

Upper Arlington High School Student Athlete/Parent



**Athletic Handbook
2008-2009 Season**

Dear Student Athletes and Parents,

You are receiving this handbook because your student has indicated a desire to participate in the interscholastic athletic program at Upper Arlington High School. We are very pleased that your student has made this decision, and we hope that their experience will be positive as well as educational. We believe that participation in athletics gives students the opportunity to learn leadership skills, gain self-confidence, self-discipline, decision making skills, organization, while encouraging them to reach their potential.

Participating in an athletic program is a privilege. As a student-athlete you are held to higher standards in both the classroom, on the field and in the community. You are representing many people; including your family, past student athletes, the community, the school, your coaches and your fellow athletes. As an Upper Arlington student athlete you should carry yourself with tremendous pride. You must wear the uniform proudly and understand that you are a role model for the younger members of our community.

Once students have chosen to participate, there are often many questions which both you and your son or daughter may have regarding the Athletic Program. In order to assist in making the athletic experience more positive, this handbook has been developed to answer questions about the guidelines and policies of our Athletic Program. We hope that this will be of assistance and encourage you to use it as a reference throughout the year.

If you have additional questions, please feel free to contact the athletic office. Thank you in advance for your time and commitment to Upper Arlington High School Athletics. GO BEARS!

Sincerely,

Chris Potts
Director of Athletics
Upper Arlington High School

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Athletic Department Goals

1. To always strive for excellence within the bounds of good sportsmanship.
2. To provide a positive image of interscholastic athletics at Upper Arlington High School
3. To provide sufficient activities to respond to a wide variety of student interests and abilities.
4. To provide opportunities to deal with success and failure.
5. To create a desire to succeed and excel.
6. To provide activities that help create unity in the school and community
7. To provide activities for learning self-discipline, loyalty, leadership qualities, personal pride, respect for the rights of others, and the drive to be successful and reach individual and team goals.
8. To teach attitudes of responsibility and cooperation and to help students realize that participation in interscholastic athletics is a privilege with accompanying responsibilities.
9. To develop high ideals of fairness in all human relationships.
10. To have fun and enjoy your experience while competing in athletics at Upper Arlington High School.

Upper Arlington High School Sports By Season

FALL

Cheerleading-Football
Boys Cross Country
Girls Cross Country
Field Hockey
Football
Boys Golf
Girls Golf
Boys Soccer
Girls Soccer
Girls Tennis
Girls Volleyball
Boys Water Polo
Girls Water Polo

SPRING

Baseball
Boys Crew
Girls Crew
Boys Lacrosse
Girls Lacrosse
Softball
Boys Tennis
Boys Track
Girls Track
Boys Volleyball

WINTER

Boys Basketball
Girls Basketball
Cheerleading-Basketball
Boys Diving
Girls Diving
Gymnastics
Ice Hockey
Boys Swimming
Girls Swimming
Wrestling

Affiliations

Upper Arlington City Schools are a member of the Ohio High School Athletic Association. The rules and regulations developed by the OHSAA are designed to protect the safety and welfare of the athletes and to ensure fair play. These rules and regulations are voted on by principals of schools across the State of Ohio. We agree to abide by and cooperate with all rules and regulations set forth by the OHSAA.

Upper Arlington High School is one of 32 schools in the Ohio Capital Conference and as members we agree to abide by the rules and regulations of the conference. Principals, acting upon recommendations of coaches and or athletic directors vote on each regulation with the best interest of the student athletes and member schools in mind.

There are four divisions within the OCC – the Ohio, Central, Cardinal, and Capital Divisions. Below is an outline of how the divisions will be aligned throughout the next 4 years.

OCC Divisions for the 2008-2010 Season

Ohio Division

Gahanna
Grove City
Groveport
Lancaster
Newark
Pickerington Central
Pickerington North
Reynoldsburg

Central Division

Central Crossing
Dublin Coffman
Hilliard Darby
Hilliard Davidson
Thomas Worthington
Upper Arlington
Westland
Worthington Kilbourne

Cardinal Division

Dublin Jerome
Dublin Scioto
Marysville
Olentangy
Olentangy Liberty
Westerville Central
Westerville North
Westerville South

Capital Division

Big Walnut
Delaware Hayes
Franklin Heights
Hilliard Bradley
Mount Vernon
New Albany
Olentangy Orange
Watkins Memorial

Upper Arlington High School Athletic Tickets

The High School Athletic Department offers a variety of ticket opportunities for both our students and community members. The cost of admission is determined by the Ohio Capital Conference in which we are members. Ticket prices may be different for Ohio High School Athletic Association sponsored tournament games.

