



# POLAND

## ATHLETICS

POLAND LOCAL SCHOOLS

2026-2027

# PARENT & STUDENT

## ATHLETIC HANDBOOK



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BUILD RELATIONSHIPS. | LEAD WITH INTEGRITY. | SERVE OTHERS.



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# Welcome to Poland Athletics

Dear Poland Student-Athletes and Families,

Welcome to another exciting year of Poland Athletics. On behalf of our coaches, administrators, teachers, support staff, and athletic department, I would like to thank you for your commitment to representing Poland Local Schools and being part of a tradition built on pride, hard work, accountability, and excellence.

In Poland, we believe athletics are an extension of the classroom. The experiences our student-athletes have through competition help shape leadership, character, discipline, teamwork, resilience, and responsibility. While we take tremendous pride in competitive success, our greatest goal is helping students grow into outstanding young adults who positively represent their families, school, and community.

Being a Poland Bulldog carries a responsibility. Student-athletes are expected to demonstrate integrity, sportsmanship, respect, and commitment both on and off the field of play. The standards we establish within our programs are designed to foster positive experiences and help students develop skills and values that will benefit them long after their athletic careers end.

Everything we do within Poland Athletics is grounded in our B.U.L.L.D.O.G.S. principles:

- **Build Relationships**
- **Understand Accountability**
- **Lead with Integrity**
- **Love Your Athletes**
- **Drive Competitiveness**
- **Organize, Prepare, and Communicate**
- **Grow Continuously**
- **Serve Others**

These principles help define what it means to represent Poland Athletics and serve as the foundation for the culture we strive to build throughout every program.

Strong communication and positive partnerships between coaches, student-athletes, parents, and school personnel are essential to the success of our athletic department. We ask all members of our Poland Athletics community to support our programs with class, positivity, and respect while always keeping the educational well-being of students at the center of every decision.

Thank you for your continued support of Poland Athletics. We are proud of the tradition that has been built here and excited to continue moving our programs forward together. I look forward to working with our student-athletes and families throughout the school year and helping create an experience that reflects the pride and tradition of Poland Local Schools.

**Go Bulldogs!**

Nick Blanch  
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# Mission • Vision • Core Values

## Mission Statement

The mission of Poland Athletics is to provide student-athletes with a positive, educational, and competitive athletic experience that promotes character, accountability, leadership, teamwork, sportsmanship, and personal growth. Through strong relationships, high expectations, and a commitment to excellence, Poland Athletics strives to help students grow into individuals who positively represent their school, team, family, and community.

## Vision Statement

Poland Athletics is committed to building a culture rooted in integrity, communication, accountability, competitiveness, and service. We strive to provide meaningful opportunities for student-athletes to grow, compete, and succeed while continuing to uphold the pride, tradition, and standards of Poland Local Schools.

## Core Values

At Poland Athletics, we believe the lessons learned through athletics extend far beyond the field of play. Our programs are built on relationships, respect, discipline, communication, teamwork, sportsmanship, and a commitment to continuous growth.

Everything we do throughout Poland Athletics is guided by our B.U.L.L.D.O.G.S. principles, which serve as the foundation for the culture, expectations, and standards we strive to uphold across every program.



# B.U.L.L.D.O.G.S.

## CORE PRINCIPLES OF ATHLETIC LEADERSHIP

**B**



### **BUILD RELATIONSHIPS**

Build trust, respect, and meaningful connections with athletes, families, staff, and the community.

**U**



### **UNDERSTAND ACCOUNTABILITY**

Take ownership, uphold high standards, and demonstrate consistency and responsibility.

**L**



### **LEAD WITH INTEGRITY**

Model honesty, ethics, and strong character in everything you do.

**L**



### **LOVE YOUR ATHLETES**

Lead with empathy, encourage growth, and invest in the whole athlete.

**D**



### **DRIVE COMPETITIVENESS**

Compete with passion and discipline while building character and life skills.

**O**



### **ORGANIZE, PREPARE, AND COMMUNICATE**

Plan intentionally, communicate clearly, and manage every detail with purpose.

**G**



### **GROW CONTINUOUSLY**

Commit to learning, self-improvement, and the growth of others.

**S**



### **SERVE OTHERS**

Lead through service, put people first, and make a positive impact in our community.



# Poland Athletics Philosophy

Athletics are an extension of the educational experience at Poland Local Schools. Our athletic programs are designed to support the development of student-athletes both on and off the field of play while helping students grow as leaders, teammates, competitors, and individuals.

Poland Athletics is committed to fostering programs that promote:

- Age-appropriate physical, social, emotional, and psychological development
- Sportsmanship, teamwork, leadership, and healthy competition
- Self-discipline, accountability, confidence, and goal setting
- Respect for teammates, opponents, coaches, officials, parents, and spectators
- School pride, community involvement, and positive representation of Poland Local Schools
- A lifelong appreciation for physical fitness, wellness, and healthy habits
- Positive self-esteem and personal growth through participation in athletics
- Character, integrity, and responsibility, both in competition and daily life

Student-athletes are representatives of Poland Local Schools and are expected to conduct themselves with integrity, class, and sportsmanship at all times. While Poland Athletics takes pride in competitive success, we firmly believe that educational values, character development, and respect for others must always remain at the center of our programs.

All athletic programs will operate in accordance with Board of Education policies, Ohio High School Athletic Association regulations, and the standards and expectations established by Poland Local Schools.



