

Summit Country Day School



Athletic Handbook
2009-2010

Important Dates

Starting practice dates for each season:

Fall	Football	August 3, 2009
	All Other Fall Sports	August 10, 2009
Winter	Girls' Basketball	November 2, 2009
	Swimming & Diving	November 6, 2009
	Boys' Basketball	November 9, 2009
	Bowling & Wrestling	November 13, 2009
Spring	Lacrosse	February 22, 2010
	All Other Spring Sports	*March 8, 2010

*Pitchers and catchers begin two weeks earlier on February 22, 2010.
Upper School coaches may have conditioning times prior to the starting practice dates as long as there is no instruction.

Upper School Award Programs:

Fall	November 11	10:00 a.m.	St. Cecilia's Auditorium
Winter	March 17	10:00 a.m.	St. Cecilia's Auditorium
<i>Spring will be included with the Upper School Awards Program on May 21st</i>			

MVC All-Star Recognition Programs:

Fall	November 15	2:00 p.m.	Cincinnati Country Day
Winter	March 7	2:00 p.m.	Cincinnati Country Day

Middle School Award Programs:

Fall	November 4	9:25 a.m.	Kyte Theatre
Winter	February 26	2:15 p.m.	Kyte Theatre
Spring	May 21	2:15 p.m.	Kyte Theatre

K-6 parent run sign-up deadlines:

Basketball	Oct. 2, 2009	Spring Soccer	Feb. 1, 2010
Volleyball	Oct. 2, 2009	Football	Mar. 26, 2010
Baseball	Dec. 18, 2009	Fall Soccer	May 31, 2010
Lacrosse	Dec. 18, 2009		

A current physical form must be completed and turned into the Athletic Office prior to any involvement in athletics for grades 7-12.

Important: If an injury occurs during a practice or game, and additional medical treatment is required beyond seeing our athletic trainer, please report this medical treatment to the coach or our athletic trainer. See page 10 of this handbook for the complete list of Athletic Training Policies.

Table of Contents

Important Dates 1

Table of Contents 2

Forward, Website, Directions 3

Directory of Administration, Staff and Varsity Coaches 4

Athletic Philosophy 5

Participation Policy 5

Statement of Risk & Insurance 7

Expectations/Athletes 8

Student-Athlete Commitment 8

Dual Sports 9

Captains 10

Athletic Training Policy 10

Expectations/Parent 11

Conduct 11

Issues of Concern. 12

Coach or Program Complaints 12

Expectations/Coaches. 13

Ohio High School Athletic Association 15

Eligibility Checklist 20

Miami Valley Conference 21

Letters/Athletic Awards 21

Weight Room/Facilities Usage/Inclement Weather. 22

Student-Athlete/Parent Contract. 24

Forward

Summit Country Day's athletic department believes that communication with student-athletes and parents is critical. This Student-Athlete Handbook contains details about the Ohio High School Athletic Association, its purpose, and its rules along with sections defining Summit Country Day's expectations for athletic competition. The Student-Athlete Handbook is a reference guide and includes information to answer questions about the athletic program as it relates to students, parents and coaches. Therefore, if your questions are not answered, or there are sections you think need more clarification, please refer to the following websites and telephone numbers for more information:

- Athletic Department 513-871-4700, ext. 257
www.summitcds.org/athletics
- Ohio High School Athletic Association www.ohsaa.org
- Athletic Hotline - for last minute cancellations or changes call:
871-4700, ext. 485

Access to website

To access Summit Country Day School's athletic website, go to www.summitcds.org and once on the website, click on athletics. You can pull up current season schedules with the most up-to-date changes, coaches' web pages, and directions to all athletic events. You will also find sign up forms for the K-6 parent run program. If you need a physical form, you can also download it from this page.

Directions to the Summit Country Day School

2161 Grandin Rd.
Cincinnati, Ohio 45208

I-71S to Dana Ave. Head south on Dana. Turn right on Madison Rd. Turn left at the third light onto Grandin Rd. Turn right into main entrance of school.

