THE O H I O H I G H S C H O O L A T H L E T I C A S S O C I A T I O N

2019-20

August 15, 2019 - 7:00 pm

Welcome Parents and Students
Introductions

- Superintendent -- Dr. Domenic Paolo
- Principal -- Mrs. Katie Rumbarger
- Head Football Coach -- Cameron Ruff
- Asst. Football Coaches -- Miles Andersen, Jacob McDonald, Domanick Sherwood, Mike Nahorniak
- MS Football Coaches -- Hali Butler, John Romeo
- Head Volleyball Coach -- Kate Selleny
- MS Volleyball Coaches -- Angela Medved, Sandra Knight
- Head Cheerleading Coach -- Lora Rexrode
- Asst. Cheerleading Coach -- Crystal Cicconetti
- Lake Health Athletic Trainer -- Emily Erb
- Activities Director -- Sandra Knight
- Asst. Activities Director -- Renee Kazsmer
Participation in interscholastic athletics programs is educational in nature and:

- Complements your school experience.
- Fosters a sense of community and teaches lifelong lessons of hard work, teamwork, citizenship and discipline.
- Promotes a lifetime appreciation for sports and healthy lifestyles.
Eligibility rules exist to help maintain competitive balance in school sports and to promote the purpose of education-based athletics.

As a student-athlete, **YOU** are primarily responsible for your compliance.

Besides OHSAA regulations, your school also has the authority to establish additional academic standards and codes of conduct.
All incoming **ninth graders** must have received **passing grades in a minimum of five** subjects in the immediately preceding grading period. All grades must be recorded in a student’s academic record.

To maintain eligibility, high school students must have received **passing grades in a minimum of five one-credit courses**, or the equivalent, in the immediately preceding grading period.
Fairport Harbor Schools: You need a 2.0 GPA in the previous grading period (Not cumulative grades, but the 9 weeks grades)

To maintain eligibility, 7th-8th grade students must have received passing grades in a minimum of five classes in the immediately preceding grading period.
Students taking College Credit Plus must comply with OHSAA scholarship standards.

All students participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools, when their schools do not offer the sport they wish to play, must also comply with OHSAA scholarship standards.

Semester and yearly grades have no effect on OHSAA eligibility - we follow the 2.0 GPA Policy for each 9 week grades.
To attempt to regain OHSAA eligibility, summer school grades, College Credit Plus and other educational options (e.g. work permitted after the conclusion of the grading period) shall not be used to bring a student into compliance with the OHSAA scholarship bylaws, nor can they be used to compensate for the lack of courses taken in the preceding grading period.

If you drop a course or change your schedule, it is critically important that you contact your principal or athletic administrator to see if this affects your eligibility.
You will be ineligible if you are a member of a school team competing on a non-school team in the same sport during your school team’s season (example: club soccer team during school’s soccer season).

Coaches and schools cannot require that you participate in an open gym/open facility OR in a conditioning or instructional program. Violations of this regulation will result in penalties.
Once eligibility has been established at a member high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics for a period of time at your new school. For specifics on the period of ineligibility, visit www.ohsaa.org.

This regulation has several exceptions, most of which require a ruling from the OHSAA Executive Director’s Office.
Should you have transferred to this school, you must ensure all applicable paperwork has been submitted to the OHSAA AND the state office has granted approval for eligibility.

Full eligibility will be granted only if one of the exceptions to the OHSAA transfer regulation has been met.
There **ARE** exceptions to some OHSAA regulations. If you believe you qualify for an exception or you have questions pertaining to your eligibility or about any of the regulations, **please consult with your school principal or athletic administrator.**

Ask your school principal or athletic administrator to discuss any unresolved issues with the administrators in the OHSAA office who handle eligibility issues.

You can also review all OHSAA regulations on eligibility standards by going to the OHSAA website at [www.ohsaa.org](http://www.ohsaa.org).
Topics to cover:

- Health and Safety
- Physicals/Forms
- Concussions
- Sudden Cardiac Arrest
- Performance Enhancing drugs
Before the season’s first practice (or prior to your first participation should you join the team after the season has started), you must have had a physical examination within the past year **AND** an examination clearance form must be on file at the school.

Physical examinations are valid for 13 months from the date of the exam. Exams taking place from May 1 to June 1 are valid for one year plus through the end of the next school year’s spring season.
• Your Health & Safety

- Athletic participation forms shall be signed by a medical examiner (Physician [M.D., D.O. or D.C.], Advanced Nurse Practitioner or Physician’s Assistant), the participant and by a parent or guardian.

- In addition, you will not be eligible unless you and your parents have signed the OHSAA Authorization Form; the OHSAA Eligibility & Authorization Statement; the Ohio Department of Health’s (ODH) concussion form, and ODH’s sudden cardiac arrest form, all of which must be on file at your school.
It is **EXTREMELY** important for everyone involved in school sports to recognize the potential dangers associated with concussions and review their responsibilities in protecting student-athletes.

- Concussions are **NOT** just a problem in football . . . concussions can happen in just about any sport!