# SPORTS OFFERED

## POLAND ATHLETICS

### HIGH SCHOOL ATHLETIC TEAMS

#### FALL SPORTS

- › Cheerleading
- › Boys Cross Country
- › Girls Cross Country
- › Football
- › Boys Golf
- › Girls Golf
- › Boys Soccer
- › Girls Soccer
- › Girls Tennis
- › Girls Volleyball

#### WINTER SPORTS

- › Boys Basketball
- › Girls Basketball
- › Cheerleading
- › Boys Swimming & Diving (Club)
- › Girls Swimming & Diving (Club)
- › Boys & Girls Wrestling

#### SPRING SPORTS

- › Baseball
- › Boys Lacrosse (Club)
- › Girls Lacrosse (Club)
- › Softball
- › Boys Tennis
- › Boys Track & Field
- › Girls Track & Field

### MIDDLE SCHOOL ATHLETIC TEAMS

#### FALL SPORTS

- › Cheerleading
- › Boys Cross Country
- › Girls Cross Country
- › Football
- › Girls Volleyball

#### WINTER SPORTS

- › Boys Basketball
- › Girls Basketball
- › Cheerleading
- › Boys & Girls Wrestling

#### SPRING SPORTS

- › Boys Track & Field
- › Girls Track & Field

BUILD RELATIONSHIPS.  
LEAD WITH INTEGRITY.



SERVE OTHERS.  
GO BULLDOGS!



# ELIGIBILITY REQUIREMENTS

Poland Local Schools is a member of the Ohio High School Athletic Association and adheres to all eligibility requirements and regulations established by the OHSAA, in addition to all applicable Board of Education policies regarding athletic participation.

## High School Eligibility (Grades 9–12)

Student-athletes in grades 9–12 must:

- Be under the age of 20 for the duration of the school year. Once a student turns 20 during the school year, athletic eligibility ends.
- Receive passing grades in a minimum of five one-credit courses, or the equivalent, during the immediately preceding grading period.
- Maintain a minimum cumulative GPA of 1.0.
- Be properly enrolled in sufficient coursework to maintain athletic eligibility requirements.

## Middle School Eligibility (Grades 7–8)

Student-athletes in grades 7–8 must:

- Receive passing grades in a minimum of four classes during the immediately preceding grading period.
- Maintain a minimum cumulative GPA of 1.0.

## Additional Eligibility Information

- **Physical Education courses do not count toward athletic eligibility requirements.**
- Students who do not meet eligibility requirements will remain ineligible until the start of the fifth school day of the next grading period.
- Fourth nine weeks grades are used to determine eligibility for fall interscholastic athletics.
- Summer school grades may not be used to establish athletic eligibility for the fall season.
- It is the responsibility of each student-athlete to monitor academic progress and maintain the academic standards required for participation in Poland Athletics.

**For complete eligibility information, families may visit the OHSAA website.**



# ATTENDANCE GUIDELINES

Regular school attendance is an important part of academic and athletic success. Student-athletes are expected to attend school consistently and remain in good standing academically and behaviorally in order to participate in extracurricular activities.

At Poland Seminary High School, students must be in attendance for a minimum of four consecutive class periods (50% of the school day) in order to participate in or attend an athletic practice, contest, performance, or other school-sponsored activity on that day.

This policy does not apply to activities scheduled on non-school days, including weekends, holidays, school vacations, or other days when school is not in session.

## **Activities Covered Under This Policy**

For the purposes of this policy, an activity includes:

- Practices
- Games and contests
- Performances
- Team events
- Cheerleading activities
- Other school-approved extracurricular activities

School-approved field trips and absences considered official school business will not count against attendance eligibility requirements for participation.

## **Attendance Exceptions**

Exceptions for planned appointments, emergencies, or extenuating circumstances may be considered on an individual basis by the building principal or acting administrator.

To request an exception:

- Parents/guardians must submit written notification to the principal at least 48 hours in advance whenever possible.
- The principal or acting administrator will determine whether the request is approved.
- Notification will be provided to the student, parent/guardian, and coach/advisor.



# REQUIRED FORMS FOR ATHLETIC PARTICIPATION

In order to participate in athletics at Poland Local Schools, all required athletic participation forms must be completed and electronically signed through the district-approved athletic registration platform. A current physical examination must also be on file with the Athletic Department prior to participation.

## **Required forms include:**

- Student & Parent Athletic Handbook Acknowledgement Form
- Pre-Participation Physical Examination Form
- OHSAA Authorization Form
- Insurance/Waiver Form
- Emergency Medical Authorization Form
- OHSAA Eligibility Checklist for High School Student-Athletes
- Concussion Information Form
- Lindsay's Law Required Signature Form

Student-athletes will not be permitted to participate in practices, scrimmages, contests, or team activities until all required forms have been fully completed, submitted, and approved.



# Risk of Participation

Participation in interscholastic athletics involves inherent risks of injury that may occur despite appropriate supervision, instruction, equipment, conditioning, and safety precautions.

Poland Athletics and Poland Local Schools are committed to providing a safe and educational athletic environment through:

- Proper supervision by qualified coaching staff
- Ongoing safety education and training
- Required preseason meetings and participation forms
- Maintenance of athletic facilities and equipment
- Compliance with Board of Education and OHSAA safety regulations

Parents/guardians and student-athletes should understand that participation in athletics may involve physical contact, exertion, and other risks associated with athletic competition and training activities.