TICKET PRICES

JV/Varsity Events

Adults	\$6.00
Students	\$4.00
Seniors over 60 years of age	\$4.00

JV/Freshmen Events

Adults	\$4.00
Students	\$2.00
Seniors over 60 years of age	\$2.00

TICKET PACKAGES

I. Ten ticket Discount General Admission Strips

These strip tickets are good for all home regular season events. Strips of ten (10) general admission tickets are sold at a 20% discount; \$48.00 for adults and \$32.00 for students.

II. Student All Sports Athletic Pass

A \$45.00 student athletic pass provides general admission for all paid U.A.H.S. home regular season contests. This pass may not be used at OCC, District, Regional or State Events held at UAHS. This pass is good for high school, middle and youth. Children under 6 years of age do not require a ticket.

III. Adult All Sport Athletic Pass

A \$100.00 adult athletic pass provides general admission for all paid U.A.H.S home regular season contests. This pass may not be used at OCC, District, Regional or State Events held at UAHS.

IV. Family Household Pass

A \$260.00 Family Pass provides two adults and up to three students passes that provides general admission for all paid U.A.H.S home regular season contests. These passes may not be used at OCC, District, Regional or State Events held at UAHS.

V. Golden Bear Activity Card for UA Senior Citizens

All residents of Upper Arlington age 60 and above are eligible to receive this card free of charge. The card provides free admittance to all regular season events/programs/activities sponsored by the Upper Arlington School system. Cards are available at all school principal's offices and the superintendent's office. Proof of age eligibility and UA residency is required at the time the card is requested.

VI. Reserved Football Season Tickets – 2009 Season

An adult reserved season book for Six (6) home games costs \$48.00. The price for a student reserved ticket when purchased with an adult ticket is \$36.00.

Responsibility of an Upper Arlington Student Athlete

Being a member of an Upper Arlington School District athletic team carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes hard work of many people over many years. As a member of an interscholastic squad, you have inherited a wonderful tradition that you must uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our squads have achieved numerous league and tournament championships that we are extremely proud of.

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

Responsibility to Yourself

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

Responsibility to Your School

Another responsibility you assume as a student athlete is to your school. The Upper Arlington School District cannot maintain its position as having outstanding programs unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you become a student athlete. The student body and citizens of the community know you. The student body, community, and other communities judge our school by your conduct and attitudes, both on and off the field of competition. You can contribute to school spirit and community pride because of this leadership role as a student athlete. Do your best to make Upper Arlington Schools proud of you and the community proud of your school by exhibiting great sportsmanship and leadership.

Participation Fees

Amount: \$85.00 per athlete

- Fees must be paid after the squad has been selected and before the first interscholastic contest-not including scrimmages and previews.
- Student athletes will not be permitted to participate in an interscholastic contest until the participation fee has been paid.
- Fees are to be paid at Meet the Team. If you miss Meet the Team, payment is to be made in the Athletic Office.
- Please, make checks payable to: **Upper Arlington Board of Education.** Please, include **student's name, grade, and sport on memo line of the check.**
- If financial assistance is needed, please contact your coach or the athletic director immediately.
- Once fees have been paid, there will be no refunds.

2008-09

Your Athletic Eligibility



A Message To Student-Athletes

Participating in your school's interscholastic athletics program will provide some of your most memorable and enjoyable moments ever. Your state association, the Ohio High School Athletic Association, has standards that must be met in order to be eligible to compete.

The essential eligibility requirements in this brochure are only a summary of some of the regulations affecting student eligibility. Most requirements are published in the *OHSAA Handbook*, which can be found in the offices of your principal and athletic administrator and is posted on the OHSAA web site (www.ohsaa.org). Your school district also has the authority to establish additional academic standards and codes of student or athletic conduct.

Any questions you have concerning the OHSAA standards or your athletic eligibility should be reviewed with your school principal or athletic administrator. **You should also meet with these administrators EVERY TIME before you change your course schedule or drop a course.** Should you transfer schools, you must follow up with your previous school and your new school to ensure that all proper forms have been submitted to the OHSAA.

The eligibility standards of the OHSAA have been adopted by the member schools and were accepted by your school when it became an OHSAA member.

You are urged, as a student-athlete, to study these standards carefully since you are responsible for compliance with these standards.

Best wishes as you learn the valuable lessons that come with your participation in interscholastic athletics!

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Ohio High School
Athletic Association



A Summary Of The Rules

SCHOLARSHIP

High school students (grades 9-12) must be currently enrolled in a member school and have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period.

Seventh- and eighth-grade students must be currently enrolled in a member school and have received passing grades in 75 percent of subjects in which enrolled.

