

THE GOSHEN WARRIORS ATHLETIC DEPARTMENT



A HANDBOOK FOR
STUDENT/ATHLETES & PARENTS

2018-2019

**Goshen Athletic Department Athletic Handbook
for Student-Athletes and Parents**

Building character through desire, commitment and sportsmanship.

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***All student-athletes are responsible for all printed material in this handbook.**

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Statement of the Goshen Athletic Department Philosophy

The Goshen Athletic Department is dedicated to providing the finest opportunities possible for each student-athlete to achieve his/her athletic, academic, personal and social potential.

The Athletic Department goals and plans of action have been formulated with the focus of this philosophy in mind. These goals and plans will be reviewed and updated annually to insure that the Goshen Athletic Department promotes the needs, growth and well being of the Goshen student-athlete.

Athletic Opportunities

The Athletic Department is committed to provide all student-athletes with the following:

- * Safe, appropriate and up-to-date equipment and uniforms.
- * Educated and experienced coaches.
- * Safe, sanitary and accommodating facilities.
- * Competitive schedules.
- * Appropriate awards and recognition.
- * Adequate security and supervision.
- * Compliance to all OHSAA rules and regulations.
- * Medical assistance through coaches and/or full-time trainer.
- * Transportation to and from all contests.
- * Adequate practice time and supervision.
- * Promotion of student-athletes in local media outlets.
- * Encouragement and help in meeting District and OHSAA eligibility requirements.

Athletic League Affiliation

The Goshen Local Schools is a member of the **SOUTHERN BUCKEYE ATHLETIC AND ACADEMIC CONFERENCE (SBAAC)**, a 12-member league consisting of two divisions, the **American** and the **National**. The SBAAC is governed by a Constitution and a Board of Directors (member school Principals) and supervised by a league commissioner. The SBAAC provides competition in 18 sports. It promotes sportsmanship and competitiveness through its All Sports Trophy. The SBAAC schedules all sporting contests and assigns officials, promotes standings and all-star teams, sponsors league tournaments and awards league championships. The SBAAC is highly competitive, and a well respected conference in Southwest Ohio.

American Division

Goshen
Clinton Massie
Batavia
New Richmond
Western Brown
Wilmington

National Division

Felicity Franklin
Bethel
Georgetown
Williamsburg
Clermont Northeastern
Blanchester
East Clinton

Athletic Activities

The Goshen Athletic Department provides student-athletes with the following activities in grades 7-12. The Department is constantly evaluating its programs and coaching staff to provide our student-athletes with consistent competitive opportunities.

7th Grade Football
8th Grade Football
Freshmen Football
Reserve Football
Varsity Football
7th Grade Volleyball
8th Grade Volleyball
Freshmen Volleyball
Reserve Volleyball
Varsity Volleyball
Boys Reserve Soccer
Boys Varsity Soccer
Girls Reserve Soccer
Girls Varsity Soccer
7/8 Boys Cross Country
7/8 Girls Cross Country
Varsity Boys Cross Country
Varsity Girls Cross Country
Reserve Boys Golf
Varsity Boys Golf
Varsity Girls Golf
Varsity Girls Tennis
Varsity Boys Tennis
7th Grade Boys Basketball
8th Grade Boys Basketball
Freshmen Boys Basketball
Reserve Boys Basketball
Varsity Boys Basketball

7th Grade Girls Basketball
8th Grade Girls Basketball
Freshmen Girls Basketball
Reserve Girls Basketball
Varsity Girls Basketball
7/8 Grade Wrestling
Reserve Wrestling
Varsity Wrestling
Varsity/Reserve Boys Bowling
Varsity/Reserve Girls Bowling
7/8 Grade Girls Track
Varsity Girls Track
7/8 Grade Boys Track
Varsity Boys Track
Freshmen Baseball
Reserve Baseball
Varsity Baseball
Reserve Softball
Varsity Softball
7/8 Grade Football Cheerleading
Freshmen/Reserve Football Cheerleading
Varsity Football Cheerleading
7&8 Grade Basketball Cheerleading
Freshmen Basketball Cheerleading
Reserve Basketball Cheerleading
Varsity Basketball Cheerleading
Weight Lifting

Sportsmanship

All Goshen student-athletes are role models within the school district, the community and in the SBAAC. As such, every Goshen athlete is expected to conform to the guidelines of good sportsmanship. Integrity, fairness, common decency, courtesy and respect are inherent principles to good sportsmanship. All athletes are expected to be gracious in victory and humble in defeat. They are expected to gracefully accept the results of all contests and respect the decisions of all officials.