# PRESEASON PARENT/ATHLETE MEETINGS

All Poland Athletics programs will conduct a preseason parent/student-athlete meeting prior to the official start of each athletic season. These meetings are designed to provide important information regarding team expectations, program procedures, communication, and participation requirements.

Parents/guardians and student-athletes are strongly encouraged to attend all preseason meetings. Whenever possible, meetings will take place prior to the official start date of the season and before any team selections or roster decisions are finalized.

## **Topics reviewed during preseason meetings may include:**

- Poland Local Schools Student & Parent Handbook
- Athletic academic eligibility requirements
- Team expectations and program standards
- Team selection procedures and roster considerations
- Required participation forms and athletic registration information
- Practice, training, and contest schedules
- Communication expectations and procedures
- Sportsmanship and conduct expectations
- Questions from parents/guardians and student-athletes



# ATHLETIC CODE OF CONDUCT

Participation in interscholastic athletics at Poland Local Schools is a privilege, not a right. Student-athletes who choose to represent Poland Athletics are expected to uphold the highest standards of behavior, sportsmanship, commitment, and personal responsibility both on and off the field of play.

This code of conduct applies to all individuals participating in Poland Athletics programs, including student-athletes, cheerleaders, team managers, and student assistants. The expectations outlined within this handbook are in effect year-round — **12 months a year, 24 hours a day, 7 days a week.**

## Standards & Expectations

### Academic Eligibility

Student-athletes must maintain scholastic eligibility in accordance with OHSAA regulations and Board of Education policies.

- Students in grades 9–12 must pass a **minimum of five one-credit courses** (or the equivalent) during the immediately preceding grading period.
- Courses used toward eligibility must count toward graduation requirements.
- Student-athletes are expected to remain in good academic standing throughout the school year.

### Substance Use Policy

Student-athletes shall refrain from the use, possession, distribution, or sale of:

- Alcohol
- Tobacco products
- Illegal drugs or controlled substances
- Electronic vaporizing devices
- Performance-enhancing substances

Violations involving prohibited substances may result in the **loss of athletic privileges** and may require participation in an approved assessment, counseling program, treatment program, or tobacco awareness course prior to reinstatement.



## Respectful Behavior

Student-athletes are expected to demonstrate integrity, sportsmanship, and respectful conduct at all times.

Student-athletes shall refrain from:

- Bullying
- Hazing
- Harassment
- Intimidation
- Sexual harassment
- Unsportsmanlike conduct

All conduct expectations shall remain consistent with Board of Education policies, district procedures, and the Poland Seminary High School Student Handbook.

## Conduct & Citizenship

Student-athletes are expected to demonstrate positive citizenship and respectful behavior both **within and outside of school**.

This expectation applies:

- On school property
- At athletic events
- During practices and contests
- During team travel
- At school-sponsored activities
- Within the community

Student-athletes represent Poland Local Schools **at all times** and are expected to conduct themselves in a manner that reflects positively on their team, school, family, and community.

## Attendance Requirement

Student-athletes must be in attendance for a **minimum of four (4) consecutive class periods** on the day of a practice, contest, or school-sponsored athletic activity.

Exceptions may be approved by the building principal or athletic administration for excused absences, including:

- Medical appointments
- Funerals
- College visits
- Other administrative exceptions



## Legal Issues

Any arrest, citation, or legal infraction, excluding minor traffic violations unrelated to drugs or alcohol, may result in disciplinary review and possible athletic consequences at the discretion of school administrators and the Athletic Department.

## Required Documentation

Student-athletes may not participate in preseason workouts, practices, scrimmages, contests, or other athletic activities until all required participation forms have been completed, submitted, and approved through the district-approved athletic registration platform.

Required documentation includes:

- Athletic Code of Conduct Acknowledgement
- Pre-Participation Physical Examination Form
- Emergency Medical Authorization Form
- Concussion Information Form
- Proof of Insurance Coverage or Medical Waiver
- Additional OHSAA-required participation forms

## Coach-Specific Expectations

Individual coaches may establish additional team rules, standards, training expectations, and program procedures designed to support accountability, discipline, communication, and team culture.

All team expectations must:

- Remain consistent with Athletic Department standards
- Align with Board of Education policies
- Comply with OHSAA regulations
- Be approved through the Athletic Department



# **Athletic Discipline & Penalties**

Violations of Athletic Department expectations may result in disciplinary consequences, including suspension or removal from athletic participation.

## **First Violation**

A first violation involving conduct expectations related to substance use, inappropriate behavior, attendance expectations, or legal infractions may result in denial of athletic participation for a minimum of one (1) contest.

- Suspensions may carry over into the next athletic season if necessary.
- During a suspension, the student-athlete may not participate in or attend team contests, events, or postseason competition.
- If a student voluntarily seeks assistance from a coach, counselor, or administrator prior to being identified for a violation, that action may be considered when determining consequences.

## **Second Violation**

A second violation may result in denial of participation in all Poland Athletics programs for ninety (90) calendar days from the date of suspension.

## **Third Violation**

A third violation may result in denial of participation in all Poland Athletics programs for one (1) calendar year from the date of suspension.

Any student-athlete involved in the sale, manufacture, or distribution of illegal drugs may be permanently excluded from participation in Poland Athletics programs.

