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IMPORTANT DATES 2010-2011



FALL		
8/2	First day of Practice for Football & Golf	8:00 am-4:00 pm
8/9	First day of Practice all other fall sports	Varies by team
8/23	Mandatory Fall Parent Meeting	7:00 pm Auditorium
8/19	Team Photos	Varies by team
8/20	Team Photos	Varies by team
8/21	"The Card Sale" - Booster Fundraiser	Noon to 4:00 pm
8/25	First Day of School	7:20 am
10/1	Homecoming Football Game	7:30 pm
10/2	Homecoming Dance	9:00 pm
10/29	Fall Senior Night	Before Football Game
11/10	Fall Sports Awards Night	7:00 pm in Gym
WINTER		
10/29	Girls Basketball Begins	Varies by team
11/5	Boys Basketball Begins	Varies by team
11/5	Gymnastics/Swimming/Diving Begin	Varies by team
11/12	Bowling/Wrestling Begin	Varies by team
11/15	Mandatory Winter Parent Meeting	7:00 pm Auditorium
11/16	Team Photos	Varies by team
11/17	Team Photos	Varies by team
12/22-1/2	No School, Winter Break	
2/18	Winter Senior Night	Before Basketball Game
3/8	Winter Sports Awards Night	7:00 pm Auditorium
SPRING		
2/21	Pitchers/Catchers – Baseball and Softball	Varies by team
3/7	Track/Tennis/Baseball/Softball Begin	Varies by team
3/15	Mandatory Spring Parent Meeting	7:00 pm Auditorium
3/21	Team Photos	Varies by team
3/22	Team Photos	Varies by team
3/26-4/3	Spring Break	
5/23	Spring Sports Awards Night	7:00 pm Auditorium

**FOREST HILLS SCHOOL DISTRICT
Athletic Information And Pledge Form
PARENT SECTION**

Parent or Guardian Consent

I hereby give my consent for my son/daughter to engage in interscholastic athletics in the Forest Hills School District during the current school year and to accompany the team as a member on its out-of-town trips. I agree to allow medical personnel to release injury reports to coaches and administrative staff as necessary. I understand that my son/daughter will be expected to firmly adhere to all established athletic policies. I have read both the FHSD Athletic Handbook and the OHSAA eligibility rules.

As A Parent Of A FHSD Student Athlete, I Agree To:

Attend a pre-season rules meeting with the AD and coach.
At minimum, work concessions two times, per student, per sport, during the school year. (HS Only)

OHSAA Athletic Eligibility Information Bulletin

I have read the entire OHSAA Athletic Eligibility Information Bulletin and have had the opportunity to review its contents with school administration if we wished to do so. I understand the information contained within this bulletin, and I realize that I will be expected to fulfill my responsibilities in compliance with the rules set forth. A copy of this bulletin is located in the athletic office or can be accessed at OHSAA.org.

Athletic Insurance Waiver

I understand that the Forest Hills Local School district does not provide any accident or health insurance coverage for my child while participating in interscholastic athletics. I fully understand that it is our responsibility to provide insurance coverage.

Parent's Travel Permit

I hereby give consent for my son or daughter to travel to and from athletic events scheduled by the Forest Hills School District. I understand the Department Policy will be to provide transportation by school bus, but in some circumstances, alternative transportation may need to be arranged. These situations will be communicated through the coach of our program.

Parent's Commitment

I have read the FHSD Athletic Information and Pledge Form and understand the information contained therein. I will do my part to help my child adhere to the rules set forth in the FHSD Athletic Handbook.

Parent / Guardian Signature _____ Date _____

Parent / Guardian Signature _____ Date _____

**PLEASE NOTE: TYPE IS CONDENSED.
CONTENT OF CONTRACT IS THE SAME AS
ORIGINAL.**

Philosophy of Educational Athletics

The Forest Hills Local School District Board of Education recognizes the value of interscholastic athletics and extracurricular activities in the educational process and the values that young people develop when they have the opportunity to participate in activities outside of the traditional classroom. The Board believes that by promoting good sportsmanship and participation in athletic and extracurricular activities at all levels, the school instills pride, reinforces sound value structure, and enhances the students' self-image, as well as the image of the school district and the community.

According to the National Federation of High Schools, "activities are an extension of a good educational program. Students who participate in activity programs tend to have higher grade point averages, better attendance records and fewer discipline problems." In addition, "activity programs provide valuable lessons for practical situations – teamwork, winning and losing, and hard work." Students learn time management, build self-discipline and self-confidence, and develop skills that will help them to handle competitive situations for the rest of their lives.

Voluntary participants and responsible adults involved in Board -approved interscholastic athletic, co-curricular and extracurricular activities are expected to demonstrate the same level of responsibility and behavior at practice and competitions as is expected in the classroom. The Board further encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process and in all segments of the community, including administrators, participants, adult supervisors, parents, spirit groups, and support/booster groups.