- You may not use summer school grades for failing grades received or lack of courses taken in the final grading period.
- Your semester and yearly grades have no effect on OHSAA eligibility.
- Those taking postsecondary school courses must comply with OHSAA scholarship regulations.
- The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. **Note:** Check with your principal or athletic administrator to determine the exact date that eligibility will be restored.

RESIDENCE AND TRANSFER OF SCHOOLS

You may attend any public or non-public high school in which you are accepted when you enter high school (grade 9) from a 7th-8th grade school. Eligibility at that school is established by:

1. Participating in a contest (scrimmage, preview or regular season game) prior to the first day of school, or
2. Attending the first day of school at any high school (or attending the first five days of school for freshmen).

Once you establish eligibility at a high school, a transfer to a different high school will mean **you will be ineligible for athletics for one year from the date of enrollment in the new school.**

- There are several exceptions to this regulation. To see if you qualify for an exception, you and your parents should arrange a meeting with your principal or athletic administrator.
- If your parent or legal guardian lives outside of Ohio, you are ineligible unless one of the exceptions to the regulation is met. These exceptions to the out-of-state residency rules are found in Bylaw 4-6 at www.ohsaa.org. **Note:** Changing custody to a person in Ohio will not provide eligibility to a student whose parents live in another state.
- If additional questions concerning these regulations remain, school principals or athletic administrators should contact the OHSAA.

SEMESTERS OF ENROLLMENT

After establishing ninth-grade eligibility, you are permitted eight (8) semesters of athletic eligibility.

- The semesters are taken in order of attendance once ninth-grade eligibility has been established.
- Semesters are counted toward eligibility whether you participate in interscholastic athletics or not.

- Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the principal or athletic administrator to review the exception.

AGE LIMITATIONS

High school students (grades 9-12) who turn 19 years of age prior to August 1, 2008, are ineligible for interscholastic athletics.

Seventh- and eighth-grade students who turn 15 years of age prior to August 1, 2008, are ineligible for 7th-8th grade athletics but are eligible to participate in high school athletics.

- Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the principal or athletic administrator to review the exception.

AWARDS

You may receive awards as a result of athletic participation in interscholastic athletics from any source. However, the value cannot be more than \$200 per award.

AMATEUR STATUS

You will lose your amateur status and forfeit your eligibility if you:

- Compete for money or other monetary compensation.
- Capitalize on your athletic fame by receiving money, merchandise or services.
- Receive expenses or compensation from a sponsor unless that sponsor is a recognized amateur governing body or organization, recognized by a member school, or is your parent or guardian.
- Sign a contract or make a commitment to play professional athletics.
- Receive services, merchandise or any form of financial assistance from a professional sports organization.
- Compete with a professional athletics team even if no pay is received.
- Enter into an agreement with a sports or marketing agent.

FALSE INFORMATION

If you compete under a name other than your own or provide a false address, you immediately become ineligible.

OPEN GYMS/FACILITIES

School officials may designate open gyms or facilities and the sports to be played. You may participate in open gyms or facilities provided:

- No one is limited from participating.
- No one is required to attend.
- No school officials invite selected students or determine the teams.
- No school officials transport students to either school or non-school facilities.
- No timing or written scoring is kept.
- No coaching or instruction is provided.

Violating these rules may result in your being declared ineligible for a maximum of one (1) year.

INSTRUCTIONAL PROGRAMS

You may attend camps, clinics and workshops that involve team play any time between June 1 and July 31.

- Team play means there is more than one player opposing one player.
- There is no limit on the number of students from the same school team that may participate on the same non-school team from June 1 to July 31.

You may receive instruction from a coach from your school team only:

1. During the season of the sport, or
2. For 10 days (seven days in the sport of football) only from June 1 to July 31.

Note: Interscholastic coaches in the individual sports of bowling, golf, gymnastics, swimming & diving and tennis may coach athletes from the school where employed outside the interscholastic season of the sport.

You may receive individual skill instruction from a non-school coach at any time during the year in individual or group lessons.

Members of a school football team may play in non-contact football contests and attend non-contact team football camps at any time between June 1 and July 31. Remember, however, that the seven-day football regulation for instruction from school coaches is in effect. **Note:** It is a violation if a coach suggests your participation in an instructional program is mandatory.

PARTICIPATION ON NON-SCHOOL TEAMS

You may not try out, practice or participate in a contest with a non-school team while a member of a school team in the same sport.

- In the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field and wrestling, however, you may practice and try out for a non-school team but may not compete in a contest.