## **Additional Disciplinary Information**

Any participant suspended or removed for the remainder of a sport season may forfeit eligibility for:

- Athletic awards
- Team recognition
- Varsity letters
- Banquets
- Postseason honors

Prior to disciplinary action, the Athletic Administration — consisting of the Athletic Director, Principal, and Assistant Principal — will conduct an investigation and provide the student-athlete with an opportunity to be heard regarding the alleged violation.

# ATHLETIC CHAIN OF COMMUNICATION

Poland Athletics believes strong communication between student-athletes, parents/guardians, coaches, and school administrators is essential to maintaining a positive and successful athletic experience.

Whenever questions, concerns, or issues arise regarding an athletic program, families are encouraged to follow the communication process outlined below so concerns may be addressed respectfully, appropriately, and efficiently.

**\* Productive Conversations Begin 24 Hours After Competition \***



## Communication Expectations

- Student-athletes are encouraged to communicate directly with their coach regarding questions or concerns whenever appropriate.
- Parents/guardians should contact the head coach first before involving athletic administration.
- Concerns should be addressed respectfully and professionally to support the student-athlete and the program.
- If concerns remain unresolved after communication with the coach, families may proceed through the chain of communication listed above.

# EXPRESSING STUDENT-ATHLETE & PARENT CONCERNS

Poland Athletics encourages student-athletes and parents/guardians to communicate appropriately and professionally regarding questions or concerns related to the athletic experience.

Student-athletes are encouraged to communicate directly with their coach whenever appropriate. Parents/guardians should continue to follow the Athletic Chain of Communication outlined by Poland Athletics.

## Appropriate Topics for Discussion

The following topics are appropriate for discussion with coaches:

- Student-athlete improvement and development
- Academic concerns related to athletics
- Attendance or scheduling concerns
- Team communication
- Behavior or disciplinary concerns
- Health, safety, or well-being concerns
- Questions regarding team procedures, fundraising activities, or program expectations

## Topics Not Appropriate for Discussion

The following topics are **not appropriate** for discussion with coaches:

- Playing time
- Team strategy or play calling
- Other student-athletes
- Coaching decisions made during competition
- Team selection decisions after final roster determination

## Meeting Expectations

- Meetings **will be** conducted **respectfully** and **professionally**, or **they will end**.
- Concerns should not be addressed during or immediately following athletic contests.
- Meetings involving athletic administration or school administrators may be scheduled when appropriate.

# PARENT'S PLEDGE

Participation in athletics is most successful when student-athletes, parents/guardians, coaches, and school personnel **work together** to create a positive and supportive experience. Poland Athletics believes strong parent support, respectful communication, and positive sportsmanship play an important role in the growth and development of every student-athlete.

## **As a parent/guardian of a Poland student-athlete, I pledge:**

1. To acknowledge and respect the authority of coaches to make decisions they believe are in the best interest of the team and athletic program.
2. **To understand that team goals and program standards must take precedence over individual expectations.**
3. To support my child regardless of the outcome of competition and recognize effort, attitude, growth, and commitment as important parts of the athletic experience.
4. To be honest and realistic regarding my child's athletic ability, attitude, sportsmanship, and role within the program.
5. To encourage my child to accept coaching, respond positively to challenges, and continue working to improve.
6. To support coaches by allowing them to coach and instruct the team without interference or outside coaching from the sidelines or stands.
7. To emphasize the importance of academics and understand the academic expectations required for participation in interscholastic athletics.
8. To avoid comparing my child to teammates or other participants within the program.
9. To communicate honestly, respectfully, and appropriately **within the communication procedures established in this Poland Athletics handbook.**
10. To remember that attendance at athletic events is a privilege and that inappropriate behavior toward coaches, officials, players, spectators, or school personnel will not be tolerated (BOE Policy #10960).
11. To demonstrate positive sportsmanship and conduct that reflects appropriately on Poland Athletics and Poland Local Schools.
12. To support the Athletic Code of Conduct, team expectations, Athletic Department standards, and the enforcement of all policies and consequences established by Poland Athletics. **This is a year-round responsibility.**

# COACH'S PLEDGE

Coaching extends far beyond instruction in athletics. Coaches serve as leaders, mentors, role models, and representatives of Poland Athletics. The responsibility of coaching includes helping student-athletes grow academically, athletically, socially, emotionally, and personally while promoting the values and standards of Poland Local Schools.

Mutual respect, accountability, communication, and commitment are expectations shared equally by coaches and student-athletes throughout every Poland Athletics program.

## **As a coach within Poland Athletics, I pledge:**

1. To uphold the dignity, integrity, and professionalism of the coaching profession.
2. To serve as a positive role model through appropriate language, conduct, sportsmanship, and leadership.
3. To treat all student-athletes with respect, fairness, honesty, and accountability.
4. To place the educational, emotional, physical, and social well-being of student-athletes at the center of the program.
5. To promote teamwork, discipline, communication, accountability, and commitment within the program while recognizing and celebrating team and individual success throughout the season.
6. To create a positive and competitive environment that encourages student-athletes to reach their full potential.
7. To communicate openly, honestly, and professionally with student-athletes, parents/guardians, school personnel, and athletic administration.
8. To support and reinforce the standards, expectations, and B.U.L.L.D.O.G.S. principles established by Poland Athletics.
9. To remain knowledgeable of current coaching methods, safety procedures, sport-specific instruction, and OHSAA regulations.
10. To support the academic success and personal growth of every student-athlete.
11. To actively discourage the use of drugs, alcohol, tobacco, vaping products, and other harmful substances.
12. To conduct myself in a manner that positively represents Poland Athletics and Poland Local Schools **at all times.**



## **OHSAA SPORTSMANSHIP & SPECTATOR CONDUCT POLICIES**

Poland Athletics and Poland Local Schools are committed to promoting sportsmanship, respect, safety, and positive conduct at all athletic and extracurricular events.