Directions to the Summit Country Day Athletic Complex

5580 Ehrling Rd.
Cincinnati, Ohio 45227

I-71 to Red Bank Rd. exit. At light, turn right onto Duck Creek. Turn right at the first street which is Old Red Bank. Go under the overpass and turn left onto Ehrling Rd. The Athletic Complex entrance is on the left.

Directory of Administration

Head of School	Dr. Jerry Jellig	jellig_j@summitcds.org
Director of Upper School	Dr. Patricia White	white_p@summitcds.org
Director of Middle School	Mr. Skip Lynam	lynam_s@summitcds.org
Director of Athletics	Mr. Gregory G. Dennis	dennis_g@summitcds.org

Directory of Athletic Staff

Assistant Athletic Director	Ms. Beth Simmons	simmons_b@summitcds.org
Athletic Trainer	Ms. Amber Gerken	gerken_a@summitcds.org
Administrative Assistant	Mrs. Donna Paulin	paulin_do@summitcds.org
Athletic Complex Supervisor	Mr. Josh Warstler	warstler_j@summitcds.org

Directory of Varsity Coaches

Fall:

Cheerleading	Ms. Deena Carey	carey_d@summitcds.org
Cross Country	Mr. Kurt Smith	smith_k@summitcds.org
Field Hockey	Ms. Emily Wallace	ekatewallace@yahoo.com
Football	Mr. Ken Minor	minor_k@summitcds.org
Boys' Golf	Mr. Tim Jedding	jedding_t@summitcds.org
Girls' Golf	Mr. Jeff Stayton	stayton_j@summitcds.org
Boys' Soccer	Mr. Barnard Baker	baker_b@summitcds.org
Girls' Soccer	Mr. Mike Fee	fee_m@summitcds.org
Girls' Tennis	Mr. Steve Levine	s.levine@insightbb.com
Volleyball	Ms. Beth Simmons	simmons_b@summitcds.org

Winter:

Boys' Basketball	Mr. Richard Hoyt	hoyt_r@summitcds.org
Girls' Basketball	Ms. Beth Simmons	simmons_b@summitcds.org
Bowling - Coed	Ed Escudero	escudero_e@summitcds.org
Cheerleading	Ms. Deena Carey	carey_d@summitcds.org
Swimming & Diving	Ms. Robin Murphy	rmurphy18@cinci.rr.com
Wrestling	Mr. Kyle Wirthwine	wirthwine_k@summitcds.org

Spring:

Baseball	Mr. Triffon Callos	triffonc@hotmail.com
Boys' Lacrosse	Mr. Scott Maheu	scottmaheu@usplayingcard.com
Girls' Lacrosse	Ms. Megan Sanders	sanders_m@summitcds.org
Softball	Ms. Laura Haas	haas_l@summitcds.org
Boys' Tennis	Mr. Rodney Hildebrandt	rodneyhildebrandt@msn.com
Boys' Track	Mr. Gordon Benning	gbenning@zoomtown.com
Girls' Track	Mr. Gordon Benning	gbenning@zoomtown.com

Based on team need and number of participants, teams can be added and deleted at the Athletic Director's discretion.

Athletic Philosophy

The Summit Country Day School, a lay-operated Catholic independent school, has the Gospel of Jesus as the basis of its philosophy. It is essential to remember that this applies to all of the activities of our school. The Summit considers athletics to be an integral part of the school's educational program, and it is a privilege for students to participate as a member of a Summit athletic team.

There are two levels of participation at The Summit. The parent run program serves kindergarten through grade 6 and provides a framework for the initial exposure to athletics. The interscholastic program begins in grade seven and ends in the twelfth grade and is governed by the athletic department.

Participation in both the parent run and the school run interscholastic program will help students grow spiritually, mentally, socially, emotionally, physically, and artistically. The promotion of high expectations, sportsmanship, an understanding of one's role on a team and sound work habits will contribute to healthy values, pride, and an enhanced self-image.