Purpose of this Handbook

The purpose of this Handbook is to give families in grades 7 through 12 participating in interscholastic athletics, a guide to the operation of these activities in the Forest Hills Local School District. Students in grades 7 through 12 participating in activities covered in this handbook will be expected to adhere not only to the specific rules, regulations, policies and procedures set forth in this handbook, but also the student code of conduct, as well as any specific rules provided by coaches, advisors, or directors of each athletic department activity.

Since research indicates a student involved in athletic activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your child's and your experience with the Forest Hills Interscholastic Athletic Program less stressful and more enjoyable.

The Privilege of School Athletics

Participation in high school athletics in the Forest Hills Local School District, the Ohio High School Athletic Association or the National Federation of High School Athletics is not a right but a privilege which may be regulated by the Forest Hills Board of Education.

FOREST HILLS SCHOOL DISTRICT Athletic Information And Pledge Form STUDENT SECTION

The Forest Hills Local School District Board of Education recognizes the value of interscholastic athletics and extracurricular activities in the educational process and the values that young people develop when they have the opportunity to participate in activities outside of the traditional classroom. Participation in high school athletics in the Forest Hills Local School District, the Ohio High School Athletic Association or the National Federation of High School Athletics is not a right but a privilege which may be regulated by the Forest Hills Board of Education.

Prior to participating in an official practice or tryout session for any interscholastic sport, each student athlete must:

Pass a physical examination by a registered physician and the copy of such examination must be on file in the athletic office. Properly fill out and turn in an Emergency Medical Form.

Prior to participating in the first contest for any interscholastic sport, each student athlete must:

Pay participation fee (\$140 High School / \$100 Middle School). CHECKS ONLY please, made payable to Forest Hills School District. Attend the pre-season rules meeting with Athletic Director and Coach. Properly fill out and turn in ROAD RUNNING FORM if participating in Track or Cross Country. This form will be distributed by the coach.

As a student in the Forest Hills School District participating voluntarily in interscholastic athletics, I understand that:

I will abide by the Forest Hills School District Athletic, Extracurricular and Co-Curricular Code of Conduct, the FHSD Student Code of Conduct, the Athletic Handbook, the coaches' team rules, and the rules of the Ohio High School Athletic Association. Copies of these documents are located in each school. An athletic handbook will be distributed to all students participating in interscholastic athletics.

Specifically, I will not drink. I will not smoke. I will not do illegal drugs. If I do smoke, drink or do drugs, I understand that I will be subject to discipline as outlined in the FHSD Athletic, Extracurricular and Co-Curricular Code of Conduct.

I will be responsible for all equipment issued to me and will return such equipment at the conclusion of each season. I will be required to pay current replacement cost for any equipment not accounted for by me at the end of the season.

I acknowledge that I have been properly advised cautioned and warned by administrative and coaching personnel of the FHSD that I am exposing myself to the risk of injury, including but not limited to, the risk of sprains, fractures and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with the full knowledge and understanding of the risk of injury.

I certify that I have read and understand all of the FHSD Athletic Policies in the Athletic Handbook and in order to be eligible for participation I must comply with all requirements listed.

Student Name (PRINT) _____

8. Emphasize good sportsmanship with your student-athlete. Win or lose, they must show respect for their opponent and demonstrate the maturity necessary to show class. In addition, encourage your student athlete to respect the authority of the officials. Remember: Self-respect begins with self-control

9. Emphasize that "team" must take precedence over the individual. Recognition of individual contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contribution to the team's success. Remember, there is no "I" in the word team.

10. The lessons learned through athletic competition are lessons for life. The skills learned are for leisure in the future. Keep sport in perspective.

Resources

Forest Hills Schools: www.foresthills.edu
Anderson High School: www.foresthills.edu/anderson
Anderson Athletic Boosters: www.andersonboosters.com
Nagel Middle School: www.foresthills.edu/nagel
Turpin High School: www.foresthills.edu/turpin
Turpin Athletic Boosters: www.goturpin.com
Fort Ancient Valley Conference: www.favcsports.com
NCAA: www.ncaa.org
NCAA Clearinghouse: www.ncaaclearinghouse.net
NAIA: www.naia.cstv.com
Ohio High School Athletic Association: www.ohsaa.org
High Schools Maps Online: www.highschoolmaps.com
Character Education: www.itsallaboutcharacter.com
National Federation of High School Athletics: www.nfhs.org
Mapquest: www.mapquest.com
Athletic Schedules: www.highschoolsports.net
Educational Athletics Infor.: www.educationalathletics.com

Athletic Department Offerings (HS=High School, MS=Middle School)

Academic Quiz Team, HS	Boys Soccer, HS
Baseball, HS	Girls Soccer, HS
Boys Basketball, HS, MS	Fast Pitch Softball, HS, MS
Girls Basketball, HS, MS	Boys Swimming / Diving, HS
Boys Bowling, HS	Girls Swimming / Diving, HS
Girls Bowling, HS	Boys Tennis, HS
Cheerleading, HS, MS	Girls Tennis, HS
Boys Cross Country, HS, MS	Boys Track & Field, HS, MS
Girls Cross Country, HS, MS	Girls Track & Field, HS, MS
Dance Team, HS	Volleyball, HS, MS
Football, HS, MS	Wrestling, HS, MS
Boys Golf, HS	
Girls Golf, HS	
Gymnastics, HS, MS	

Paperwork Required To Participate

(All Forms may be obtained from each athletic office, through the FHSD website or through each individual school website.)

