligible for an award if he/she quits, or is dismissed from the team prior to the conclusion of the total season. All award winners must finish the season, including post-season events, and be in good-standing with the team. To receive their award, student-athletes must be in attendance at the awards presentation (or receive absentee permission from the Athletic Director).

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

F. SPECIAL ATHLETIC AWARDS:

The athletic director will contact all head coaches at the conclusion of each athletic team's season and will determine which awards they want to give to their student-athletes. This is a joint decision between the head coach and the athletic director.

- H. **ALL-MUSKINGUM VALLEY LEAGUE:** Selection of All-League student athletes are made by league head coaches at established selection meetings following each sport season.
- I. **ALL-DISTRICT SELECTIONS:** Criteria for All-District selections are established by coaching associations and the media, not Sheridan High School or the Sheridan Athletic Department.
- J. **ALL-OHIO SELECTIONS:** Criteria for All-Ohio selections are established by coaching associations and the media, not Sheridan High School or the Sheridan Athletic Department. Any student-athlete who earns a varsity letter is eligible to display the letter on an appropriate Sheridan varsity letter jacket. The student-athlete may make their own choice as to where they purchase the jacket and will make their own arrangements for such purchases.

Athlete (Definition of)

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

Attendance

Extra-curricular participants (which includes student-athletes) must be in attendance at school half of the school day. Absence for medical or school-related circumstances should be verified by official documentation. Any additional exceptions must be approved by a building administrator. This applies to practices, meetings, performances, contests, and any team/sport-related activity.

Athletic Code of Conduct

All Sheridan student-athletes (7th through 12th grades) agree to this policy prior to their involvement with each athletic season. This school board-approved athletic policy impacts choices the athlete makes year-round and the Athletic Code of Conduct policy for athletes is in effect 12 months a year. Any additional Northern Local Board of Education adoption of policy which impacts the general student population will also apply to student-athletes.

Students should not knowingly possess, use, sell, give, acquire, attempt to acquire, or otherwise (attempt to) transmit, or show evidence of alcohol, tobacco, or other drugs of any kind, the possession of which is prohibited by law. The sale, use, transmission or possession of any alcoholic beverage, intoxicant, narcotic, inhalant, tobacco (including all forms of e-cigarettes or vapors and their associated products), controlled substance, counterfeit controlled substance, or any other drug including prescription and over the counter medications that otherwise should be kept locked away under the supervision of school employees on school premises is an obstacle to that objective and an interference with the rights of students to receive quality academic instruction.

Students of the Northern Local School District shall not knowingly possess, use, sell, give, acquire, attempt to acquire, or otherwise transmit, or show evidence of consumption of alcohol, tobacco, or other drugs of any kind, the possession of which is prohibited by law. This includes all substances listed above as well as anabolic steroids. It also encompasses all uses of tobacco, including snuff or chewing tobacco, cigars, cigarettes, pipes, electronic cigarettes, vapor pens, or any other substances containing tobacco or nicotine.

Narcotics and drugs are defined as any narcotic, drug, medicine or pill, chemical preparation, plant, seed, or derivative thereof, of a hallucinogen, barbiturate or amphetamine nature. The use of the same is strictly prohibited. Possession of the same for personal use shall not constitute a violation if it can be shown that the same has actually been prescribed by a duly licensed physician. This policy also applies to counterfeit drugs, commonly called Look-alikes, i.e., no student shall knowingly possess, make, sell, offer to sell, give, package, acquire, attempt to acquire, or deliver a counterfeit (look-alike) substance.

Disciplinary Procedures

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

All athletes/participants shall abide by a code of conduct, which will earn them the 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, immorality, fighting or violations of law, tarnish the reputation of everyone associated with the athletic program. The athletic code of conduct will be in effect twelve months a year.

Eligibility

In order to be eligible in grades 7-12, a student must be currently enrolled and have been enrolled in school during the immediate preceding grading period. During the preceding grading period, the student must have received passing grades in a minimum of five total credits worth of courses which count towards graduation. In addition to the credit requirement for eligibility, all Northern Local students must earn a G.P.A. of a 1.0 in the immediately preceding grading period.

Individual Sport Rule

Coaches/Directors/Advisors may establish additional rules and regulations for their respective sports/groups. Infractions of team/club rules may lead to dismissal from the team. Penalties will be designated and handled by the respective coaches/leaders.