The interscholastic athletic program at the Summit strives to provide a program which will enable our students to develop to their fullest potential.

As an athletic department, our desire is to:

- Help children develop into mature adults and productive citizens.
- Give every student a competitive team experience that will enrich their lives now and in the future.
- Develop healthy, spirited and competitive team participation.
- Build respect, commitment and responsibility in each student.
- Foster the development of fair play and sportsmanship.
- Develop students' talents and skills athletically.
- Provide leadership opportunities.

Gain an appreciation for lifelong fitness and activity.

Participation Policy

The K-6 program is managed by the parents of The Summit and gathers support from Summit professionals. The function of the Athletic Department is to serve as a liaison between the K-6 teams and the parent run program administrative structure. The Athletic Department will seek to lend support in terms of facilities after all school interscholastic needs are met. The Athletic Department will also assist teams and coaches with technical support, advice and communication.

The interscholastic athletic program at The Summit strongly encourages the participation of all its students in grades seven through twelve. We operate with a no cut policy for all but our varsity level teams. A senior may only be a

member of a varsity squad. It is the varsity coaches' responsibility to advise and counsel the senior student athlete as to what is in the best interest of that individual and the team. All student athletes must adhere to all team guidelines which include, but are not limited to, full attendance at practices, scrimmages and contests. Each student athlete will strive to fulfill realistic work expectations and adhere to all training rules. Playing time at all levels may not be equal but it is the goal of the coach to play all team members when circumstances warrant.

All Summit students are encouraged to participate in the athletic program. By participating athletically, students learn to work efficiently in groups, manage time well, and develop team spirit, while fostering a healthy desire to excel. Athletics play an important role in the Summit experience and each student is strongly encouraged to participate in two or three sports. The Summit participates in leagues that are competitive and not recreational in nature.

- The Middle School sports program, under the leadership of the varsity coach, offers the students the opportunity to develop fundamental skills and basic team concepts. It provides an opportunity for playing time but the playing time at the Middle School level does not have to be equal for all players.
- The freshmen and junior varsity levels, under the leadership of the varsity coach, give the athlete the opportunity to refine his/her fundamental skills and learn the more complex tactics and strategies in preparation for future varsity play. An athlete's playing time is determined by ability, work ethic and commitment to the team.
- Varsity teams offer the students the opportunity to compete at the district, regional and state level. Playing a varsity sport requires dedication during the season and the off-season. The overall experience is paramount, yet there is a strong emphasis on winning at the varsity level. Therefore, tryouts may be necessary and squad sizes limited. Once again, playing time is determined by one's ability, work ethic and commitment to one's team. If a varsity team is to have tryouts, the final squad will be determined after the following steps are taken:
 - After five days of practice have been completed.
 - The Athletic Director has been informed.
 - The coach communicates the decision to athlete.

If a student transfers into the school during the season, by law, a tryout must be granted if the student requests a tryout.

Athletic handbooks have been developed by The Summit and approved by the Board of Trustees to support The Summit's Athletic Program and serve as guides for athletes, parents, and coaches.

The Summit is a member of the Ohio High School Athletic Association (OHSAA) and the Miami Valley Conference (MVC) and abides by all rules and regulations of these associations. The OHSAA and the MVC govern athletics in grades seven through twelve.

Statement of Risk

Participation in interscholastic athletics includes a risk of injury that may range from minor to long-term catastrophic.

Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk. Participants have a responsibility to help reduce the chance of injury.

Athletes must obey safety rules, report physical problems to their coaches, follow a proper conditioning program and inspect their equipment daily.

Insurance

Summit Country Day School does not provide insurance to cover injuries incurred by an athlete while participating in a contest or practice with a school team.

Catastrophic Accident Insurance

OHSAA does provide catastrophic insurance to all sports that are state recognized state.

All teams that are not recognized by the state are encouraged to seek insurance through organizations recognize the sport.

What is expected of a Summit Country Day School athlete?