1. Physical Examination

Those students participating in athletic activities from the Forest Hills Local School District are required to undergo physical examinations pursuant to the regulations of the Ohio High School Athletic Association. The form must be properly signed by a physician, by the participant, and by a parent or guardian. This form must be on file with the athletic director before any candidate for a team may participate in a game or practice. Each physical is valid and will be kept on file for 365 days from the date of the examination. The physical examination is the responsibility of the student athlete.

NOTE: Section 3313.73 of the Ohio Revised Code reads, in part, as follows: "This section does not require any school child to receive a medical examination or receive a medical treatment whose parent or guardian objects thereof." A written statement certifying this objection shall be signed by the parent or guardian and attached to the parental approval form and kept on file at the athletic director's office.

2. Information and Pledge Form

The student information form and pledge form are to be completed and signed by students participating in athletics, and by their parent/legal guardian. The student's signature indicates that he or she is accepting the responsibilities and participation rules. Likewise, the parent's/legal guardian's signatures indicate an awareness of the student's acceptance of the responsibilities. These forms must be returned to the coach or director prior to the student's participation in the activity.

3. Emergency Information Form

Each student participating in athletics, extracurricular and co-curricular activities shall have a completed emergency form on file with the head coach/director before they may participate in any organized activities to include conditioning, practice, or competitions. The director shall ensure that the emergency form is available at each contest, event, or practice in which the team/group is participating. This form must be completed at the beginning of each sport season.

4. Road Running Acknowledgement

The roads in Anderson Township are narrow and winding. However, those students choosing to run in our track or cross country programs will be asked to complete some of their training on township roads and in neighborhoods. All participants in these programs will be required to sign a form addressing road safety and responsibility. Every effort will be made to minimize the amount of time our runners spend road running, however, it is a practice that is necessary.

3. Open criticism of the coach is detrimental to your child's experience. By openly criticizing the coaches, your student athlete becomes trapped between the coach's authority and the parent's criticism. This situation merely erodes the athlete's effectiveness and affects their contributions to the team effort.

4. Encourage and support your student-athlete's efforts to follow the team rules and athletic code. Remember that you sign a parent athletic pledge stating your support of the athletic code, its enforcement and penalties. This is a year-round responsibility and not limited to the athletic season.

5. Emphasize the importance of academics and understand the academic requirements necessary for participation in interscholastic athletic activities. With few exceptions, most student athletes do not receive athletic scholarships. Their future as an active, contributing citizen is determined by their academic abilities, not their high school athletic abilities.

6. Criticizing or showing envy in relation to the failures or successes of other student-athletes displays inappropriate behavior to others. Most are trying their hardest on any given day and they deserve respect for their efforts. Living your life vicariously through your student athlete puts undue pressure on all concerned. Remember, a sport is a game and it is supposed to be fun.

7. The coaches work with the athletes on a regular basis and they have had the opportunity to evaluate the athlete's strengths and weaknesses objectively. Focus your energy toward being a supporter of the team and do not waste it tearing the team down. Remember, every team is composed of three groups; athletes, coaches and parents. Be a positive part of the team.

4. Issues Not Appropriate To Discuss with Coach

- a. Team Strategy.
- b. Play calling.
- c. Other student athletes.

Communication with a coach is important. There are situations that may require a conference between coach and parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences become necessary, please call the coach to make the necessary arrangements for an appointment.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

5. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- a. Call and set up an appointment with the Athletic Director to discuss the situation.
- b. At this meeting the appropriate next step can be determined.

Ten Principles for Parenting Your School Aged Athlete

1. Be positive with your student-athlete. Let them know they are accomplishing something positive simply by being a part of the team.
2. Avoid offering excuses for the student-athlete if they are not playing or seeing only limited action. Encourage them to work hard, reach their potential and contribute to the team's efforts.

5. Pay to Participate

A fee is charged by the FHSD to help offset some of the costs of providing a comprehensive extra-curricular program. This must be paid before the first official contest of each season. The fee is \$140 for participation in a sport at Anderson or Turpin and \$100 for participation at Nagel Middle School. If you participate in more than 1 sport or activity at the same time, you will only be required to pay one fee during that season. All checks should be made payable to the Forest Hills School District.

There will be a \$700 family cap at each high school and a cap of \$500 at the middle school. As an example, if three students from your family participate in High School Athletics in the fall, it would cost \$140 for each of them to participate...for a total of \$420. If the same three children participated in High School Athletics in the winter season, your family would only have to pay \$280...(total of \$700) There would be no Pay to Participate charge for your family in the spring.

Academic Eligibility Requirements

Beginning with the winter season of the 2010/2011 school year, students in grades 7-12 are required to maintain no less than a 1.7 quarterly grade point average in order to remain eligible.