Basic Training Rule:

Any student involved in the following:

- Consumption or possession of alcoholic beverages in any form
- Use or possession of tobacco or tobacco related products (including e-cigarettes, vapes, Juuls, etc.)
- Use or possession of illegal drugs
- Use or possession of prescription drugs for anything other than their intended use
- Being in the presence of illegal drugs or alcohol possessing, buying, or selling counterfeit drugs, look-alike drugs, illegal controlled substances
- Vandalism
- Stealing or being in possession of stolen property
- Sexual harassment
- Hazing
- Harassment
- Violent/Aggressive behavior
- Endangering the safety of others
- Verbal or physical abuse
- Fighting
- Inappropriate use of an electronic device (Examples: Cell Phone, Computers, Gaming)
- Conduct that is Unbecoming

Student athletes shall be denied participation in interscholastic athletics and/or extracurricular activities if they commit any of these offenses. **Note: This rule is to be enforced twelve months a year.**

Team Captain

Any athlete/participant designated by his/her coach/director as a team captain will lose his/her captaincy for the remainder of the NLSD school year upon violation of the Code of Conduct. This takes effect after a first offense of the athletic code.

Penalty Definitions

1. To calculate the percentages of penalty for denial of participation, the number of regular season contests scheduled will be used for each respective sport. Post season contests will not be considered in the calculation.
2. When a penalty results in a denial of a partial contest, the fraction will be rounded off to the nearest whole contest. Example: 3.49 contests will be 3 contests; 3.50 contests will be 4 contests
3. A suspended athlete who has a carry-over penalty into a succeeding sport must complete the season in that sport in good standing in order for the suspension to be credited to that sport.
4. For the purpose of this code, a contest is defined using the OHSA guidelines for scheduling.
5. For the purpose of this code, a scrimmage is not considered as a contest. It is considered another practice session.

School District Administration is not bound to the same standards of burden of proof as a court of law.

Spectator Sportsmanship at Events

The Northern Local School District administration, athletic director, coaches, and leaders have agreed to make a strong and united effort in support of good sportsmanship. We agree on the following goals:

- Cheers at events should be of a positive, and encouraging nature in support of one's team.
- Fan behavior, which baits and derides other teams, individual players, coaches or schools is inappropriate and will not be tolerated.
- Officials in games have difficult decisions to make and need to be treated with respect, whether ones agrees with the decision or not.
- Students should be encouraged to use humor, creativity and good taste in support of their own team.

Goals will be actively enforced at all games/events home or away. Event supervisors may talk with offending persons and request they change their behavior, excuse such persons from the game/event or recommend disciplinary actions by school officials and/or law enforcement agencies.

Selling and/or Distributing Controlled Substances

Any student selling illegal controlled substances shall be suspended from participation in extracurricular or co-curricular activities for the remainder of his/her school career.

Student Leaders

A student who holds a leadership position (i.e. team captain, class officer, club officer, etc.) who violates any part of these regulations will lose that position for one calendar year from the date of the offense. In addition, any student who has violated these regulations is not to be considered for leadership positions or elected honors (i.e. Homecoming Queen or King, etc.) for one calendar year from the date of the offense.

Changing Sports in Mid-Season

A student-athlete who is a member of an interscholastic team may not quit that team following the first regular contracted competition and join any other Northern Local Schools' interscholastic athletic program during the same season. An athlete's participation in another school sport may begin upon the completion of the last regular season contest of the sport quit. If a player is dismissed from a squad for disciplinary reasons during a season he/she must refrain from participation in other Northern Local Schools' interscholastic athletic program activity for 10 school days from the date of the dismissal.

Eligibility

FOR STUDENTS ENROLLED IN GRADES 9-12:

- In the immediately preceding grading period, a student must receive a passing grade in a minimum of five (5) one-credit courses, or the equivalent, which count toward graduation; and
- Those grades referenced, when combined, be a total grade point average of at least 1.0 on a four point (4.0) scale.

- A student enrolled in the first grading period after advancement from the eighth grade must have passed a minimum of five subjects in the preceding grading period in which the student was enrolled; and
- Those grades must, when combined, be a total grade point average of at least 1.0 on a four point (4.0) scale;

FOR STUDENTS ENROLLED IN GRADES 7 & 8:

- A student enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of previous academic achievement. Thereafter, in order to be eligible, a student in grade 7 or 8 must have received passing grades in a minimum of five subjects in the preceding grading period in which the student was enrolled; and
- Those grades referenced, when combined, be a total grade point average of at least 1.0 on a four point (4.0) scale.

