



THE OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

Information for
2020–21 Meetings



Norton Athletics & OHSAA Beliefs

- ▶ Our purpose as an athletic department is to foster student athlete growth and to develop responsible young adults through competition and team building.



• **Norton Athletics on Social Media**

- ▶ Twitter @NortonAth
- ▶ Webpage:
www.nortonschools.org/Athletics.aspx
 - Necessary Forms
 - Schedules/Results
 - Sports News



• **NORTON ATHLETICS' STAFF:**

- ▶ Don Shimek– AD, Norton City Schools
- ▶ Marla Dakes– Athletic Secretary
- ▶ Matt Kiessling– ATC certified athletic trainer



• **Panther Parents Athletic Booster Club (PPABC)**

- ▶ Monthly meetings at Norton HS
- ▶ Twitter @ppabc8
- ▶ Facebook www.facebook.com/nortonppabc/



• Sudden Cardiac Arrest (SCA)

- ▶ 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.
- ▶ In addition, participants and parents must review and sign the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation.
- ▶ Participants and parents are required to view the Ohio Department of Health's sudden cardiac arrest video on the Norton Athletics website under "Forms".



• Concussion Policy

- ▶ Any athlete evaluated and suspected of concussion is removed from activity immediately and cannot return for 24 hours.
- ▶ Suspicion is defined as an event, and a SINGLE symptom.



• Concussion Policy cont'd

- ▶ The following are required before return to competition is allowed.
 - Must be symptom free
 - Must have physician clearance before he/she can return
 - Must complete 4 day progression, once symptom free
 - Impact testing must match baseline Impact score



• Concussion Progression

- ▶ Athlete presents with no symptoms, progression begins immediately.
 - Day 1: 20–30 minutes of light aerobic activity
 - Day 2: 30–45 minutes of moderate aerobic activity
 - Day 3: Non–contact practice
 - Day 4: Full practice
 - Competition



• Sports Physical Packet

- ▶ IMPORTANT: Sports physicals are valid for one year from the date the doctor signs them.
- OHSAA Physical Form
- Concussion Form
- Sudden Cardiac Arrest Form
- Norton Code of Conduct/Insurance Form
- Summa Consent Form
- Emergency Medical Form



• Additional Health & Safety Guidelines

- ▶ The OHSAA does not permit the use of any form of alcohol, tobacco 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.



• **Scope of the Norton Student Athlete Code of Conduct**

- ▶ The full version is located on the school athletic website under “Forms”.
- ▶ The Athletic Code of Conduct continues year round for the duration of the student’s academic career (Beginning at the start of the 7th grade and continues until graduation from Norton HS).
- ▶ Areas of Denial of Participation:
 - **Suspension**: If the student is placed on an out of school suspension, the student is not permitted to practice or compete in any competition for the duration of the out-of-school suspension period.
 - **Daily Attendance**: Students must be at school for half of the official school day in order to be eligible (11:00). In special circumstances, must contact the athletic office.



• Code of Conduct cont'd

- ▶ Tobacco, Alcohol, and Drug Policy
 - Students participating in any activity will not at any time possess, use, sell, offer to sell, deliver, conceal, consume, be under the influence of any drug, counterfeit drug, drug paraphernalia, alcohol, tobacco, or anabolic steroid.
 - Series of penalties and procedures based on offenses.



• Code of Conduct cont'd

- ▶ Other areas of denial of participation
 - Unsportsmanlike conduct
 - Ejection from a contest
 - Hazing
 - Very serious, will not tolerate.
 - Criminal consequences
 - Report incidences to school representatives immediately



Basic OHSAA Information





• OHSAA Scholarship Standards

- ▶ 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.



- **OHSAA Scholarship Standards**

- ▶ All incoming seventh graders are eligible insofar as the scholarship bylaw regardless of previous academic achievement.
- ▶ To maintain eligibility, 7th–8th grade students must have received **passing grades in a minimum of five classes** in the immediately preceding grading period.



- **Norton Scholarship Standards**

- ▶ Any student athlete with a GPA below 1.5 will be deemed academically ineligible.
 - With coach permission may remain on team for all team functions except participation in games/scrimmages.
 - Will be granted full eligibility upon attaining a GPA of 1.5 or above at the next grading period during the season.



• NCAA Eligibility Information

- ▶ To participate in Division I athletics or receive an athletic scholarship during the 1st year of college, student athletes must meet a specific set of requirements:
 - Complete the 16 core-course requirement in eight semesters:
 - 4 years of English
 - 3 years of math (Algebra 1 or higher)
 - 2 years of natural or physical science (including 1 year of lab science if offered by the high school)
 - 1 extra year of English, math, or natural or physical science
 - 2 years of social science
 - 4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy)
 - Earn a minimum required grade point average in core courses
 - Earn a combined SAT or ACT sum score that matches the core course grade point average and test score sliding scale (For example, a 3.000 core course grade point average needs at least a 620 SAT).



• NCAA Eligibility Information

- ▶ Student athletes enrolling in August 2016 and later must meet all of the previous requirements to receive aid in the 1st year and practice in the 1st term. In order to compete in the 1st year, prospects must meet all previous AND:
 - Earn at least a 2.3 GPA in core courses
 - Meet an increased sliding-scale standard
 - Complete 10 core courses prior to the start of the seventh semester (junior year), at least seven in English, math, and science.



Sporting Behavior





- **Respect The Game**

- ▶ 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!



- **Sportsmanship, Ethics, Integrity**

- ▶ Educational Athletics vs. Competitive Youth Sports

- We are an extension of the school day
- We aim to teach life lessons through interscholastic athletics

- ▶ Spectator Expectations

- Attending extracurricular activities is a privilege, not a right.
- Let the athletes compete, the coaches instruct, and spectators encourage.
- Don't be a part of the problem. Be a part of the solution.



- **What is Success?**

- ▶ In education based athletics, the definition for a “successful” season is much different than any other type of athletic experience.
- ▶ As an Athletic Department, we NEED you to be POSITIVE SUPPORTERS of your students, coaches, and officials.



• What is Success?

- ▶ Below are some aspects we view as being integral to a successful season, along with many others:
 - Focus on building relationships
 - Intentionally work to build high purpose environments
 - HAVE FUN. Promote the idea of having FUN while playing the game
 - Communicate effectively
 - Build trust by communicating clearly
 - Act in a consistent manner every day
 - Physically and mentally prepare for competition
 - Focus on improvement over perfection
 - Promote: character development, problem solving skills, and game based learning



- **Respect the Game**

- ▶ For many of you, playing on your school teams may be the last time you will participate in competitive athletics.
- ▶ The OHSAA and the Norton Athletic Department want to make sure your time as a high school student-athlete is meaningful and memorable.



Miscellaneous:

- ▶ Pay to Participate – Pay to Participate continues to be a yearly decision by the Board of Education.
- ▶ Pay to Participate Fee is due by August 20, first day of school.



Thank you
Have a great season!