- If you choose to participate, you have made a commitment and will be expected to fulfill this obligation.
- Report to pre-season in condition and at the time required by the coach.
- Take care of academic commitments in a timely manner and as a priority. These should be taken care of around practice and game times. Your coach should be advised of all academic concerns and make-up work.
- You are expected to demonstrate positive leadership and character on and off the playing surface whether you are in or out of season. As a Summit athlete, there are very high expectations for you. Proper language and good sportsmanship are a must.
- All rules and guidelines of the Summit are expected to be followed.
- You are expected to attend all practices unless absent from school.
- You are required to be in school for three academic periods in order to participate or attend practices or games.
- Report all injuries and/or illnesses to your coach directly and immediately.
- Injury does not excuse you from practice or games. If not in rehabilitation, attendance is mandatory.
- Practice and game time missed will result in diminished playing time.
- You are expected to be fully engaged in all team activities as an athlete of The Summit.
- You are expected to meet all eligibility guidelines set by OHSAA and The Summit's Board of Trustees. You are required to follow all guidelines and bylaws set by these governing bodies.
- Vacations and appointments should be scheduled around sport commitments. **All coaches will grant 4 straight days during winter and spring break for vacation time.**
- You are expected to return all equipment and/or uniforms at the end of the season or pay fines to cover the replacement.
- You are expected to attend all awards programs for your sport.

Student-Athlete Commitment

The Summit strives to develop exceptional intellectual and athletic skill along with fostering the highest standards of character. Honesty, integrity, safety, self-respect, and respect for others are the foundations of our community values.

Athletes should emphasize academic quality and strive to maintain outstanding success in their academic work.

Participation on an athletic team is a privilege that carries with it responsibilities to the team and to the school. Athletes should realize that they represent the school and, therefore, should display proper conduct at all times. When choosing to play on a Summit interscholastic team, the athlete has committed to his school and his teammates. Therefore, any non-school sports become secondary to all Summit practices and games.

Harassment of any student is unacceptable. Harassment includes unwanted touching, name-calling, ridicule, references to sexual or gender orientation, sexual innuendo, rating of someone's appearance, **hazing or team initiations**. Athletes should treat everyone with respect and require the same of other student-athletes.

A student who sees another student engaging in an activity that is likely to violate a school value or behavior or standard has the responsibility to exercise leadership by championing the relevant value or standard. Do what is right even when it is unpopular or personally costly.

Athletes must understand that alcohol, tobacco and other illicit drugs are harmful to the body and hinder athletic performance. They are also illegal and school rules and sensible athletic conditioning expressly forbid them. Dedication to be one's best does not include taking substances that detract from excellence.

Violations of these policies or any other behavior standard will bring the following consequences:

- School Consequences – Students who are serving consequences from school may not practice, compete, or participate in any way with the team during the days the student has consequences.
- In addition to any sanctions/penalties assessed by the school, a student-athlete will have additional penalties assessed by the Athletic Director and the coach.
- Once the school consequences are complete, the student-athlete will then serve their athletic consequence as determined by the Athletic Director and coach.
- The student-athlete is required to participate in all practices and is expected to attend the games; however the athlete will not be permitted to suit up during the games.

Dual Sports

If a student is interested in playing two interscholastic sports in the same season:

1. The student must choose which sport is the primary sport.
2. The student will meet with both coaches to determine a schedule.

3. Submit this schedule to the Athletic Director for approval.

While the dual sport athlete is extremely dedicated, understand that the loss of practice and game time because of this choice may affect awards and recognition for both sports.

Captains

It is strongly recommended that at the varsity level, captains are selected at the beginning of each season. It is also recommended that varsity teams limit the selection to one or two captains. It is recommended that the captains be upperclassmen but it is not mandated that they be seniors.

At all other levels it is recommended that weekly or game day captains be selected. This way, underclassmen receive the experience of taking on a leadership role for their team.

The following criteria should be considered when electing captains:

1. Knowledge of game and understanding of coaching strategy;
2. Leadership on and off the field;
3. Good sportsmanship;
4. Good character;
5. Should be a student in “good standing” (no academic, disciplinary or honor probation).