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

Equipment/Uniform Loaning

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

Multi-Sport Athletes

The Sheridan High School Athletic Department and the Northern Local School District strongly encourage our student-athletes to take advantage of the many athletic programs and activities offered over the course of the school year. Student-athletes and parents are reminded that this also involves making a commitment to the individual program as well as the coaches and fellow students who are also involved in the chosen activity.

Attendance and active participation are expected from all team members, particularly when a sport is "in season". Missing part or all of any practice, contest, or team event to attend a workout, contest, showcase for another sport, including but not limited to summer or fall travel baseball/softball, Junior Olympic volleyball, or AAU basketball, will result with the absence being considered unexcused with the possibility of decreased playing opportunities or other sanctions, at the discretion of the head coach. While this policy might be interpreted as one that "punishes" those who are hoping to broaden their multi-sport opportunities, we also wish to recognize and appreciate those who demonstrate a commitment to the team and sport by completing all practices, contests, and time requirements and miss team events only due to excused reasons as determined by the head coach.

OHSAA Regulations

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

1. Scholarship: Do not change your course schedule or drop a course without first consulting your guidance counselor or athletic director to determine whether it will affect your eligibility. Eligibility for each grading period is determined by grades received in the preceding grade period. Semester and yearly grades have NO effect upon eligibility.

- Grades 9-12: To be eligible, you must be currently enrolled in a member school and have received passing grades in a minimum of five one credit courses, or the equivalent, in the immediately preceding grade period.
 - Grade 7 & 8: To be eligible, you must be currently enrolled in a member school and have received passing grades in a minimum of five subjects in the preceding grade period.
 - For eligibility purposes, summer school grades may not be used to substitute for failing grades received in the final grading period of the regular school year or for lack of enough courses taken the preceding grading period.
 - Students taking post-secondary school courses must comply with these standards. Please see your guidance counselor or athletic director if you have questions.
2. **Residence:** A student is eligible at the school located in the Ohio school district where the parent or legal guardian resides when all other eligibility standards are met. If your parent/legal guardian lives outside Ohio, you are not eligible unless you meet one of the exemptions to the residency bylaws. When there has been a court-ordered change in custody, the student must reside in the same school district with the legal guardian ("legal guardian" will be defined by court paperwork).
 3. **Age Limitations:** If you are 19 years of age prior to August 1, you are ineligible for the current school year.
 4. **Instructional Programs:** Camps, clinics, workshops, etc. that involve team play may be attended from June 1-July 31 only. Team play is defined as any activity of individuals with more than one player opposing one player. There is no limit on the number of players from the same school participating on the same team from June 1-July 31. An athlete may have no instructional contact with the school coaching staff except during the season of the sport or for 10 days from June 1-July 31.
 5. **Non-Interscholastic Participation:** Participation by an athlete in a non-interscholastic program (tryouts, practice or contests) while a member of a school squad in the same sport is **PROHIBITED**. An athlete becomes a member of a squad by participating in an interscholastic contest (scrimmage, preview, or regular season contest). Exceptions: In individual sports, an athlete may practice and try out for a non-school team but may **NOT** compete in a contest.

Additional information on OHSAA by-laws can be found at: www.ohsaa.org

Pre-Participation Exams ("Physicals")

OHSAA medical and parent consent forms are required of all interscholastic participants, cheerleaders/dance team members, and club-sport participants before they may participate in any **preseason, in-season or post-season practice, conditioning, weight lifting, open gym or field or an interscholastic event**. Each coach is responsible for the dispersal and collection of these forms to/from student-athletes with the original form being filed in the athletic office. Forms are also available on the OHSAA website: www.ohsaa.org

Northern Local Schools will help coordinate through local health-care personnel for pre-participation exam dates each academic year. Notification of the dates, times, and specific arrangements will be made from the athletic office to the student-athletes and the coaches. Sheridan athletic coaches may be asked to assist with the administration of these exams.

Season

A student-athlete is considered "in-season" beginning with the first day of practice as defined by the OHSAA for a specific sport and continuing until the end of the same sport's Recognition Night. A student-athlete is considered "out of season" when their activities fall beyond the

above stated season time frame. Note: The Sheridan Athletic Code of Conduct is considered a 12-month, 24-hour per day agreement between the student-athlete and the district's substance abuse code.