As a Goshen student-athlete, you are expected:

- * To exhibit a sense of dignity under all circumstances.
- * To respect the rules of the game, and the officials who administer those rules and their decisions.
- * To respect your opponents as fellow student-athletes, and acknowledge them as they strive to do their best while you seek to do your best at the same time.
- * To refrain from engaging in any kinds of disrespectful behavior toward opponents or officials or opposing spectators. *Specifically, taunting, trash talking and any other forms of intimidation are prohibited.*
- * To accept winning or losing with dignity and class.

Coaches are expected to reinforce the above guidelines by first, being a role model for their athletes; and secondly, by having specific team rules with established disciplinary procedures to deal with unsportsmanlike conduct. All coaches are expected to espouse and adhere to the sportsmanship guidelines established above.

The Goshen Athletic Department supports the OHSAA “Respect The Game” program. The Athletic Department policies, and the above Board of Education policy are steps that have been taken to insure good sportsmanship within the Goshen School District. A “Sportsmanship Award” is given to a student-athlete on each team in the high school and middle school at the conclusion of each season. The OHSAA’s *Archie Griffin Award* is given each spring to 4 student athletes (2 middle school boy & girl and 2 high school boy & girl) who has been an outstanding example of good sportsmanship, integrity and ethics while participating in sports.

Goshen fans, parents and students are also subject to good sportsmanlike expectations. All spectators are guests at athletic contests, and as such, are expected to conduct themselves in an appropriate manner. These expectations should be practiced at away contests as well as home. Administrators and security personnel reserve the right to remove any spectator from any athletic facility for inappropriate, unsportsmanlike behavior.

Personal Conduct

Participation on any Goshen athletic team is a privilege. Every athlete, or potential athlete, is subject to the *Goshen School District Code of Conduct*. The Code of Conduct can be found in the student handbook and is also posted in the main hallways at both Goshen High School and Goshen Middle School.

Any student participant who violates the Code of Conduct or whose conduct is determined to be a discredit to himself/herself, the team or the school during the season, is subject to disciplinary action up to and including dismissal from the team. The coach, the athletic director, the principal and/or the superintendent will determine this.

Because coaches are wholly responsible for the selection of the members of their team, they have the right to deny participation privileges to any potential student-athlete who has violated the Code of Conduct, or is a proven discipline or behavior problem.

Athletic Code of Conduct

All athletes are governed by the rules and regulations of the Goshen School District, the Southern Buckeye Athletic and Academic Conference and the Ohio High School Athletic Association.

Suspension or Expulsion from School

Any student-athlete who is suspended from school while participating in a sport, may not attend practice or attend or participate in any scheduled contests or scrimmages during the length of the suspension. Any additional disciplinary action may be administered by the coach, athletic director and/or the principal up to and including dismissal from the team.

Any student-athlete who is expelled from school while participating in a sport is also prohibited from attending and participating in practices, scrimmages and scheduled contests. In most cases, the expelled student will be dismissed from the team, but this action will be determined by the coach, athletic director and/or the principal.

Students who have been assigned APP, **and serve as scheduled**, may participate in scrimmages, practices, and any scheduled events during the APP assignment. Failure to serve APP as scheduled will result in an unexcused absence.

Ejection from a Contest

The OHSAA has established specific rules for the reduction of participation when unsportsmanlike conduct is displayed during a contest and a performer is ejected. The following is from the OHSAA handbook:

Any player ejected for unsportsmanlike conduct or a flagrant foul shall be ineligible for contests for the remainder of that day as well as all contests in that sport until two regular season/tournament contests (one in football) are played at the same level as the ejection. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or traveling after the contest(s).

A student who is ejected a second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the Commissioner of the O.H.S.A.A. The period of ineligibility shall commence during the next sport in which the student participates.