Student-athletes, coaches, parents/guardians, spectators, and community members are expected to conduct themselves in a manner that reflects positively on Poland Athletics, Poland Local Schools, and the Ohio High School Athletic Association (OHSAA).

The following expectations and policies are consistent with Ohio High School Athletic Association (OHSAA) regulations and Board of Education policies regarding sportsmanship and event conduct, including policies adopted by the OHSAA Board of Control on December 9, 2014.

### **Athletes Involved in Unsporting Behavior with Spectators**

Student-athletes are prohibited from leaving the playing area during a contest to enter the spectator area for the purpose of engaging in verbal or physical conflict with spectators or other individuals.

In accordance with OHSAA policy:

- No member of a school-sponsored athletic team may leave the playing area to confront, engage, or participate in any type of altercation with spectators or individuals outside the competition area.
- Any student-athlete who leaves the playing area and enters the spectator area to engage in unsporting behavior may be declared ineligible for the remainder of the school year in accordance with OHSAA regulations and disciplinary review procedures.

Student-athletes are expected to demonstrate sportsmanship, self-control, and respectful conduct at all times, regardless of the circumstances surrounding athletic competition.

## Spectator Conduct Expectations

Attendance at athletic and extracurricular events is a privilege. Poland Athletics expects all spectators to demonstrate positive sportsmanship and respectful behavior toward student-athletes, coaches, officials, school personnel, and other spectators.

Unsportsmanlike, disruptive, or disrespectful behavior will not be tolerated at Poland Athletics events or school-sponsored activities.

### Examples of prohibited behavior include, but are not limited to:

- Verbal harassment or abusive behavior directed toward players, coaches, officials, spectators, or school personnel
- Vulgar, obscene, or inappropriate language, gestures, or chants
- Throwing objects or projectiles
- Entering restricted or playing areas without authorization
- Possessing or being under the influence of alcohol or illegal substances
- Disruptive, threatening, intimidating, or unsafe behavior
- Any conduct determined by event administrators to be inappropriate, unsportsmanlike, or harmful to the educational environment

Any individual exhibiting inappropriate behavior may be removed from the event by school administrators, event personnel, security personnel, or law enforcement when necessary.

## Possible Consequences & Penalties

Individuals removed from an athletic or extracurricular event due to unsportsmanlike or disruptive behavior may be subject to additional consequences, including:

### First Violation

- Removal from the event
- Suspension from attendance at the next two (2) Poland Athletics events

### Second Violation

- Denial of attendance at Poland Athletics events for ninety (90) calendar days from the date of suspension

### Third Violation

- Denial of attendance at Poland Athletics events for up to one (1) calendar year
- Possible review and hearing before the Poland Board of Education, if requested



# EVENT ACCESS & MEDIA POLICY

Poland Athletics and Poland Local Schools welcome parents, families, community members, and media personnel to attend and support athletic contests and school-sponsored events. To maintain a safe, organized, and professional environment, all photography, media coverage, and access to playing surfaces must follow Athletic Department expectations and event procedures.

Spectators are not permitted on courts, fields, tracks, sidelines, team bench areas, locker room areas, or other restricted locations before, during, or immediately following athletic events unless authorized by Poland Schools administration or event personnel.

Access to restricted areas for photography or video recording purposes is limited to:

- Approved Poland Athletics personnel
- Authorized school staff
- Contracted photographers/videographers approved by the Poland Local Schools
- Credentialed media members approved by event administration

Parents, spectators, and community members may take photographs or video from designated spectator areas only and may not enter restricted areas for photography, celebrations, postgame interaction, or other unauthorized purposes.

Spectators may not stand along railings, baselines, sidelines, aisles, walkways, or front-row viewing areas in a manner that blocks the view of others, interferes with event operations, or creates safety concerns.

The use of drones, elevated recording equipment, tripods in spectator walkways, or other specialized media equipment is prohibited unless approved in advance by Athletic Department administration.

Individuals who fail to comply with directions provided by school administrators, event personnel, security staff, or law enforcement may be removed from the event, restricted from future athletic events, or subject to additional disciplinary or legal action when appropriate.

Poland Athletics appreciates the cooperation of all spectators and media personnel in helping maintain a safe, respectful, and professional environment for all athletic events and school-sponsored activities.



# Selecting the Team

Poland Athletics encourages broad participation and strives to provide meaningful athletic opportunities for student-athletes at all levels. However, due to roster limitations, facility space, safety considerations, equipment availability, competitive balance, or the nature of certain sports, team selection may be necessary.

The coaching staff of each program has the responsibility and authority to evaluate and select members of their team. Team selection criteria are determined by the coaching staff and may include, but are not limited to:

- Skill level and athletic ability
- Effort, attitude, and coachability
- Commitment and work ethic
- Sportsmanship and conduct
- Positional needs and team balance
- Program expectations and standards

Participation on a previous team or grade-level status does not guarantee placement on a future roster. All student-athletes are evaluated fairly and given the opportunity to demonstrate their abilities during the tryout or evaluation process.