Additionally, in order to be eligible in grades 9-12, you must be currently enrolled and must have been enrolled in school the immediately preceding grading period. During the preceding grading period, you must have received passing grades in a minimum of five one credit courses or the equivalent which count toward graduation. Physical Education is only a ¼ credit course, so it does not count enough towards the 5 credit requirement.

EXAMPLE 1: Sam has the following grades during the 2nd quarter - A, A, A, A, A. One of the classes is Physical Education. His GPA is 4.0, but since PE is a ¼ credit class, he has only passed 4.25 credits. Sam is INELIGIBLE and can NOT participate in athletics until the beginning of the 4th quarter. Make sure to enroll in at least 5 additional classes if you are taking physical education.

A student enrolled in grade 9 the first grading period after advancement from the 8th grade must have passed 75% of those subjects carried the preceding grading period in which the student was enrolled and must have maintained a 1.7 grade point average during the last grading period of the 8th grade year.

A student enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of previous academic achievement. Thereafter, in order to be eligible, a student in grade 7 or 8 must be currently enrolled and must have been enrolled in school the immediately preceding grading period and received passing grades during that grading period in 75% of those subjects in which the student received grades.

The eligibility 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. The ineligibility of a student continues until 24 hours after the official grade posting date of the Forest Hills School District.

Summer School

Summer school and other educational options may not be used to substitute for failures in situations where a student did not meet the OHSAA requirement for passing 5 one credit classes or the equivalent. Summer school may be used to satisfy the GPA requirement of the Forest Hills School District, if the 5 one credit classes were passed during the 4th quarter of the preceding school year.

EXAMPLE 1: Sam has the following grades during the 4th quarter - A, B, C, C, F in one credit classes. His GPA is 2.2, but he failed to pass 5 classes. Sam is INELIGIBLE and can NOT use summer school to be eligible in the fall.

EXAMPLE 2: The next year, Sam has the following grades during the 4th quarter - A, D, D, C, D, F in one credit classes. His GPA is 1.5 and he did pass 5 classes. He MAY use summer school to improve his GPA.

a. Concern expressed directly to the coach.
Encourage your child to make this step first.

b. Notification of any schedule conflict well in advance.

c. Specific concern in regard to a coach's philosophy and/or expectations.

d. To be a positive role model at contests and practice.

As your child becomes involved in the programs in Forest Hills, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times discussion with the coach is encouraged.

3. Appropriate Concerns to Discuss with Coaches

a. The treatment of your child, mentally and physically.

b. Ways to help your child improve.

c. Concerns about your child's behavior.

d. College Options and Recruiting.

It can be very difficult to accept your child's lack of playing time. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Parent Communication- Recommendations Courtesy of The Ohio High School Athletic Association

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in an athletic program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

1. Communication You Should Expect From Your Child's Coach.

- a. Philosophy of the coach.
- b. Expectations the coach has for your child as well as all members on the squad including all team rules.
- c. Locations and times of all practices and contests.
- d. Team requirements, i.e. fees, special equipment.
- e. Procedure should your child be injured during participation.
- f. Coaches' off season conditioning program.
- g. Teaching sportsmanship, ethics, good behavior and drug prevention.

2. Communication Coaches Should Expect From Parents.

Athletic Code of Conduct

Participation in athletics, co-curricular and extracurricular activities with the Forest Hills Local School District is not a right but a privilege which may be regulated by the Board of Education. It is required that students participating in activities become familiar with and understand the rules and regulations required of students participating in activities within the Forest Hills Local School District. This Athletic, as well as the Student Code of Conduct, shall apply to the student during the school year, to include breaks, holidays and weekends, and during the time of officially recognized summer activities regardless of whether or not the student is on school property, attending a school function or activity, on private property, or at a private party.

For example, the Athletic, Extracurricular and Co-Curricular Code of Conduct, and the Student Code of Conduct, apply to football players beginning on the first day of practice, which normally starts at the end of summer and before the academic school year begins. However, the Athletic, Extracurricular and Co-Curricular Code of Conduct does not apply to a basketball player who has never participated in athletics, co-curricular and/or extracurricular activities until the first day of basketball practice. The Student Code of Conduct would, however, begin on the first day of the school year. Furthermore, this Code of Conduct and the Student Code of Conduct will continue to apply to students after their participation in athletics, co-curricular and extracurricular activities for the remainder of the school year.

It must be understood by all students and their parents/guardians that a condition to participating in interscholastic athletics, co-curricular activities and extracurricular activities in the Forest Hills Local School District requires a

commitment to follow the rules, regulations, policies and procedures established by the District and its coaches/directors for the implementation of its programs. It should also be understood that a student who violates these rules, regulations, policies and procedures shall face disciplinary action. Such disciplinary action may include removal from participation in interscholastic athletic activities, extra-curricular and co-curricular activities as well as possible suspension or expulsion from school pursuant to the Student Code of Conduct and Ohio Revised Code 3313.66. A student shall be given an informal hearing with the building principal or his/her designee prior to removal from the program.