Those in the team sports of baseball, basketball, field hockey, football, ice hockey, soccer, softball and volleyball may try out, practice and compete on non-school teams before and after the school season provided:

1. The number of students from the same school on the roster of the non-school team is limited to five (5) students in the sports of soccer and field hockey; four (4) students in the sports of baseball and softball; three (3) students in the sports of volleyball and ice hockey, and two (2) students in the sport of basketball. School football team members are prohibited from competing on non-school teams except from June 1 to July 31. **Note:** Seniors are exempt from these limitations after the conclusion of their sport season. In addition, there is no limit on the number of students from the same school team that may participate on the same non-school team from June 1 to July 31.
2. You have no contact with school coaches while on a non-school team other than the 10 days (seven days in football) permitted between June 1 and July 31.

- Violating these rules during the school season may result in your being declared ineligible for the remainder of the school season.
- Violating these rules outside the school season may result in your being declared ineligible for the next season.
- Violating these rules by a senior may result in that student being declared ineligible for the remainder of the school year.

RECRUITING

You will be declared ineligible if you are recruited by a person or group of persons to change schools. Any attempt by you to recruit a prospective student-athlete for athletic purposes is also prohibited. A violation may also affect the eligibility of the school team.

USE OF ALCOHOL, TOBACCO & ILLEGAL DRUGS

You are prohibited from using any form of alcohol, tobacco or illegal drugs at the playing site of an interscholastic contest. The penalty is disqualification from that contest, and you will likely face additional school and/or legal penalties.

STEROIDS OR OTHER PERFORMANCE-ENHANCING DRUGS

If you use anabolic steroids or other performance-enhancing drugs, you are ineligible for interscholastic competition until medical evidence indicates that your system is free of these items.

PRE-PARTICIPATION EVALUATION AND CONSENT TO PARTICIPATE

Each year you must submit a physical examination form signed by a medical examiner before you begin practice for a school sport. In addition, your parents/guardian and you must sign the OHSAA Authorization and Consent Forms.

- Procedures will be reviewed by school officials.
- Physical examinations are valid for one year from the date of the exam except for those that take place from May 1-June 1. Those exams are valid for one year plus through the end of the next school year.

STUDENT CONDUCT AND EJECTION/ DISQUALIFICATION POLICIES

You are expected to accept seriously the responsibility and privilege of representing your school and community while participating in interscholastic athletics. As a student-athlete, you are expected to:

- Treat opponents, coaches and officials with respect.
- Display no behavior that could incite fans or other participants in the contest or which is intended to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- Remember that winning isn't everything. Having fun, improving your skills, making friends and doing your best are also important.

The OHSAA has established a policy for students ejected or disqualified for unsporting behavior or flagrant fouls. If you are ejected or disqualified, you:

- Will be ineligible for all contests for the remainder of that day.
- Will be ineligible for all contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest in football).

If you are ejected or disqualified a second time in a season, you are subject to additional, stiffer penalties, including suspension from play for the remainder of the season in that sport.

The complete OHSAA ejection/disqualification policy for unsporting behavior can be found in the *OHSAA Handbook* and is posted on the OHSAA web site (www.ohsaa.org).

Published for students and parents by:

Ohio High School Athletic Association
4080 Roselea Place, Columbus, Ohio 43214

Telephone: (614) 267-2502

Fax: (614) 267-1677

Web Site: www.ohsaa.org

Office Hours: M - F 8:15 a.m. - 4:15 p.m.

The complete text of the Bylaws and regulations is published in the *OHSAA Handbook* and is posted on the OHSAA web site (www.ohsaa.org). Your school principal and athletic administrator have copies of the *OHSAA Handbook*, and they are also available from the OHSAA at \$5.00 each. Always check with your principal or athletic administrator if you have questions on athletic eligibility.

Eligibility Checklist For High School Student-Athletes

Before you play, you must be eligible. Please review the following checklist with your parents. Unchecked boxes will likely mean you are **NOT** eligible. For questions, see your principal or athletic administrator.

1. I am officially enrolled in an OHSAA member high school.
2. I am enrolled in at least five one credit courses or the equivalent, each of which counts toward graduation.
3. I received passing grades in at least five one credit courses or the equivalent, each of which counts toward graduation, during my last grading period.
4. I have at least one parent living in Ohio.
5. I have not changed schools without a corresponding move by my parents or legal guardian or by qualifying for one of the exceptions to the OHSAA transfer regulation.
6. If I have changed schools (transferred), I have followed up with my previous school and my new school to ensure that all proper forms have been submitted to the OHSAA.
7. I have not been enrolled in high school for more than eight semesters.
8. I did not turn 19 before August 1, 2008.
9. I have not received an award, equipment or prize valued at greater than \$200 per item.
10. I am competing under my true name and have provided my school with my correct home address.
11. I have not competed in a **mandatory** open gym/facility, conditioning or instructional program.
12. I have not been coached or been provided instruction by a school coach in a team sport or cross country, track & field and wrestling other than during my sport season or for no more than 10 days (seven in football) between June 1 and July 31 (applies to team sports only).
13. I am not competing on a non-school team during my school team's season.
14. I have not been recruited to attend this school.
15. I am not using anabolic steroids or other performance-enhancing drugs.
16. I have had a physical examination within the past year and it is on file at my school.
17. My parents and I have signed the OHSAA Authorization Form and the OHSAA Eligibility and Authorization Statement and they are on file at my school.