Being a captain is a privilege and this privilege may be removed if the coach or athletic director believes it is warranted.

Athletic Training Policy

1. Inform the coach and/or athletic trainer as soon as possible when an injury occurs.
2. Every athlete must complete a current OHSAA pre-participation examination form and it must be on file in the Athletic Office prior to participating in sports.
3. Coaches should carry a copy of the complete OHSAA form on each student-athlete to practice and games.
4. Any athlete referred to a physician for an injury is required to submit to the coach a physician’s letter of release prior to resuming participation.
5. Every team is issued a medical kit and is required to have that with them at all games and practices.

What is expected of a Summit Country Day School parent of an athlete?

As each student explores those areas that pique his/her interest in the upcoming year, we expect that parents will reinforce the importance of commitment to those areas and help control the total number of commitments to avoid added pressure. Please read through the athlete expectations for involvement in athletics and reinforce these guidelines as the year unfolds.

Parents play an essential role in helping your child learn the value of winning and losing. **Parents and spectators are encouraged to cheer for our athletes and not against the other team. Allow the coaches to coach; let the players play; and let the officials officiate and everyone can then enjoy all athletic events.**

Below are some suggested topics you can discuss with your child in these situations.

Values of Winning – help your child learn the values of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team.
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing competitiveness and doing one's best.

Values of Losing – help your child learn from losing experiences by:

- Providing a period of quiet time for your child to “decompress” after a loss before you discuss the game.
- Crediting the other team.
- Crediting the play of his/her opponent.
- Focusing on improvement by individuals and team;
- Discussing what was successful
- Discussing what, if anything, individuals or the team could have done differently.
- Accept the loss, set individual goals, and move forward.

Conduct

The importance of parents behaving as model spectators cannot be overstated. Parents who support our league mission statement and fan behaviors (see page #19) as written by our MVC Student Forum provide a model for parents and students to follow. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

Issues of Concern

What are appropriate issues to discuss with the coach?

Parents are encouraged to discuss:

- The treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior
- Coaches' expectations for their child and the team
- Team expectations and requirements
- Sanctions incurred by their child
- Scheduling
- College participation

Parents ought not to discuss:

- Placement on team
- Playing time
- Strategies used by the coach during contests
- Other student-athletes

Special Note: It is very difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team, not just your son or daughter.

Coach or program complaints:

It is imperative that parents respect the position of the coach and direct any concerns to the coach first. If you wish to discuss a program or issue concerning your child, begin by contacting his/her coach. Often the problem or concern is resolved at this level.

Steps for resolution:

1. Athlete should speak with the coach, privately.
2. Parent should speak with your child's coach, privately.
3. Contact the Athletic Director.
4. Lastly, contact the School Director.(Upper or Middle)

Productive communication:

- Please make an appointment to speak with the coach not prior to, or after game day, for productive communication.

- Chatter or complaints among parents is counterproductive – please handle each issue directly through the coach.

What is expected of a Summit Country Day coach?

As a coach of The Summit Country Day School, you are expected to carry out the guidelines of this handbook to maintain consistency in the athletic program. The following additional criteria are also expected to be followed.

- Demonstrate good character and be a positive role model for their team and the Summit community.
- Turn in signed contract and paperwork for employment prior to start of season.
- Make sure that each student has a current physical form on file in the Athletic Office with Ohio residence, proper signatures indicating that the athlete is cleared to play. Also, note any health restrictions or concerns for seasonal play.
- Send in final team roster one week prior to start of games.
- Meet all state and school requirements for meetings, paperwork, training coursework, etc.
- At the beginning of the season, the coach should go to the Summit website under athletics and create a directions packet for each student-athletes' parents.
- Create sport specific team expectations in addition to those included in the Athletic Handbook. Review these team expectations with your athletes and parents at a team meeting at the beginning of your season.
- Speak with each athlete individually to set pre-season goals and expectations for the season. Follow-up at the end of the season and offer counseling and options for the athlete in out-of-season work.
- Encourage participation in other Summit athletic teams.
- Maintain documentation of practices and games throughout the season to assist with communication to parents, athletes and the athletic department.
- Practice and game time missed by student-athlete will result in diminished playing time. Keep records of practices and games and maintain consistent consequences for all athletes.
- Maintain open communication throughout the season.
- Maintain proper grooming and attire while coaching.
- Establish and record statistics throughout the season for archiving purposes.
- Set up transportation schedule with athletic office for games and scrimmages.
- Varsity coaches should create and maintain a website and a flier for the Admissions Office for interested prospects.