Any athlete ejected from a contest will meet with the athletic director and principal as soon as the official record is received from the presiding official. A letter will be sent home to the parents detailing any and all disciplinary action. The coach, athletic director and/or principal may impose additional disciplinary action beyond the OHSAA penalty up to and including dismissal from the team.

Scholastic Eligibility

Middle School Weekly Eligibility Policy

The Goshen School District believes in the importance of both athletics and academics. The weekly eligibility policy is designed to help the student-athlete achieve academically to his/her highest potential.

All student-athletes are subject to an eligibility grade check each week during the season. This will be conducted by the athletic director, assistant principal and/or principal. The student-athlete will be notified on Friday of his/her eligibility status for the upcoming week. Students must maintain at least a 60% passing grade in each course each week. If a student's grade drops below 60%, the student will be notified by his/her coach. If the student's grade the following week has continued to drop, then they will be ineligible for all contests until the grade has improved.

Quarterly Eligibility Based upon their GPA

Each student-athlete must maintain a grade point average (GPA) of 1.0 each quarter grading period to retain their eligibility for the next quarter grading period. GPA's are calculated by the Guidance Department.

Ohio High School Athletic Association Scholastic Requirements

To be eligible in grades 9-12, a student-athlete must have received *a passing grade in a minimum of five one-credit courses* or the equivalent, which count toward graduation during the preceding grading period. Physical Education classes are not taken into account when determining the number of credits received (PE is only a ¼ credit course).

To be eligible in grades 7 and 8, a student-athlete must have received *a passing grade in all 5 of the subjects which he/she was enrolled in the previous grading period* (physical education courses DO count towards those 5 subjects).

A student enrolled in the first grading period after advancement from the eighth grade must have passed all 5 courses in the 8th grade to be eligible for high school athletics for the first grading period during their freshman year.

A student enrolling in the 7th grade for the first time is eligible for the first grading period regardless of their previous academic achievement. Thereafter that student must pass all 5 of those subjects in which they are enrolled.

The Athletic Director will determine quarterly eligibility. All appeals are to be made to the building principal or Athletic Director.

Summer school grades earned **WILL NOT** be used to substitute for failing grades from the last grading period of the regular school year.

Residence Requirements

A student is eligible to compete in athletics in the school district where the parent, “residential parent,” legal “custodial” parent or foster parent resides.

Open Enrollment

On January 9, 2017, the Goshen Board of Education adopted an open enrollment policy. The Board permits any student from any other district in the state to apply and enroll in the District schools free of any tuition obligation, provided that all procedures as outlined in the administrative regulations are met.

Any 7th, 8th or 9th grade student who chooses to enroll in Goshen from an outside school district is immediately eligible to participate in athletics.

Any 10th, 11th or 12th grade student who is accepted to Goshen as an open enrollment student is not eligible for athletics for one calendar year according to OHSAA by-laws, unless they meet one of the “exception” criteria” and are approved by the OHSAA to participate immediately in athletics

Semesters of Eligibility

After completing the eighth grade, a student is eligible for the next eight consecutive semesters taken in order of attendance, whether the student participates or not. A student in grades 7 or 8 who reaches the age of 15 before **August 1** is eligible only at the high school level for the next eight semesters taken in order of attendance, whether the student participates or not.

Any appeals of this OHSAA bylaw must be made directly to the Ohio High School Athletic Association, located in Columbus, Ohio.

Age Limitations

Any enrolled student who reaches the age of 20, is ineligible to participate in athletics during that school year.

A student who reaches the age of 15 before August 1 is eligible for high school athletics (and ineligible for middle school athletics) commencing with that school year. The student is eligible to participate in athletics at the school where he/she is expected to enroll for high school.

Changing Schools

Beginning with the 2001-02 school year the Ohio High School Athletic Association will establish the eligibility of students once they either (1) play in a scrimmage or scheduled contest or (2) attend the fifth day of school their 9th grade year. ***Once this eligibility is established, students will be ineligible for athletics for one half of each athletic season should they transfer to another school unless one of the exceptions of the transfer law is met.***

After the 2001-02 school year, all students will establish their eligibility when they choose their home school at the beginning of their freshmen year. A student may choose any acceptable member institution for their freshmen year, but once their eligibility is established at that school the OHSAA transfer rule goes into effect.