UA High School Athletic, Extracurricular, and Cocurricular Academic Requirements

The District establishes excellence as a standard and strives to maintain an appropriate balance between academics, athletics, and all extracurricular and cocurricular activities. It is important that students meet the following academic requirements in order to participate in athletics, extracurricular and cocurricular activities in grades 7-12.

1. A student must earn at least a 2.0 grade point average (GPA) in order to be eligible for participation. The GPA will be applied separately for grades 7-8 and for grades 9-12 and calculated each grading period. Eligibility can be maintained, gained or lost each grading period. A student's eligibility will be determined according to his or her GPA for each nine week grading period independent of prior grading periods. Semester and final exams are not to be calculated in the nine week GPA assessment because of the comprehensive nature of exams. The individual nine week GPA's value will be used in itself to determine a student's eligibility. Eligibility can be maintained, gained or lost each grading period.
2. In addition to the above Upper Arlington requirements, a student athlete must qualify under all rules established by the Ohio High School Athletic Association (OHSAA).
3. Provisions may be made for individuals with special needs and/or extenuating circumstances. An eligibility Board made up of the building principal, athletic director, and/or activities coordinator, coach or activity sponsor, and the individual student's guidance counselor will review such situations on an individual basis and may waive certain requirements as appropriate. This provision is intended to meet unique situations of students with special or adjusted educational needs. This eligibility Board will hear requests of students and/or parents or guardians in regard to special needs, extenuating circumstances such as long term-illness, and or appeals regarding eligibility.

Definition of Eligibility Criteria

1. The student must have a grade point average of 2.0 or better to be eligible for participation. Marks of "Incomplete" or "Pass/Fail" are disregarded in computing a grade point average. At such time an "Incomplete" is made up, the GPA will be recomputed and eligibility redetermined.
2. In computing a student's "grade point average" (GPA) for purposes of this policy, all subjects taken by the student and for which a final mark is recorded are to be considered. Procedures outlined in Board policies IHAA-R and IHAAA-R governing the computation of GPA will be followed.
3. A failing mark in any course(s) at the end of a grading period or at the end of the semester will not make a student ineligible for participation if that student maintained at least a 2.0 GPA in all subjects and passed 5 credits of courses.

4. Receipt of an interim progress report will put a student and parents or guardians on notice that the student is on probation and subject to potential loss of eligibility.

Definition of Extracurricular and Cocurricular Activities

1. An “extracurricular activity” is defined as a program of out-of class pursuits, usually supervised and/or financed by the school, in which students enjoy the freedom in selection and participation.
2. Extracurricular activities are not part of the regular school curriculum, are not graded, do not involve earned credits, generally take place outside of classroom time, and often involve performance before an audience or spectators.
3. At the high school level, extracurricular activities may include, but not limited to, athletic teams, drill teams, pep squads, cheerleaders, student government, musical performance groups, dramatics (plays and drama clubs), forensics, special interests clubs, service clubs, etc. The building principal may use discretion in determining whether a student may participate in an activity of short-term duration.
4. At the middle school level extracurricular activities may include, but are not limited to athletic teams, cheerleaders, student government, musical, performance groups, etc. The building principal may use discretion in determining whether a student may participate in special interest clubs, service clubs, and activities of short-term duration.
5. Cocurricular activities may be concerned with curriculum experiences in a regular classroom situation (e.g., band, drama, journalism, etc.). When performance is part of course requirements for earning a grade and/or credits these eligibility requirements do not apply.
6. Intramural programs will not be affected by this regulation except if such activities occur off school grounds and are determined by the administration to apply (e.g., ski club).

These requirements will be reviewed on an annual basis by the Athletic Council and selected staff members responsible for other extracurricular and cocurricular activities covered by this regulation.