- Varsity coaches (including MS coaches) should also assist the Athletic Director in maintaining their staff and assisting their coaching staff whenever necessary.
- Establish criteria for captains and end-of-season awards and share these with athletes to give them potential goals for the season.
- Maintain public relations and send out team and individual statistics for city and state awards.
- Assist and counsel athletes interested in participating in college.
- At the end of the season, complete paperwork for athletic office with inventory and ordering concerns requested.
- Maintain inventory of distributed uniforms and equipment and document collection of these items. Establish fine lists for lost items and a list of purchases necessary for next year.
- At the end of the season, complete the team awards form with final roster and designated awards included. This is very important for award programs preparation and award ordering. Please turn in promptly.
- Complete team record form with contest schedule and results.
- Turn in final statistics of season for archiving.
- Evaluate coaching staff (for Head Coach only)
- Head Coaches are required to attend one clinic per year dealing with their sport.

Copies of coaching forms can found on the Summit athletic website under “Forms” and also in the athletic office

Proper discipline procedures for poor behavior by an athlete:

1. Talk and advise athlete
2. Contact parent
3. Notify Athletic Director
4. Discipline athlete and document in writing

Ohio High School Athletic Association

The Summit is a member of the Ohio High School Athletic Association and administers its athletic program under OHSAA rules.

The OHSAA rules highlighted in this handbook are a summary of some of the important regulations affecting student eligibility. A complete set of rules can be found on the OHSAA web site www.ohsaa.org. These rules apply to all seventh through twelfth grade students at Summit Country Day School.

1. 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 seventy five 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 eligibility.
- Those taking post-secondary school courses must comply with OHSAA scholarship regulations.

2. Residence

You must be an Ohio resident unless you have attended the Summit since first grade (lifer). You may attend any public or non-public high school in which you are accepted when you enter high school from a 7th-8th grade school.

Eligibility at that school is then established by:

- Participating in a contest (scrimmage, preview or regular season game) prior to the first day of school, or
- Attending the first day of school at member school.
 - If there is a change of custody, you must live in the same school district as your legal guardian.
 - If your parent or legal guardian lives outside of Ohio, you are ineligible unless one of the exceptions to the regulation is met. There are four (4) exceptions to this regulation. You and your parents should arrange a meeting with your principal or athletic administrator to review these exceptions.

- If additional questions remain on the regulations on residence, school principals or athletic administrators should contact the OHSAA.

3. Transfer Students

Once eligibility has been established at a member school those who transfer to a different school will be ineligible for athletics for one year from the date of enrollment in the new school.

- There are seven (7) 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 and review the OHSAA Transfer Bylaw brochure prior to transferring school.
- If additional questions remain on the regulations on transfers, school principals or athletic administrators should contact the OHSAA.

4. 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.

5. Age Limitations

High School students (grades 9-12) who turn 19 years of age prior to August 1, 2009, are ineligible for interscholastic athletics.

Seventh and eight grade students who turn 15 years of age prior to August 1, 2009, are ineligible for seventh and eighth 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.

6. Awards

You may receive awards as a result of athletic participation in interscholastic athletics from any source. However, the value cannot be more than \$100 per award.

7. Amateur Status

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

- Compete for money or other monetary compensation.

- Receive any award, equipment or prize of monetary value greater than \$100 per item.
- Capitalize on your athletic fame by receiving money or gifts of monetary value.
- Sign professional playing contract in the sport in which you had participated.
- Sign with a professional agent (Ohio law).
- Fail to return equipment or uniforms issued by a school or non-school team or organization when the season for that sport is over.