Beginning with the second semester of the 2002-03 school year, any student who has established a private or parochial school as their home school has one transfer without penalty to the public school in which they reside.

Attendance at School and at Practice

A student must be in attendance a minimum of three periods (excluding lunch) on any school day in order to participate in any extracurricular activity (including practices) held that day. If the student is not in attendance for four complete periods on the day of an event, the student will be declared ineligible for that day's event.

The building principal (or another appropriate administrator), however, may excuse an individual and allow him/her to participate in that day's event if one of the following exceptions occurs:

- * Illness in the family
- * Death of a relative
- * Observance of a religious holiday
- * Verified doctor or dentist appointment
- * Emergency or a set of circumstances judged as sufficient cause by an appropriate school administrator
- * An absence for "personal reasons" may be excused prior to the date of the absence by an appropriate building administrator

Training Rules

A ***season*** shall be defined as that period of time from the date of the first practice, as allowed by the OHSAA, until the conclusion of all athletic contests and the end-of-season athletic banquet. The Goshen Athletic Department training rules and the consequences of any violations will be enforced during that time.

During the season a student-athlete shall not use, abuse, possess, transmit or conceal: alcoholic beverages, tobacco (smoking/smokeless), look-a-likes or controlled substances as defined by law. It is not a violation for a student to use a legally defined drug prescribed by an attending physician for the students' own use.

Consequences for Violating Training Rules

First Offense. The student-athlete will be denied participation in 20% of all scheduled contests for a training rule violation. During the time of denied participation, the athlete may practice with the team, but may not participate in contests or scrimmages against other scholastic institutions.

If less than the prescribed period of the schedule remains, then the denied participation will carry over to the next sport season in which the athlete desires to participate. However, no denied participation will carry over from the end of an individual's 8th grade year to his/her freshmen year. In addition, those students who violated the drug/alcohol training rule will be required to seek an assessment (at their own expense) from a school recommended agency and follow the recommendations of that assessment. **Failure to complete the assessment will result in ineligibility until the assessment is completed.**

Second Offense. The penalty for a second training rule violation will be indefinite suspension from athletics until the athlete and the family seek assessment from a school recommended agency and follow the recommendations contained therein. The student and parent may then petition the Athletic Director and Principal for reinstatement. The Athletic Director and the Principal may continue to deny participation, reinstate the athlete or impose additional penalties before reinstatement.

During the denied participation period, the athlete may not tryout or participate in practices with a scholastic team or may not participate in scheduled contests or scrimmages with other scholastic institutions.

Third Offense. A third violation of an Athletic Department training rule will result in the dismissal from all athletic participation for the remainder of the current season and the next two athletic seasons. The school district will again refer the student for professional treatment.

Self/Parental Referral. If a student-athlete or parent(s) asks a coach, counselor, administrator or other school personnel for help and an assessment *prior to any known training rule violations*, they will not be subject to any disciplinary action provided that they follow the recommendations of the assessment. A self-referral will be considered a first offense but will not carry any Athletic Department penalties. *A self-referral can only occur if no other training rule violations have occurred within one calendar year.*

All student-athletes accused of training rule violations will have a hearing consisting of the athletic director, principal, coach and athlete. Parents are also welcome to attend this hearing. Written notice of the results of this hearing will be sent to all appropriate parties.

Legal Dietary Supplements

The Athletic Department and the Goshen Board of Education do not, under any circumstances, endorse or advocate the use of any legal dietary supplements.

Any parent or student interested in the use of any such legal dietary supplement is advised to consult with the school district trainer or their own physician for pertinent information regarding this subject.

No coach should, under any circumstances, advocate or endorse the use of any legal dietary supplement. The choice of any such usage is strictly a parent-student decision and should be done in a careful and intelligent manner.

Other Training Rules

A coach has the right and, in some cases, the responsibility to establish additional training rules such as curfew, diet, academic responsibilities, conduct expectations on or off the playing field, and practice and game procedures. These additional rules should be in writing with full explanations and disciplinary consequences. Copies of the additional rules should be given to both parent and athlete. A copy of any additional training rules or regulations should be on file with the athletic director.