Athletic School Absence

1. To be eligible to participate in an athletic activity (event or practice) a student must attend school during periods 6, 7, and 8 during the day they wish to participate. Exceptions are made for medical appointments, funerals, etc.
2. If a student does participate in or attend an extra-curricular activity on a day he/she did not attend school, the absence will be recorded as unexcused and the student will be disciplined. Planned absences are an exception to this provision.

Students Excused to Attend Athletic Contests/Tournaments

Our policy on allowing students to attend tournament/athletic contests will be:

A. Students will not be excused from school to attend athletic contest, including tournaments games unless:

1. the student is a member of the team (on roster Freshmen, J. V. or Varsity team)
2. the student is an immediate family member (e.g., brother, sister) of one of the student athletes participating in the athletic contest.
3. a team or individual is competing in a State level tournament. In this case, a student requesting to attend must present a written note from a parent prior to 8:00 AM at the attendance counter. Phone calls will not be accepted.
 - Students with excessive absences will be denied permission to attend
 - Students with any record of unexcused absences will be denied permission to attend.

Letter Guidelines/Awards

The criteria for earning a letter may vary from sport to sport because of different characteristics of each program. Each head coach will be permitted to determine the criteria necessary for earning awards and will make athletes aware of this criteria at the beginning of the season. Students have the opportunity to earn the following awards:

Freshmen Team: Freshmen Participation Certificate

Junior Varsity: Junior Varsity Participation Certificate

Varsity: Varsity Participation Certificate or Varsity Letter Certificate

- 1st Year – Chenille Letter “A” w/pin for sport (one Chenille Letter per student and sport specific pins will be issued when student letters in each sport.
- 2nd Year – Service Bar
- 3rd Year – Service Bar
- 4th Year – Service Bar and 4th year plaque

* Numerals will be given to freshmen who letter or during the sophomore year*

Conduct at Athletic Events

Students attending contests involving Upper Arlington High School teams are expected to follow OCC Guidelines for all athletic contests. This includes no signs in the gym, on the field, or in the stands during a contest, and neither noisemakers in the stands nor the use of confetti by cheerleaders or spectators. Students are encouraged to cheer for our athletic teams, not against our opponents (**CHEER FOR THE BEARS!**). Students failing to abide by these rules may be asked to leave the event and may not be permitted to attend other events. In addition to possible removal, students in violation of the above may be subject to disciplinary action upon their return to school following the event in question.

Conflicts with Extracurricular Activities

We have many great opportunities for our students at Upper Arlington High School. An individual student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have a broad range of experiences in the area of extracurricular activities; and to this end will attempt to schedule events in a manner so as to minimize conflicts.

Students have the responsibility to do everything they can to avoid a continuous conflict. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors or coaches involved immediately when a conflict arises. When conflicts arise, the coaches and sponsors will work together and try to work out a solution so the student does not feel in the middle.

Attendance at Practices and Contests

An athlete should consult with their coach before missing a practice or event. Missing practice or a contest without good reason will be dealt with by our coaches. Sudden illness or some other emergency would be good reason for missing practice or a contest, but does not relieve the athlete from first personally contacting the coach.

While we understand the importance of vacations for families, vacations by athletic team members during the sport season are discouraged. When an absence due to a vacation is unavoidable, an athlete must:

- Contact the head coach prior to the vacation
- Be willing to assume the consequences related to their status on that squad as a starter, 2nd string, 3rd string etc.

Travel to Contests

The Athletic Department feels that team unity is very important and that traveling together aids in building team unity and chemistry. We request that each athlete go to and return from contests with the team. We understand there may be an occasional situation when such travel may not be practical. In such cases, the parent should personally contact the coach, well in advance, to ask permission for other arrangements. We do not want to have athletes traveling with anyone other than their parents or adults who have been given permission by the parents.

With support of our transportation department we will use a school bus or school van as much as possible to travel to away contests. There may be situations in which we cannot get a bus or van in time for the contests, coaches may ask parents to assist with the travel needs. In these circumstances, the athletic department should have a waiver form for both drivers and passengers on file. These forms are available online at www.uaschools.org under the athletics section.

Upper Arlington High School Athletics

Athlete Injury Procedures

Injury Reporting Procedures

1. Athletes are to first report practice injuries to the coach then report to the athletic trainer. All injuries and health concerns must be reported to the athletic trainer. Medical referral will be coordinated through the athletic training staff.
2. In absence of the athletic trainer, the coach will initiate early first aid care. The coach will notify the trainer of all injuries within 24 hours of the injury incident.
3. Injured athletes are expected to continue attendance to practice and games during the treatment and recovery period.
4. Parents are encouraged to contact the athletic training staff regarding any questions or concerns related to their child's injury and care.
5. All athletes missing practice(s) and/or game(s) due to injury or illness must notify the coach directly prior to that practice or game.
6. Game dress for injured athletes will be directed by each coach.