Poland Athletics understands that team selection decisions can be difficult for student-athletes and families. Coaches are expected to handle the process professionally, respectfully, and with consideration for each student-athlete involved.

Whenever possible, expectations should be communicated during preseason parent/student-athlete meetings or prior to the start of team selection activities.

Student-athletes not selected for a team are encouraged to continue developing their skills, participate in other opportunities within Poland Athletics, and consider future participation opportunities.



## Non-Varsity Athletic Participation

Non-varsity athletic programs, including junior varsity, freshman, and middle school teams, play an important role in the overall success and development of Poland Athletics. These levels provide student-athletes with opportunities to develop skills, build confidence, strengthen teamwork, and learn the expectations and values that serve as the foundation of Poland Athletics.

While Poland Athletics strives for success at every level, non-varsity programs are designed primarily to support long-term student-athlete growth and program development. These experiences help prepare student-athletes for future participation at higher levels of competition while encouraging continued involvement, improvement, and commitment to the program.

Participation opportunities at non-varsity levels may vary depending on the sport, roster size, safety considerations, game situations, skill development, and competitive balance. **Placement at a non-varsity level should not be viewed as a punishment, but rather as part of the developmental process within Poland Athletics.**

**Participation time during contests at the non-varsity level is not guaranteed** and will not usually be equal among all student-athletes. Coaches will make reasonable efforts to provide developmental opportunities whenever appropriate; however, **playing time decisions remain the responsibility of the coaching staff** and may be influenced by factors including skill development, effort, attendance, attitude, team needs, safety considerations, competitiveness, and overall program expectations.

Coaches are expected to prioritize the long-term growth and development of student-athletes while continuing to promote accountability, competitiveness, teamwork, communication, and positive program culture.



# Participation in Multiple Sports

Poland Athletics supports and encourages student-athletes to participate in multiple school-sponsored athletic programs. Multi-sport participation provides valuable opportunities for student-athletes to develop leadership, teamwork, competitiveness, time management, and overall athletic growth.

At the same time, Poland Athletics recognizes that participation in multiple sports during the same athletic season can create scheduling conflicts, attendance concerns, physical demands, and team responsibilities that require clear communication and expectations.

Student-athletes requesting to participate in two sports during the same season must meet the following expectations and requirements:

## **Participation Expectations**

If approved for dual-sport participation, the student-athlete, parents/guardians, coaches, and Athletic Department may be required to meet prior to the season to establish expectations, communication procedures, scheduling priorities, and conflict resolution procedures.

Student-athletes are expected to attend practices, contests, meetings, and team activities for both programs whenever reasonably possible. Failure to demonstrate commitment, communication, attendance, effort, or accountability to either program may result in modification or termination of the dual-sport participation agreement.

Playing time, team roles, leadership positions, awards, and other team opportunities may be affected when participation obligations cannot be fully met within both programs.

If a student-athlete fails to meet the expectations established within the dual-sport participation agreement, the Athletic Director or building administration reserves the right to revoke approval and require the student-athlete to participate only in the designated primary sport.



## Requirements for Dual-Sport Participation

1. The student-athlete must remain academically eligible and in good standing within both athletic programs.
2. The student-athlete must declare one sport as their primary sport for the season.
  - The primary sport shall take priority over the secondary sport when scheduling conflicts occur between equal-level events or activities.
  - Primary sport designation must be established prior to the start of the season and approved by the Athletic Department.
3. Both coaching staffs must communicate professionally and work collaboratively throughout the season regarding scheduling, attendance expectations, practices, contests, transportation, and student-athlete responsibilities.
4. The health, safety, and overall well-being of the student-athlete must be taken into consideration at all times.
  - Athletic administration may review participation schedules when concerns exist regarding excessive physical demands, fatigue, overuse injuries, or overall student wellness.
5. Dual-sport participation may not negatively impact:
  - Academic performance
  - School attendance
  - Team responsibilities
  - Program expectations
  - Team culture or morale
6. Final approval for dual-sport participation must be granted by the Athletic Director and the building administration.

## Scheduling Conflicts & Event Priorities

When scheduling conflicts occur between two athletic events or team obligations, the following guidelines will apply:

- If both events are considered equal-level events (example: two regular-season contests or two postseason/state-tournament events), the student-athlete will participate in the designated primary sport.
- If the secondary sport involves a postseason or state-level competition and the primary sport involves a non-league regular-season contest, the postseason/state-level event may take priority.

Example:

A student-athlete whose secondary sport is track and field may participate in a district or regional track meet over a regular-season non-conference baseball game.

Final decisions regarding scheduling conflicts, postseason participation, and event prioritization will be made collaboratively by the coaching staffs, Athletic Director, and building administration, with consideration for the best interests of the student-athlete and both athletic programs.



**MULTI-SPORT  
— ATHLETE —**

**ONE ATHLETE MULTIPLE OPPORTUNITIES.**



# Practice Sessions

Practice sessions are an important part of the educational and athletic experience within Poland Athletics. Practices provide student-athletes with opportunities to develop skills, improve conditioning, strengthen teamwork, and prepare for competition.