Physical Examination

The OHSAA mandates that all athletes must have a physical examination with the proper form signed and dated by a qualified physician, parent/guardian and the participant. This form must be on file with the athletic director before an athlete can participate in an interscholastic contest. The OHSAA mandates that this certification be done yearly with none dated before May 1, for the next school year.

It is the responsibility of the athlete to obtain a valid physical examination. The Athletic Department arranges physical examinations for student-athletes in May. These are very low cost and are done as a convenience to our community. All athletes are urged to take advantage of this service.

Athletic Medical Insurance

The Goshen Athletic Department *does not* provide medical insurance for student-athletes. The OHSAA does provide a \$25,000.00 deductible catastrophic policy for athletes injured in the pursuit of an OHSAA and school sponsored sport. Details regarding provisions of this policy are available through the Athletic Department. Parents of athletes are strongly urged to investigate:

- 1) the extent and nature of coverage due to athletic injury available through your insurance carrier;
- 2) the purchase of a rider to cover athletic injury if such injuries are not covered by your policy;
- 3) purchasing an insurance plan designed for student-athletes. Such a plan is available through our school district at the beginning of each year at a very low cost.

Risk of Participation

All athletes and parents must realize that there is a risk of serious injury in athletic participation. The OHSAA and the Athletic Department use the following safeguards to make every effort to eliminate or minimize injury.

- * All coaches must have a Pupil Activity Supervisor Validation which is obtained from the Ohio Department of Education after passing a First Aid Training course.
- * All coaches must have a yearly update CPR recertification.
- * A certified trainer from O.P.T.A will be in attendance at as many practices and contests as possible. There will also be a doctor and EMT unit at some contests.

All injuries, no matter how seemingly insignificant, should be reported to the coach as soon as possible. The coaches will then make a determination as to how serious the injury is and what further action should be taken. It is the philosophy of the Goshen Athletic Department that all injuries should be taken seriously and that any action is taken on the side of conservatism. The district athletic trainer shall have the final say on whether an athlete can participate and what treatment or care is necessary.

All athletes under a doctor's care must have a signed medical release before participating in any practice or contest. This release should be presented to the district trainer prior to any participation.

Activity Fee

Each student-athlete is required to pay a **\$100.00** Student Activity Fee to the Goshen Board of Education each year. The fee is a yearly fee and is paid only once whether a student participates in one activity or many. Monies collected from this fee are returned to the activity in which the student participates in the form of uniforms, equipment and supplies. This fee must be paid by the first regular season contest of the student's first activity each year. Activity fees can be reimbursed back to the student under certain circumstances such as injury, ineligibility or family transfer as long as the student has not participated in a scheduled contest. Quitting, suspension, expulsion or otherwise dismissal from the activity for disciplinary reasons is not sufficient reason for a refund.

The cost per family for participation fees will not exceed \$ 250.00 in a school year.

Equipment

Every student-athlete is responsible for all uniforms and equipment issued to them during the sport season. The Athletic Department spends a great deal of money annually to provide its student-athletes with the finest available uniforms and equipment. New varsity uniforms and middle school uniforms are purchased when necessary. Since uniforms must fit a variety of athletes each year, they cannot be custom fitted. These uniforms are made and purchased in general sizes. Parents and students must therefore realize that an athlete's uniform may not always be a perfect fit. Uniforms may be tucked at the waist, but should never be altered in any way without the expressed consent of the coach or the athletic director. ***The student-athlete is financially responsible for any items, which are lost, stolen, or otherwise, destroyed or damaged, and must be replaced by the Athletic Department.*** The replacement cost will be determined by the athletic director.

Coaches will designate an equipment and uniform turn in day when a season is concluded. ***If an athlete does not, within good reason, turn his/her uniform in by the designated date, the coach may refer the athlete to a building administrator for possible disciplinary action.***

An athlete's financial obligations are to be met as soon as possible. Until such obligations are met, the athlete will not be issued any other athletic equipment and will have his/her grade card and/or transcript withheld. Seniors will not be permitted to graduate until all financial obligations are paid in full. Parents will be notified by mail of their son or daughter's obligations.

In several sports, athletes will be required to purchase a portion of the uniform such as socks or hats. The purchased items become the athlete's property. Coaches may also make available to Athletes practice apparel or "spirit" apparel. The athlete is under no obligation to purchase these items.