Medical Referral for Injuries

1. The Upper Arlington Health Care program is not designed to replace the family physician or dictate medical care. The choice of health care provider and initiation of medical referral always remains at the discretion of the parents.
2. Your family physician should be contacted if: problems develop with an injury, the condition worsens or the condition persists for an extended period of time. It is important that injured athletes return to the training room for reevaluation and report any new or remaining problems.
3. Parents have access to the services of the Upper Arlington team physician staff who supervise all care provided by the athletic training staff.

Dr. Blosser	Dr. Watson
Dr. Edwards	Dr. Wilt
Dr. Lombardo	Dr. Winzenread

4. All athletes evaluated by their family physician should provide a note from the physician indicating the type of injury, course of treatment and participation status. The note should be given to the athletic trainer promptly after physician visit. Standardized physician evaluation forms are available in the training room.
5. All significant head injuries MUST be evaluated by a physician prior to clearance to participate. A note clearing the athlete is essential for practice re-entry.

Return to Activity Following Injury

1. All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation **MUST** provide a note from the consulting physician prior to re-entry into the activity.
2. All athletes who have been removed from activity, or placed on limited activity by a physician **MUST** present a current note from the physician clearing the athlete to re-enter activity
3. A physician's note "clearing the athlete to full go" is recognized **ONLY** as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
4. Injured athletes are expected to continue a rehabilitation/strength maintenance program on the injured area following return to play to avoid re-injury. This is also required if the athlete is to continue practice. These programs will be coordinated through the training room.
5. Injured athletes will be expected to practice one full day of practice (day before walk through practices do not count) before being released to play in a game. This ensures the athletic trainer and the coach that the athlete is able to perform to the level before the injury.
6. The athletic trainer determines return to activity clearance using specific protocols established by the supervising team physician staff.

Adolescent Athlete Protective Care Policy

1. No member of the athletic training staff or coaching staff may clear an athlete to participate if a physician has removed the athlete from activity.
2. No member of the coaching staff can clear an athlete to participate if the athletic trainer has removed the athlete from activity.
3. Following physician clearance for return to activity, if clinical evidence, rehabilitation progression or new injury information indicates the athlete is at continued risk for injury, it is the responsibility of the athletic training staff to protect the health of the athlete. The athlete is to be held from activity and referred back to the family physician or referred to the team physician for further advisement.
4. The team physician, attending physician, athletic trainer, coach or parent may withhold an athlete from re-entering activity if it is considered to be in the best interest of the individual's health. This policy allows those with specialized knowledge to act as a safety net, thereby optimizing the protection afforded the individual adolescent athlete

Appendix

Upper Arlington City Schools Athletic Code

Rules and Penalties

Four Basic Rules for Student Athletes:

- #1 Follow the Rights and Responsibilities Handbook
- #2 Follow the Rules established by the Coach
- #3 No Tobacco
- #4 No Alcohol or Illegal Substances

RULE #1

Follow the Rights and Responsibilities Handbook

Student athletes while under the jurisdiction of the school are required to adhere to all provisions of the **Students' Rights and Responsibilities Handbook**. The principal or designee shall determine whether a student athlete has violated the **Students' Rights and Responsibilities Handbook**.

Penalties for violating Rule #1

The student athlete will adhere to the penalties related to the violation as provided in the **Students' Rights and Responsibilities Handbook**.

RULE #2

Follow the Rules Established by the Coach

Student athletes must also adhere to all rules established by the coach(es) of athletics in which the student athlete participates.

Penalties for violating Rule #2

For any alleged violation, the coach and school administration may direct an investigation and make any determination regarding the penalty. The coach and school administration shall have the right to remove a student athlete from immediate participation in any athletics under that coach's supervision if the student athlete's presence poses a continuing danger to persons or property or an ongoing threat of disrupting the athletic team, athletic competition(s), school, travel on any school-provided transportation or any school-sponsored activity held on or off school property.

RULE #3

No Tobacco

Student athletes shall not use, purchase, offer to purchase or possess tobacco in any form.

Penalties for violating Rule #3

For the first offense, the student athlete must participate in an intervention and assistance program for tobacco use as directed by the administration. If the student athlete and/or the parent(s) or guardian(s) refuses to have the student athlete attend such a program, the student athlete cannot participate in any athletic activity for one calendar year from the date of refusal/failure to participate.