To maintain a focused and productive learning environment, practices are generally **closed to spectators** unless approved by the coaching staff or the Athletic Department. Practices should be viewed similarly to a classroom setting where instruction, preparation, and student-athlete development take place without unnecessary interruption or distraction.

Student-athletes are expected to attend all scheduled practices, meetings, conditioning sessions, walkthroughs, and team activities unless excused by the coaching staff.

## **Student-athletes are expected to:**

- Arrive on time and prepared
- Communicate absences or conflicts in advance whenever possible
- Demonstrate effort, focus, accountability, and sportsmanship
- Follow team rules, coaching instructions, and safety expectations

Excused absences may include illness, injury, family emergencies, school-sponsored activities, religious obligations, or other circumstances approved by the coaching staff or administration.

Unexcused absences, repeated tardiness, lack of communication, or failure to meet team expectations may result in disciplinary action, including consequences related to participation, playing time, or team membership.

The coaching staff and Athletic Department are responsible for scheduling practice sessions and will make reasonable efforts to provide student-athletes with safe opportunities to develop the skills and knowledge necessary for athletic success.

If school is canceled due to weather or emergency conditions, athletic practices or team activities may only occur **with approval from school administration** based on facility availability and safe travel conditions.



# Off-Season Programs

Poland Athletics encourages student-athletes to participate in off-season programs that support skill development, strength training, conditioning, teamwork, and overall athletic growth.

## Off-season activities may include:

- Open gyms
- Strength and conditioning programs
- Skill development sessions
- Team workouts
- Voluntary conditioning activities

All off-season activities will operate in accordance with OHSAA regulations, Board of Education policies, and Athletic Department expectations.

## Student-athletes participating in off-season activities must:

- Have a current physical examination on file
- Complete all required athletic participation forms
- Follow all school rules, team expectations, safety procedures, and facility guidelines
- Demonstrate appropriate behavior, sportsmanship, and respect for school property and equipment

All strength training and conditioning activities must be supervised by authorized school personnel or coaching staff. Student-athletes are expected to follow all prescribed workout plans and safety expectations.

Poland Athletics supports and encourages multi-sport participation. **In-season athletic responsibilities will always take priority over off-season activities**, open gyms, workouts, conditioning sessions, or skill development opportunities for another sport.

Student-athletes currently participating in an in-season Poland sport should communicate with their in-season coach prior to participating in off-season activities for another sport in order to establish appropriate guidelines for that participation.

Student-athletes will not be penalized or discouraged from participating in another Poland Athletics program during the school year.

Participation in off-season activities does not guarantee team selection, playing time, leadership positions, or future roster placement within any athletic program.



## Equipment Issue & Return

Student-athletes who are issued uniforms, equipment, locks, or other athletic items for participation in Poland Athletics are responsible for the proper care, safekeeping, and timely return of all issued property.

All issued equipment and uniforms will be documented through team or Athletic Department equipment records at the time items are distributed.

Student-athletes are expected to return all issued equipment, uniforms, and athletic property in acceptable condition at the conclusion of the season or upon leaving the program.

Student-athletes may be held financially responsible for any lost, stolen, damaged, or unreturned equipment.

Any outstanding equipment obligations may result in:

- Placement on the school debt list
- Withholding of report cards, transcripts, awards, or future athletic participation privileges until obligations are resolved

Questions regarding equipment obligations, replacement costs, or return procedures should be directed to the coaching staff or the Athletic Department.



## Travel Guidelines

Student-athletes are expected to travel to and from athletic contests, scrimmages, and team events using transportation provided or **approved by Poland Athletics** whenever transportation is arranged by the Athletic Department.

Requests for a student-athlete to leave an event with a parent/guardian or approved adult must be communicated **in advance and approved by the head coach or Athletic Department** in accordance with school procedures.

Student-athletes who miss a scheduled team departure for an away contest or event **may be withheld from participation** unless extenuating circumstances are approved by the coaching staff or Athletic Department administration.

Student-athletes are expected to conduct themselves appropriately at all times while traveling as **representatives of Poland Athletics and Poland Local Schools**. All student-athletes must follow Board of Education transportation policies, team expectations, school rules, and directions provided by coaches, drivers, and school personnel.

Inappropriate behavior during team travel may result in **disciplinary consequences**, including suspension of athletic participation or loss of future travel privileges.



# ATHLETIC EVENT/GAME TRANSPORTATION RELEASE FORM

It is the responsibility of our school district to provide transportation for student athletes to and from scheduled athletic events. In special cases, it may be necessary for an athlete to travel with his/her parents or the parents of another player. **Under no circumstances may an athlete be permitted to drive his/her own vehicle.** Parental transportation is only permitted if a parent has submitted a direct request to the Head Coach and has completed this transportation release form. This form must be approved by the Head Coach and filed with the Head Coach. If you are requesting this alternative, please complete the following form.

Thank you for your assistance in helping provide safe and secure travel for our athletes.

**Athlete's Name** \_\_\_\_\_

**Sport** \_\_\_\_\_

**Date(s) of Event** \_\_\_\_\_



**Please check the appropriate response:**

\_\_\_\_\_ I am requesting permission to transport my child to and/or pick up my child from the above-scheduled athletic event(s). I assume complete legal responsibility for my child and guarantee that he/she will arrive promptly at the scheduled athletic event.