Offenses and violations of this Code which may forfeit a student's privilege to participate in athletic, co-curricular and extracurricular activities may include, but are not limited to:

- a. Violations of the Student Code of Conduct.
- b. Violations of school or athletic policies concerning drugs, alcohol and tobacco including this Athletic, Extracurricular and Co-Curricular Code of Conduct.
- c. Disruptive behavior and misconduct at practices, games, activities or during the course of activity-related transportation.
- d. Disrespect to officials or other school personnel before, during or after an athletic contest, performance, activity or at school.
- e. Failure to return equipment owned by the Athletic Department or by the Forest Hills Local School District Board of Education.
- f. Failure to maintain the academic requirements established by the Forest Hills Local School District Board of Education and the Ohio High School Athletic Association.

SENIOR AWARDS: Seniors who have participated in a sport shall be presented the varsity award whether they attain the normal requirements or not.

PARTICIPATION AWARD: All sophomores or juniors who have previously earned a reserve letter but have not participated enough to earn a varsity letter, will receive a participation award.

MANAGER, STATISTICIAN, AND STUDENT TRAINER AWARDS: Managers, statisticians, and student trainers will be awarded a varsity letter when they have completed their second season with a varsity team.

TROPHIES or PLAQUES: may be awarded in all varsity sports for "Most Valuable Player" and "Most Improved Player." The coaches shall choose the means for the selection of the athletes to receive these awards.

RESERVE AWARDS: Will be awarded on the same basis as varsity awards. All athletes who participate on a reserve athletic team and qualify for an award will receive a 6" block letter.

FRESHMAN AWARDS: Will be presented to freshmen who participate on freshman, reserve or varsity teams. The award will be numerals depicting the year of his or her graduation. Freshmen may receive only one set of numerals.

TOP SCHOLAR CERTIFICATE: Will be given to student (s) who receive the top grade point average, per team, during the nine weeks prior to the awards night.

EXCEPTIONS TO THE PREVIOUS CRITERIA: The coach shall have the opportunity to make exceptions from the normal standards when special conditions justify the award. All exceptions to the minimum standards must have the approval of the athletic director.

GYMNASTICS: Participate in one-half (1/2) of the total scheduled meets.

SOCCER: Play in one-half (1/2) of the total periods of all games.

SWIMMING/DIVING: Must accomplish one of the following:

1. Score twenty (20) points during the season.
2. Finish third or better in FAVC Meet.
3. Score in the top 16 at sectionals.
4. Qualify for the district meet.
5. Set a school record.

TENNIS: Play in one-half (1/2) of the total scheduled matches.

TRACK: Must accomplish one of the following:

1. Score fifteen (15) points (can be adjusted if meets are cancelled).
2. Score points at a league meet, sectional meet, Anderson or Turpin Invitational.
3. Set a school record.
4. Set an event standard in multi-team meet.

VOLLEYBALL: Play in one-half (1/2) of the total scheduled matches.

WRESTLING: Wrestle in one-half (1/2) of the total scheduled matches.

g. Failure to attend required practices, performances or athletic contests at a specified time.

h. Conviction of a violation of any state or community law.

Substance Use/Tobacco

Use, sale, consumption or possession of tobacco, alcohol or illegal controlled substances, which includes inhalants, look-alikes, and/or other illegal substances, is strictly prohibited. Students who host a party that are aware or should have been aware that alcohol or other illegal controlled substances are being used, sold, possessed or consumed, shall also be considered in violation.

Additional Rules Established By The Coach

Rules and regulations consistent with this Code may be developed by the coach or director for each sport or activity. Rules must be approved by the building principal or athletic director prior to their distribution to students. Such rules and regulations shall be issued in writing to each student participating in interscholastic athletic, extra-curricular or co-curricular activities at the start of the season or activity. Each coach/director may also impose reasonable punishment on students found in violation of the rules and regulations for each sport or activity.

Self-Referral Policy

A student who has not previously been determined to have violated the Athletic, Extracurricular and Co-Curricular Code of Conduct may voluntarily seek assistance for dealing with an alcohol or drug addiction by self-referral to their coach, director athletic director, or school administrator. A student is not eligible for self-referral if the referral is to avoid consequences of violation of this policy or to

report said conduct to the administrator prior to the administration's receipt of information concerning the violation from a third party. Any decision regarding a student's utilization of these self-referral provisions shall be at the sole discretion of the administration taking into consideration all relevant factors on a case-by-case basis. Such factors shall include, but not necessarily be limited to, the nature and frequency of the student's conduct, the student's character, remedial actions of students, counseling, etc. A student may only utilize this self-referral policy one time during his/her tenure (grades 7-8). Additionally, a student may also be eligible for continued participation in athletics under a self-referral policy one time during grades 9-12. Self-referrals which result in no removal from participation shall still be considered a first violation of the Athletic, Extracurricular and Co-Curricular Code of Conduct in the event of a subsequent second violation.

First Offense / Violation

a. A student found to be in violation of the Athletic, Extracurricular and Co-Curricular Code or Student Code of Conduct shall be removed from participation in all activities and shall be ineligible for participation in interscholastic athletics and extracurricular activities for one calendar year.

b. A first time offender may apply for reinstatement to the Building Level Athletic/Extracurricular Council. Under no circumstances may a student be reinstated earlier than two weeks after initial removal.

c. Written requests for reinstatement shall be delivered to the building principal. A written request for reinstatement may be made any time after the receipt of a written statement of removal from a sport or activity.