Sportsmanship

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

Transportation

As mentioned previously, students may be signed out by their parent/guardian to ride home with their parent/guardian following the contest. However, some sports teams may require all athletes to ride home on the bus following an athletic contest. If a special circumstance occurs, the athlete must request approval from the athletic director 24 hours in advance. The choice of mode of transportation to and from practices ultimately lies with the athlete and their parent/guardian.

Athletes will remain with their squad and under the supervision of the coach when attending away contests. Athletes who miss the bus are not permitted to participate in the contest unless there are extenuating circumstances. All regular school bus rules apply at all times. Athletes are expected to be dressed appropriately for all school-provided transportation.

Vacation Policy

Student-athletes and their parents need to understand the commitment involved in participating on an interscholastic team. Coaches should also be considerate of special family events and occasions, which may impact a student-athlete's time frame. To maintain this balance between co-curricular and family obligations, the following guideline is to be followed when student-athletes must miss scheduled athletic activity due to vacation activity:

- A. The student-athlete must personally contact the coach prior to any vacation which will cause the athlete to miss a practice or athletic event.
 1. Family vacations (*student-athlete travels with immediate family members*): Before contest/game participation can resume, the athlete may be required to practice one day for every two practices or athletic events missed.
 2. Non-family vacations (*student-athlete travels without immediate family members*): Before contest participation can resume, the athlete may be required to practice two days for every practice or athletic event missed and may be withheld from at least one contest. NOTE: For purposes of clarity, a "practice" in the above context is a regularly scheduled practice/instructional event that is available and expected of all team members.
- B. Failure to personally contact the coach prior to any vacation will result in a doubling of the above periods of ineligibility and the athlete will be withheld from at least one contest.

Parent/Coach Communication

We are very pleased that your son/daughter has chosen to participate in the interscholastic athletic program of the Northern Local School District. A goal of the Athletic Department is to provide our athletes with the best environment in which their sport experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved. These communication guides should help coaches, parents, administrators, and athletes communicate more effectively.

Communication You Should Expect From Your Child's Coach:

- Philosophy of the coach
- Expectations the coach has of your child and the team
- Locations and times of all practices and contests
- Team Requirements. For example: fees, special equipment, eligibility, attendance, off-season conditioning, etc.
- Procedure to follow should your child become injured during participation
- Requirements to earn a letter

Communication Coaches Should Expect From Parents:

- Concerns should be expressed privately and directly to the coach first.
- Notification of any schedule conflicts should be made well in advance.
- Specific concerns should be expressed that are directly related to the program.

Appropriate Concerns to Discuss With Coaches:

As your child becomes involved in the various programs at Sheridan, he/she will experience some of the most rewarding moments of his/her life. 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 may be desirable to clear up the issue and avoid any misunderstandings. Listed below are examples of issues that are appropriate for discussion.

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

Issues Not Appropriate to Discuss With Coaches:

It is very difficult to accept the fact that your child is not playing as much as you would want. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

Other things such as those things listed below must be left to the discretion of the coach.

- Playing time/Position assignment
- Team strategy/Play calling
- Matters concerning other student athletes

Procedure to Follow If You Have a Concern to Discuss With a Coach:

There are situations that may require a conference between the coach and parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue:

- Call or email the coach to set up an appointment.
- If the coach cannot be reached in a reasonable amount of time, contact the Athletic Director, and he will arrange a time on your behalf.
- Important: Please DO NOT attempt to confront a coach before or after a contest or practice session. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and even may escalate the issue.

The Next Step:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford

the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be determined.

Chain of Command:

The Northern Local Schools, in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication if you elect to pursue any concern you may have regarding the athletic program:

- Assistant Coach or Head Coach
- Athletic Director
- Building Administration
- Superintendent
- Board of Education

We hope that the information provided in this section will help you and your child to have a rewarding and enjoyable athletic experience.

2026 Golf Greens Fees Agreement

The Sheridan Athletic Department will pay the 2026 greens fees for all Sheridan Girls and Boys Golfers. The fee paid will be \$125 per golfer and will be from July 27-September 18 at Coyote Run Golf Course.

If a golfer quits, becomes ineligible, or is suspended before the golf season officially ends, they will then be responsible for reimbursing the Sheridan Athletic Department the \$125 greens fees. We agree to pay this fee if this would happen.

Golfer signature_____

Parent signature_____