8. False Information

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

9. 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 timing or written scoring is kept.
- No coaching or instruction is provided.
- No one is restricted from observing.

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

10. 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 a school team only:

- During the season of the sport, or
- For 10 days only from June 1 to July 31.

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 10-day regulation for

instruction from school coaches is in effect.

11. 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 individual sports, however, you may practice and try out for a non-school team but may not compete in a contest.

Those in team sports may try out, practice and compete on non-school teams before and after the school season provided:

- 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 to compete on non-school teams except from June 1 to July 31.
- You have no contact with school coaches while on a non-school team (other than the 10 days 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.
- Outside the school season may result in you being declared ineligible for the next season.
- By a senior may result in that student being declared ineligible for the remainder of the school year.

12. Recruiting

You will be declared ineligible if you are recruited by a person or group of persons to change schools. This may also affect the eligibility of the school team.

13. 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.

14. 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.

15. Physical Exam Forms

Each year you must submit a physical examination form signed by a medical examiner, your parents or guardian and yourself before you begin practice for a school sport. Procedures will be reviewed by school officials. Physical examinations are valid for one year from the date of the exam.

16. Student Conduct and Ejection 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 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 for unsporting behavior. If you are ejected, 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 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 policy for unsporting behavior can be found in the OHSAA Handbook.

Eligibility Checklist for High School Student-Athletes

- I am officially enrolled in an OHSAA member high school.
- I am enrolled in at least five one credit courses or equivalent.
- I received passing grades in at least five one credit courses, or the equivalent, during my last grading period.
- I live in the same school district as my parents or legal guardian.
- 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.
- I have not been enrolled in high school for more than eight semesters.
- I did not turn 19 before August 1, 2009.
- I have not received an award, equipment or prize valued at greater than \$100 per item.
- I am competing under my true name and have provided my school with my correct home address.
- I have not competed in a mandatory open gym/facility.
- I have not been coached or been provided instruction by a school coach other than during days between June 1 and July 31 (applies to team sports only).
- I am not competing on a non-school team during my school team's season.
- I have not been recruited to attend this school.
- I am not using anabolic steroids or other performance enhancing drugs.
- I have had a physical examination within the past year and it is on file at my school.

Miami Valley Conference

The Summit is a member of the Miami Valley Conference. It is a league comprised of nine (9) small private and public schools. The other member schools are: Cincinnati Christian, Cincinnati Country Day School, Cincinnati Hills Christian Academy, Lockland, New Miami, North College Hill and St. Bernard-Elmwood Place.

The Miami Valley Conference student forum, a group of selected athletes from each member school that work on sportsmanship issues in the league, has developed the following mission statement and set of fan expectations for the Miami Valley Conference.

Miami Valley Conference Mission Statement

The Miami Valley Conference coaches, players, officials, administrators and fans shall promote respect on and off the playing field. We shall be humble in victory and gracious in defeat. Our mission is to aspire to these high ideals in word and deed, and at the same time, to have fun.

Five Fan Expectations

1. Let the official handle the game.
2. No obscene gestures or language.
3. Be respectful and courteous to others.
4. Cheer in support of a team, not against an opponent.
5. No taunting, use self-control.

All members of the Summit community are expected to abide by this mission statement and these fan behaviors.

All Summit teams compete in the Miami Valley Conference except:
Upper School lacrosse – OHSLA – Ohio High School Lacrosse Association
Middle School lacrosse – OMSLA – Ohio Middle School Lacrosse Association
Upper School field hockey – SWOFHL - Southwest Ohio Field Hockey League
Swimming & Diving – SOSL – Southwest Ohio Swimming (and diving) League

Letters/Athletic Awards

At the Middle School, freshmen and junior varsity levels all athletes that complete the season will receive a certificate of participation at the season ending award assemblies. Each coach is also permitted to give up to two special awards to their team. Coaches should discuss with athletes the criteria for these awards prior to the start of the season.