2. Must attend the year-end program unless excused by the head coach or advisor.

3. Must have returned all equipment/uniforms and made restitution for loss/damage to such equipment.

ACADEMIC QUIZ TEAM: Participate in one-half (1/2) of the total of all scheduled matches.

BASEBALL: Play in one-half (1/2) of the total innings of all games.

BASKETBALL: Play in one-half (1/2) of the total quarters of all games.

BOWLING: Play in one-half (1/2) of the total of all scheduled games.

CROSS COUNTRY: Must accomplish one of the following:

1. Be in the top seven (7) runners, or beat one-third (1/3) of the opposition in half the meets.

2. Be on the "running team" for the league meet or sectional meet.

CHEERLEADING: Participate in one-half (1/2) of the total scheduled events.

DANCE TEAM: Participate in one-half (1/2) of the total scheduled events.

FASTPITCH SOFTBALL: Play in one-half (1/2) of the total innings of all games.

FOOTBALL: Play in one-half (1/2) of the total quarters of all games.

GOLF: Play in one-half (1/2) of the total scheduled matches or play in two (2) major tournaments.

You should understand that off-season programs are designed to make you better. Teens mature at different rates and those who put in the most time will certainly have the best chance to reach their full potential.

Playing Time

In Middle School there is a strong focus on participation for all students. However, as student-athletes get older and move towards the Varsity level, winning the contest comes into play more and the coaches will begin to play their best players the most.

We will always strive to develop better kids, better skills and better competitors. There are no rules that require every participant to play the same amount of time or that every participant must play at all. However, all of our coaches will do their best to involve everybody on the roster.

Cutting

Our goal is to serve every student in the best possible way. However, there are situations where students must be cut from programs for a variety of reasons. Though cutting is seldom the desired outcome, we will do our best to handle these situations with respect. We are committed to Educational Athletics and will approach every situation as an opportunity to teach.

Standards For Varsity Athletic Awards

To be eligible to receive an end-of-the-season award, a student participating in athletics must meet all of the following criteria:

1. Must have maintained their eligibility by both local and OHSAA standards.

- d. Upon receipt of a written request by students and/or their parents, the Building Level Athletic/ Extracurricular Council shall meet with student/parent(s) to consider reinstatement of eligibility

Disciplinary Diversion Program

This Code of Conduct establishes a disciplinary diversion program which may permit a student to petition/apply for reinstatement of their athletic, extracurricular and co-curricular eligibility. Such petitions/ applications shall be made to the appropriate building athletic/extracurricular council.

1. Depending on the nature, extent and frequency of the student's conduct, the student may, within the time-lines and guidelines established by this code and the applicable athletic/extracurricular council, apply/petition for reinstatement of his/her athletic, extracurricular and co-curricular eligibility.
2. The athletic/extracurricular council, upon receipt of a student's and/or parents valid written request for reinstatement, shall convene a meeting to consider the application for reinstatement.
 - a. Such meeting shall take place within a reasonable amount of time after the athletic/extracurricular council's receipt of the written request.
 - b. A first time offender may apply for reinstatement to the Building Level Athletic/Extracurricular Council not earlier than two (2) weeks after initial removal. The Building Level Athletic/Extracurricular Council is precluded from reinstating eligibility to participate in any interscholastic competition, scrimmage, until such time that the student has forfeited his/her privilege to participate in an Ohio High School Athletic Association's sanctioned and scheduled regular season and/or playoff contests for a period of at least two (2) weeks.

c. The student and parents are permitted to have a representative of their choice at the meeting.

d. The athletic/extracurricular council(s) are permitted to have representation and may invite other relevant persons to the meeting.

e. The athletic/extracurricular council(s) may order follow-up meetings.

Multiple Offenses / Violations

1. A student determined to be in violation of the Athletic, Extracurricular and Co-Curricular Code of Conduct, or Student Code of Conduct a second time during their attendance/enrollment in the Forest Hills Local School District, shall be removed from participation and shall be ineligible for participation in interscholastic athletics, extra-curricular and co-curricular activities for a minimum of one calendar year.

2. (i) A student found to be in violation of the Athletic Extracurricular and Co-Curricular Code of Conduct or Student Code of Conduct a second time during their attendance/enrollment in the Forest Hills Local School District may be eligible for reinstatement by applying for reinstatement to the District Level Athletic/Extracurricular Council. The District Level Athletic/Extracurricular Council shall have no authority to reinstate the student until the expiration of one calendar year after the initial removal of the student's eligibility.

(ii) Under this section, a student requesting reinstatement of athletic, extracurricular or co-curricular eligibility may not apply for said reinstatement until ninety (90) days prior to the expiration of their ineligibility period.

Fall Season: August through October
Winter Season: Late October through February
Spring Season: Mid February through May

Communication with the coach, both early and often is the key. Our participation rates are at an all time high. We have many kids wanting to be on our teams. Please consider this before requesting to miss portions of a season that you have chosen to participate in.