- A concussion is a traumatic brain injury that interferes with normal function of the brain. “Dings” and “bell ringers” are **SERIOUS** brain injuries and you do **NOT** have to have loss of consciousness for it to be considered serious. Young athletes are at increased risk for serious problems.
In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion . . . such as loss of consciousness, headache, dizziness, confusion or balance problems . . . shall be **IMMEDIATELY** removed from the contest or practice and shall not return to play that same day.

Thereafter, the student shall not return to practice or competition until cleared with **WRITTEN AUTHORIZATION** from a physician or health care provider approved by the local board in accordance with state law.
Each school is required to review its concussion management protocol with participants and their parents.

In addition, participants and parents must review and sign the Ohio Department of Health’s “Concussion Information Sheet” prior to participation and are highly encouraged to review a short presentation on concussions available at no cost (www.nfhslearn.com).
• Concussions

While return-to-play policies are very important, parents must also work with school administrators and teachers in developing concussion management guidelines for student-athletes who have been concussed and are returning to the classroom (i.e. Return to Learn).
Sudden Cardiac Arrest (SCA) is the most common cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.

Participants and parents are required to view the Ohio Department of Health’s sudden cardiac arrest video that may be shown at your school.

In addition, participants and parents must review and sign the Ohio Department of Health’s “Sudden Cardiac Arrest Information Sheet” prior to participation.
The OHSAA does not permit the use of any form of alcohol, tobacco (including electronic cigarettes) or illegal drugs.

Besides the health risks involved, use of any of these items will result in students being disqualified from contests and violators likely facing additional school and legal penalties.
Another prominent issue is the use of performance enhancing supplements.

The increased availability of these items allows students easy access to a wide variety of products aggressively marketed to include promises — endorsed by faulty research claims — of extraordinary weight loss, explosive power or tremendous strength gains.

It is important for parents to educate themselves about what substances their child may be using and about the potential risks involved with uneducated supplement use.
Beyond performance enhancing supplements, there are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance.

Use of these drugs will result in disqualification from all interscholastic athletics.

The OHSAA website (www.OHSAA.org) provides a wealth of information to assist parents, coaches, students and anyone interested in learning more about sports medicine and healthy lifestyles.
The OHSAA’s vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, contest officials, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.

As a student-athlete, you must always remember to Respect The Game!
That means you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:

• Treat opponents, coaches and officials with respect.

• Ensure that your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.

Respect the Officials.
For many of you, playing on your school teams may be the last time you will participate in competitive athletics.

The OHSAA and the Fairport Athletic Department want to make sure your time as a high school student-athlete is meaningful and memorable.
The OHSAA has had a tradition of excellence for over 100 years, with our ultimate purpose to promote lifetime values, good citizenship, academic success, ethics and fair play in safe and sporting environments.

For more information and additional resources on the OHSAA, visit the OHSAA website (www.OHSAA.org) and follow us on Twitter (twitter.com/OHSAASports) and Facebook (facebook.com/OHSAA).
Picture Day - August 19th

Fall Sports Picture Day 2019
Monday, August 19th
(Senior Banner Pictures August 12th)

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Marching Band / Auxiliary</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>MS Football</td>
<td>1:45 pm</td>
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<tr>
<td>HS Football</td>
<td>2:00 pm</td>
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<tr>
<td>MS Volleyball</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>HS Volleyball</td>
<td>3:00 pm</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>3:30 pm</td>
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Meet the Skippers

MEET THE SKIPPERS 2019

Kick Off The Fall Season and New School Year With Us!

FANS FUN FAIRPORT

Jr. High Volleyball Jr. High Football Majorettes / Band Cheerleaders

Varsity / JV Football Varsity / JV Volleyball

August 20, 2019 @ 6:00pm Under the Lights @ Greig Field

www.fhevs.org
Ticket Sales:
$6.00 – at the gate
$4.00 – pre-sale in the hs office for students.

$40/10 home events – adult home pass

$20/10 home events – student home pass

No charge for any Junior High Events or JV Football games this season.

Every student-athlete will receive a pass from Mrs. Knight to get into all home games for free.
Get some gear!! Check it out!!!
Fairport Harbor High School Fall Team Store 2019 | DistrictWON | powered by OrderMyGear

https://fairportharbor2019.itemorder.com/sale

- Closes August 25.
- Ships 15 business days after.
- Pick up gear in HS Office.
- Personalization Option available.
Weekly Schedules will be posted on Social Media & School Website

FHSSkippers

Twitter

Fairport Harding Athletics

Facebook
Type in Arbiter Live

Type in Fairport as the school listed

All schedules are live on that site.

Cancellations are posted there first - then posted on social media and school district website.
Individual Team Break Out Sessions

HS and MS Football - Coach Ruff’s room - Room 203

Cheerleaders - Meet with coaches in the auditorium if you have any questions.

HS and MS Volleyball - Meet in Gymnasium

Multi-sport athletes or multiple kids playing sports - Take your pick!