At the varsity level those athletes that complete the season will receive a varsity certificate and pin of their sport. First year varsity athletes will receive a chenille letter as well. Captains, managers and statisticians will also receive

pins in these respective areas. Each coach is also permitted to give up to four special awards. Coaches should discuss with athletes the criteria for these awards prior to the start of the season.

Weight Room and Facilities Usage

All athletic facility usage is scheduled through the athletic department only. Coaches should clear all practices through the athletic department. A weekly athletic calendar is produced with all practice and games times. All facility usage must have proper supervision at all times. The weight room is run by the strength coach and a schedule of usage will be posted by that coach.

Inclement Weather Policy

When weather forces the school to close, there will be no practice or games that day unless there is special clearance from the athletic director. On rainy days, decision on outdoor practices and games will be made as soon as possible so everyone involved can be notified of cancellations. When possible, decisions will be made by 2:00 p.m. This announcement will be placed on the athletic hotline 871-4700, ext. 485. Students should assume practice or games will be held unless there is an official announcement made or posted.

Thunder/Lightning Policy

If thunder is heard or lightning is seen, the coach must remove the team from the field immediately, and wait out the storm in a safe location. No team will return to the field until 30 minutes after thunder is last heard or lightning is last seen.

Since the behavior of lightning is unpredictable, the best defense is a proactive plan in order to improve safety levels and reduce harmful consequences. Coaches will need to do the following:

1. On the first day of practice, explain to the team what measures are taken if severe weather strikes.
2. At any playing location, know where the nearest “safe structure” is located in proximity to the area of practice or play. Safe shelter includes a sturdy building that has metal plumbing or wiring to ground the structure. This should be your primary choice in seeking a safe location. In the absence of a “safe structure,” the next best thing is a vehicle with a hard-top metal roof and windows up to offer a certain measure of safety. Do not use sheds, golf carts or convertibles. In any vehicle (car or bus), it is the metal roof and body, which absorbs the electrical charge of the lightning, and directs the charge to the ground around the vehicle. To avoid electrocution, do not touch metal in the vehicle.
3. When you can see inclement weather is a possibility, be sure to explain our policy to the officials and opposing coaches as early as possible.

As it is not always possible to see lightning while coaching, it is helpful to ask a parent or spectator to help watch for the presence of lightning.

4. At the first sound of thunder or sight of lightning, coaches shall provide instruction for all competitors and spectators to move immediately to the nearest safe building. It is not necessary to wait for an official to make this decision. Warn everyone not to take refuge under or near trees, tall objects, lone objects, bleachers or fences. At home contests, please instruct our opponents to follow the Summit's policy. At an away contest, you are responsible for our students. It is especially important to be proactive; ask which buildings will be open during a contest, and alert the officials and opposing coaches of our policy.
5. Keep track of time. No team will return to the field until 30 minutes after thunder is last heard or lightning is last seen.
6. Resume or cancel activity.

A lightning strike is a very serious injury. A person suffering from a lightning strike must receive immediate first aid and/or CPR. The victim does NOT carry an electrical charge, and there is no danger to someone touching the victim while tending to them.



**Student Athlete - Parent Contract
2009-2010**

I, _____, Grade _____, an athlete at Summit Country Day School agree to the following:

1. Follow the rules of the Ohio High School Athletic Association as written in their policies found at www.ohsaa.org
2. Follow the Summit Country Day Upper School or Middle School policies stated in the respective Parent-Student Handbook.
3. Follow the team expectations, written and presented by the coach of each athletic team on which you are participating.
4. Follow the rules stated in the Athletic Handbook (including but not limited to those listed on pages 8 and 9).
5. Before practicing with a team, I will have a current physical exam form on file in the Athletic Department.

I understand that there could be significant consequences by not following the above rules and regulations of the OHSAA and The Summit Country Day School.

Athlete _____

Parent _____

Sport _____

Date _____

Complete and sign - bring to your coaches' pre-season meeting.