The team rules of the individual head coach will prevail in the event of such missed practices or contests.

Participating in Multiple Sports and Activities

We encourage participation in multiple sports and activities and making the most of your school experience. However, as you get older, you will find that each activity will demand more and more of your time and you may have to make some tough decisions.

The key is communication. If you recognize a future conflict between two of your sports / clubs / school activities, talk to the adults in charge as soon as possible. There are many good people in this district that want to work with you. The worst thing you can do is ignore the conflict until it is too late...this will only lead to an incredible amount of unwanted anxiety and conflict. COMMUNICATION is the key.

Summer And Off Season Activities-High School

Most of the programs have a lot going on outside of their seasonal timeframe. These activities can include camps, clinics, open gyms and weight training. Contact your coach so you don't miss these opportunities.

OHSAA Guidelines For Videotaping

Regular Season Contests

1. It is permissible for a school or a school representative to videotape or film regular season contests in which the school team is participating, but such videotape or film may not be used for coaching purposes until after the contest is completed.
2. It is not permissible for a school or a school representative to videotape or film regular season or tournament contests of other school teams without the written consent of all schools participating in the contests.

Sportsmanship Expectations

We pride ourselves on the respectful way that we compete and represent our community. Your actions are always being noticed. Our schools have repeatedly been recognized for good sportsmanship by the Fort Ancient Valley Conference and the Ohio High School Athletic Association.

We expect that you work as hard as you can and compete as hard as you can. We don't appreciate or support trash talk, back talk or showboating. We are all members of the same team. Whatever you do in our uniform, will reflect on our entire student body, staff and community. We expect family members to be supportive and to cheer for our team. In addition, the officials of our contests work hard and should be treated with respect.

Commitment to Interscholastic Team

When participating in Forest Hills School District Athletics we expect student-athletes to attend all practices and contests during their season. Vacations are not encouraged during a sport season. As a general guideline, the playing seasons extend over the following time frames:

3. A student found to be in violation of the Athletic, Extracurricular and Co-Curricular Code of Conduct or the Student Code of Conduct more than two times during their attendance and/or enrollment in the Forest Hills Local School District in the grades 7 through 12 shall be permanently removed from participation in interscholastic athletics, extracurricular and co-curricular activities and shall not be permitted to apply for reinstatement.

Athletic / Extracurricular Councils

The superintendent has established an interscholastic athletic/extracurricular council at both the district and building levels in order to administer and enforce the Board's Athletic, Extracurricular and Co-Curricular Code of Conduct. The interscholastic athletic/extracurricular councils shall also conduct the Disciplinary Diversion Meeting which, in certain circumstances, may be utilized by the student to apply for reinstatement of athletic, extracurricular or co-curricular eligibility with the District.

1. District Level Athletic/Extracurricular Council

The District Level Athletic/Extracurricular Council shall consist of the superintendent or designee, the Drug Free Schools Coordinator, the Anderson High School principal, the Turpin High School principal, and the Nagel Middle School principal. Principals may, upon authorization of the superintendent, assign as a designee the building's athletic director to the District Level Athletic/Extracurricular Council. The District Level Athletic/Extracurricular Council shall consider and review applications for reinstatement involving multiple offenses.

2. Building Level Athletic/Extracurricular Council

A Building Level Athletic/Extracurricular Council shall be established at Anderson High School, Turpin High School, and Nagel Middle School. The Building Level Athletic/

Extracurricular Council shall consist of the building principal or designee and the building's athletic director. The Building Level Athletic/Extracurricular Council may invite a school guidance counselor and/or core team member to participate and provide input in the consideration of a student's application for reinstatement. The Building Level Athletic/Extracurricular Council shall consider and review applications for reinstatement involving first time offenders. Additionally, the athletic/extracurricular council shall have the sole discretionary authority to order conditions precedent to reinstatement such as, but not limited to, assessment, counseling, community service, team apologies, random drug and alcohol testing at student's expense, etc. In the event an athletic/extracurricular council establishes conditions precedent to reinstatement, the athletic/extracurricular council shall have the sole discretionary authority to determine if such contingencies and conditions precedent have been satisfied prior to ordering reinstatement of a student's eligibility to participate in activities.

3. Orders and Determinations of District and Building Level Athletic/Extracurricular Councils

The applicable athletic/extracurricular council, upon receipt of a student's petition/application for reinstatement, shall meet with the student and the student's parents/guardians and may consider all relevant factors in determining whether the student's eligibility shall be reinstated and what conditions, if any, shall apply to the reinstatement. Such factors shall include, but not be limited to, the student's character, behavior, academic record, school discipline record, nature and frequency of conduct, remedial actions of the student, counseling.

4. The athletic/extracurricular council(s) shall establish administrative guidelines for the application process, conduct of hearings and review of a student's athletic and/or extracurricular eligibility. Such guidelines shall be

Medical Training Procedures

We are fortunate to have a full time athletic trainer working out of each high school. We also have a long standing partnership with Wellington Orthopaedic at Anderson, Turpin and Nagel. Please adhere to the following procedures so we may best utilize our resources and are better able to serve your needs.