\_\_\_\_\_ I am requesting permission for my child to be transported to and/or picked up from the above scheduled athletic event(s) by \_\_\_\_\_ (Parent of another player on the team). By signing below \_\_\_\_\_ (Parent of another player on the team) assumes complete legal responsibility for my child while providing such transportation and guarantees that he/she will arrive promptly at the athletic event. Please note that this parent must sign below to verify that he/she agrees to transport the student and assume responsibility for the student.

**This form must be properly signed and returned to the Head Coach at least 24 hours before the event.**

Student's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Parent's Name (Print) \_\_\_\_\_

Transporting Parent of Other Player's Signature (if applicable) \_\_\_\_\_

Transporting Parent's Name (Print) (if applicable) \_\_\_\_\_

Reason for transportation: \_\_\_\_\_

\_\_\_\_\_ Approved \_\_\_\_\_ Not Approved \_\_\_\_\_ Date \_\_\_\_\_

Head Coach

# Senior Night Guidelines

Poland Athletics is proud to recognize the dedication, commitment, and contributions of senior student-athletes participating in Poland Athletics programs.

Senior Night recognition ceremonies will take place prior to varsity contests and are intended to honor senior participants and their families in a respectful, organized, and timely manner.

## **In order to maintain consistency across all athletic programs:**

- Senior Night recognition ceremonies will generally be limited to approximately fifteen (15) minutes prior to the start of varsity contests.
- Head coaches will distribute a standard Senior Night Bio Form to senior participants in advance of the event.
- Public address announcements and senior recognition information will be limited to content submitted through the approved Senior Night Bio Form.
- Additional recognition activities, decorations, banners, flowers, gifts, or program-specific traditions must be approved and coordinated through the coaching staff and Athletic Department when appropriate.

Poland Athletics appreciates the cooperation of student-athletes, parents/guardians, booster organizations, and coaching staffs in helping create positive and meaningful Senior Night experiences for all programs.



# Senior Night Form

PLEASE PRINT THROUGHOUT THIS ENTIRE FORM. THANK YOU.

SENIOR'S NAME (PRINT): \_\_\_\_\_

Sport this is for: \_\_\_\_\_ Valedictorian: Yes No

Number of years (Including your Sr. year) I have lettered in this sport: \_\_\_\_\_

Escorted by: PARENT NAMES (Please PRINT First & Last Names)

MOM: \_\_\_\_\_

DAD: \_\_\_\_\_

I STARTED PLAYING THIS SPORT WHEN I WAS \_\_\_\_\_ YEARS OLD

MY MOST MEMORABLE MOMENT IN THIS SPORT WAS WHEN:

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---

TEAMS (# of letters in each sport) & GROUPS I HAVE TAKEN PART IN:

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PLANS FOR AFTER HIGH SCHOOL (Ex. College you plan to attend, Major, etc.)

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# Athletic Department Communication Platforms

Poland Athletics utilizes multiple communication platforms to provide student-athletes, parents/guardians, coaches, and community members with important athletic information, schedules, announcements, updates, and program communication.

## Official Communication Platforms

### Poland Athletics Website on PolandBulldogs.com

The Poland Athletics webpage may be accessed through the Poland Local Schools website by selecting the Athletics Department section. The website includes:

- Athletic schedules and calendars
- Athletic Department announcements
- Important forms and information
- Event updates and notifications
- Quick links to additional athletic resources

### FinalForms

FinalForms is used for:

- Athletic registration
- Required participation forms
- Eligibility documentation
- Emergency medical information
- Athletic Department communication

Student-athletes should ensure their FinalForms status is listed as “**green**,” indicating that all required forms, signatures, and participation requirements have been completed and approved.



## [Eventlink](#)

Eventlink serves as the official scheduling platform for Poland Athletics. Athletic schedules, contest locations, ticket links, postponements, cancellations, and schedule updates may be accessed through the Eventlink website and mobile application.

Athletic schedules and event information are subject to change due to weather, facility issues, transportation concerns, OHSAA regulations, or other unforeseen circumstances. Student-athletes and parents/guardians are responsible for regularly monitoring official communication platforms for updates, announcements, and schedule changes.

## **Official Poland Athletics Social Media Accounts**

### **X (Twitter) & Facebook Accounts**

- **PSHS Athletics:** @PolandAthletics *(also on Facebook)*
- **Poland Seminary High School:** @bdog4ever
- **Poland Local Schools:** @polandschools *(also on Facebook)*

Communication between coaches, student-athletes, parents/guardians, and community members is expected to remain professional, respectful, and consistent with Poland Athletics' expectations and school policies.



# PARENT & STUDENT ATHLETIC HANDBOOK SIGN-OFF FORM

**This form will be in Final Forms to sign off**

We fully understand the expectations, policies, procedures, and standards outlined within the Poland Athletics Parent-Student Athletic Handbook and agree to abide by them.

We understand that participation in athletics at Poland Local Schools is a privilege and that failure to comply with Athletic Department expectations, Board of Education policies, school rules, or OHSAA regulations may result in disciplinary action, including suspension, removal, or permanent exclusion from athletic participation in accordance with Ohio Revised Code §3313.66 and Poland Board of Education Policies #5270 and #10,350.

By signing below, we acknowledge that we have reviewed and understand the contents of the Poland Athletics Parent-Student Athletic Handbook.

---

Student Name: \_\_\_\_\_

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

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

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

Date: \_\_\_\_\_