For the second offense, the student athlete will lose 10% of competition participation based on the number of regular season games and must participate in the following: (1) receive assessment; (2) attend an appropriate intervention and assistance program and/or receive any appropriate treatment; and (3) provide satisfactory proof of the foregoing and any other reasonably pertinent information to the principal or designee. If the student athlete and/or the parent(s) or guardian(s) refuses or fails to participate in the above requirements, the student athlete cannot participate in any athletic activity for one calendar year from the date of refusal/failure to participate.

For the third and subsequent offenses, the student athlete will lose 20% of competition participation based on the number of regular season games and must participate in the following: (1) receive assessment; (2) attend any appropriate intervention and assistance program and/or receive any appropriate treatment; and (3) provide satisfactory proof of the foregoing and any other reasonably pertinent information to the principal or designee. If the student athlete and/or the parent(s) or guardian(s) refuses or fails to participate in the above requirements, the student athlete cannot participate in any athletic activity for one calendar year from the date of the violation and the student athlete will be advised to attend further assessment and intervention.

RULE #4

No Alcohol or Illegal Substances

Student athletes shall not use, purchase, offer to purchase or possess the following substances:

- Alcohol in any form;
- Mind altering chemicals;
- Build altering chemicals;
- Drug paraphernalia; or
- Counterfeit controlled substances.

Penalties for violating Rule #4

For the first offense, the student athlete will lose 10% of competition participation based on the number of regular season games and must participate in the following: (1) receive assessment; (2) attend an appropriate intervention and assistance program and/or receive any appropriate treatment; and (3) provide satisfactory proof of the foregoing and any other reasonably pertinent information to the principal or designee. If the student athlete and/or the parent(s) or guardian(s) refuses or fails to participate in the above requirements, the student athlete cannot participate in any athletic activity for one calendar year from the date of refusal/failure to participate.

For the second offense, the student athlete will lose 20% of competition participation based on the number of regular season games and must participate in the following: (1) receive assessment; (2) attend an appropriate intervention and assistance program and/or receive any appropriate treatment; and (3) provide satisfactory proof of the foregoing and any other reasonably pertinent information to the principal or designee. If the student athlete and/or the parent(s) or guardian(s) refuses or fails to participate in the above requirements, the student athlete cannot participate in any athletic activity for one calendar year from the date of refusal/failure to participate.

For the third and subsequent offenses, the student athlete will not be permitted to participate in any athletic activity for a minimum of six months and up to a maximum of one calendar year from the date of the violation. The length of time the student athlete will be denied the right to participate will be determined by the building administrator. The student athlete will also be advised to attend further assessment and intervention.

1. For the purpose of cumulating violations of the Code, there shall be two separate periods of academic life: (1) grades 7 through 8 and (2) grades 9 through 12. The first period will end the last official school day for grade 8; the second period will begin at the end of the first period and will end the last official school date for grade 12. Within each of these two separate periods of academic life, violations of this Code shall be cumulative.
2. With respect to alleged violations of parts 3 and 4 under "Rules and Penalties," the principal or designee shall notify the student athlete and the student athlete's parent(s) or guardian(s) of any alleged violation. The principal or designee will investigate the alleged violation by contacting the student athlete, the student athlete's parent(s) or guardian(s) and any other individuals the principal or designee deems necessary in his/her discretion. The principal or designee shall determine the appropriate penalty as soon as reasonably possible after investigating the alleged violation.
3. The standard used to determine whether a student athlete has violated the Athletic Code will be the preponderance of evidence standard: the administrator making a determination about whether a student athlete has violated the Athletic Code will consider all evidence presented to him/her. The administrator will determine whether it is more probable than not that the student athlete has violated the Athletic Code.

4. Notwithstanding the other provisions of the Code, the following shall be permitted:
- A parent or guardian of a student athlete may serve alcohol as permitted by law to the student athlete;
 - A student athlete may observe bona fide religious practices;
 - The Athletic Council may modify penalties and provide conditions in its sole discretion where medical or psychological documentation has been presented which sufficiently demonstrates that penalties imposed under this Code will have extreme consequences for a student athlete's well being.
 - A student athlete may use build altering chemicals that have been medically prescribed for a purpose other than enhancement of athletic ability if (a) the athlete's pertinent medical records are made available for review by the Board's appointed physician and (b) that the physician confirms the proper purpose of such prescription.

For the student athlete to be eligible to be elected captain of an athletic team, he/she cannot have had an athletic code violation during the calendar year prior to the beginning of the season in which he/she is to serve. A student athlete currently serving or elected to serve as a team leader who has violated Rule 3 or 4 under "Requirements and Penalties" shall be immediately ineligible to serve in any athletic leadership position for the remainder of his/her academic life.

The Role of Parents in Interscholastic Athletics (Provided by the OHSAA)

Communicating with your Children

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