1. In the case on an injury, it is your responsibility to notify your coach or trainer of the situation immediately, so the best course of care can be undertaken as soon as possible. If there is any question as to whether you are injured or not, take the time to see the trainer for an evaluation. Do not attempt to continue to compete or practice with an injury of an undetermined severity or extent. Doing so could possibly cause further injury and considerably lengthen recovery.
2. If your injury requires a visit to a physician's office, we must receive a written release from that office in order for you to return to competition.
3. You have a personal responsibility to follow through on prescribed rehabilitation. You must make a commitment to complete the rehabilitation instructions faithfully.
4. While injured, you are still expected to attend all practices and contests unless excused by your coach or trainer.
5. Trainers are not permitted to issue any type of over-the-counter medication to your child, including aspirin, ibuprofen, allergy medicine, etc.
6. The Forest Hills School District's insurance does not provide benefits for any type of athletic injuries.

Locker Room Guidelines

1. Roughhousing, harassment or hazing of any kind is not permitted in the locker room. Incidents are to be reported to the coaching staff immediately.
2. No glass containers are permitted in the locker room.
3. Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sports season.
4. Make sure that lockers are locked at all times and do not share combinations with friends. Please report any missing or damaged items to the coaching staff.
5. Forest Hills School District is not responsible for lost or stolen items.
6. Make sure to check all of your protective equipment every day before practice or a game. If your equipment is damaged or if you have a concern, please notify the coaching staff immediately. Do not use damaged or faulty equipment.

Fitness Room Usage

Both high schools have large fitness rooms with state of the art equipment. Strength coordinators are in the room after school each day of the school year. Check with the coordinator at your school for summer hours. The rooms may be used by teams with coach or coordinator supervision. Students who would like to work out after school, independent of a team, should check availability at your school.

presented to the superintendent for approval. Any revisions and/or modifications to the procedural guidelines must also be approved by the superintendent.

5. The orders and determinations of the athletic/ extracurricular council(s) shall be final and binding. There shall be no appeal to the Forest Hills Local School District Board of Education.

Statement Concerning Hazing

The Forest Hills School District forbids hazing and all other activities that interfere with the personal liberty of an individual. The FHSD defines hazing as any action taken or situation created, whether on or off FHSD premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule for the purpose of initiation into, affiliation with, or admission to, or as a condition for continued membership in, a group, team, club, or other organization. Any instance of hazing should be reported to the Director of Athletics at your school.

Ohio High School Athletic Association Transfer Rules

The transfer bylaws apply to all students enrolled in grades 9-12. These bylaws apply to all schools, both public and non-public. For specific questions, go to OHSAA.org or call your guidance counselor or athletic director.

Bylaw 4-7-2 — If a student transfers after the fifth day of the student's ninth grade year or after having established eligibility prior to the start of school by playing in a contest (scrimmage, preview or regular season/ tournament contest), the student will be ineligible for one year from the date of enrollment in the school to which the student transferred. A student is considered to have

transferred whenever the student changes from that school in which the student was enrolled as a ninth grader to any other school regardless of whether the school from which the student transferred or to which the student transfers is public or non-public, member or non-member or whether the high schools are within the same school district.

If you are considering a transfer to a school outside of the Forest Hills School District, please see OHSAA.org and read about the allowable exceptions to the OHSAA transfer rule.

Intra-district Transfer (AHS-THS or THS-AHS)

Bylaw 4-7-4 - The superintendent or person delegated by the superintendent of either a non-public or public school system may transfer students within the system without jeopardizing their eligibility only in the following circumstances:

- 1) The parent(s) or legal custodian of the student have made a bona fide move from one attendance zone into a new attendance zone within the school district and such move entitles the student to attend another district high school OR
- 2) There has been a court-ordered change of legal custody from one individual to another individual living within a new attendance zone within the school district and the student shall live with the new custodian in the new attendance zone OR
- 3) The school closes or there was a mistake made in the student's initial placement OR
- 4) The student is a child with a disability whose program as prescribed by the student's I.E.P. has been changed to another high school.

Such transfers are eligible only after approval by the Commissioner's office.

Attendance

It is the policy of the Board of Education that all students participating in athletic, extracurricular or co-curricular programs must attend at least one-half (1/2) of a school day (by 11:10 am) to participate in the event that day or evening. This participation includes all practices, games, events, performances, etc. The principal or designee shall have the sole authority to grant exceptions to this rule.

Transportation

Students participating in interscholastic athletics are required to ride District transportation to and from events or contests. In the event that we must assign alternative transportation it will be arranged with District approval, and communicated through your coach.

If a student must ride to or from a contest or activity with parents because of family commitments, the student must have a note signed by the parent with written confirmation by the athletic director or activity director. This note must be presented to the coach/advisor prior to leaving for the contest/activity.

Issuance of Equipment

All school-issued equipment must be returned to the coach/advisor prior to any awards programs. If equipment is not returned, any and all awards earned by a student will be withheld until such equipment is returned or restitution has been made. Students participating in athletics, extracurricular or co-curricular activities will be charged the replacement cost for any unreturned or damaged item.