The school and its employees are not responsible for any item(s) left unattended in the locker room. All athletes should keep any valuables locked up. It is recommended that the athlete purchase a combination lock for this purpose.

Tryouts

Tryouts for sports activities will occur on the first day(s) of practice as mandated by the OHSAA. Conditioning may be held prior to the first official day of practice. Attendance at conditioning is not mandatory, but a coach may take attendance. Conditioning is offered to the athlete as a helping head start for the rigorous training during the season. An athlete is expected to be present for the first day of tryouts unless extenuating circumstances exist. These circumstances, such as an injury, must be approved by the coach and/or athletic director. ***An athlete will not be allowed to join any athletic team after tryouts have been held unless approved by the athletic director and/or principal after being petitioned by the coach and/or parents.*** All tryouts are to be of such a length that coaches can make an accurate assessment of any potential player's abilities, attitude and temperament. The tryout shall be of such length that any potential player may have the proper time to exhibit their abilities to the coaches in order to demonstrate their potential as a member of a team.

Cuts. The Goshen Board of Education and the Goshen Athletic Department is committed to providing each and every student-athlete who wishes to participate in an activity with a place on a team. Whenever possible the Athletic Department sponsors teams at every competitive level (7th, 8th, 9th, Reserve and Varsity). However, due to the limitations of some sports (ie., basketball, cheerleading), cuts may be unavoidably necessary. ***It is the coach's responsibility to determine who may be denied participation privileges.*** The criteria for determining "cuts" may be taken from the following:

- * Overall athletic ability
- * Mastery of athletic skills necessary in that sport
- * Academic eligibility
- * Age limitation eligibility
- * Disciplinary record
- * Health considerations
- * Attendance record
- * Any other factors which the coach deems relevant to the makeup of his/her team .

Conflicts Between Extra-Curricular Activities. A student who participates in more than one extra-curricular activity (including a second sport), will undoubtedly encounter conflicts of obligation. Students in these circumstances are expected to make every effort to minimize these conflicts. They should make both coaches and/or advisors aware of the circumstances of the conflict and reach a decision concerning the conflict. Students, parents and coaches/advisors should keep in mind the following when attempting to reach a decision concerning a conflict:

- * The relative importance of each event.
- * The importance of each event to the student.
- * The relative contribution the student can make to either activity.

Once a decision is made and the student follows the dictates of that decision, he/she will not be penalized in any way by the coach/advisor of either activity.

When it becomes obvious that the student cannot fulfill the obligations of each activity or that the demands of each activity are too physically taxing or that the conflicts between activities and/or coaches and advisors cannot be resolved; the student will be advised to withdraw from one of the activities.

Practice

Practice is the cornerstone of competitive interscholastic athletics. Coaches have the responsibility to require every athlete to attend every practice. Practice schedules should be given to each athlete as early in each season as possible so that any conflicts can be resolved. Practices can and may be held Monday through Saturday during the season. Sunday practices can be held only due to special circumstances (Monday contest). Due to family and/or religious obligations, Sunday practice can never be mandatory nor can an athlete be penalized for missing a Sunday practice.

An athlete should consult with the coach before missing a practice. All team members should be made aware by the coach in writing as to what constitutes an excused or unexcused absence from practice. Team members should also be made aware in writing of the consequences of missing practice, which can include suspension or dismissal from the team.

Vacations

Many sports must practice and play interscholastic contests during scheduled district vacations. Most middle school athletic contests are not scheduled during holidays or vacations, however, many high school sports must schedule contests during vacations to complete their schedules. The athlete must consider the commitment made to their team at the beginning of the season and understand that fulfilling that commitment may require certain sacrifices. If conflicts occur, the coach should be informed at the *start* of the season and any consultations and decisions should be made at that time.

Promotions

The Goshen Athletic Department offers freshmen, reserve and varsity teams in a number of sports. Players are placed on different teams according to their age, grade level, skill level or physical development. The OHSAA allows athletes to participate on various team levels as long as they do not violate their imposed limitations. For example, an athlete may play five quarters a night in basketball. These quarters may be divided in any way for the night as long as they do not violate the five-quarter limitation.

Athletes may also move from team to team without penalty. ***It is the sole responsibility of the head coach, in conjunction with the remaining coaching staff, to determine what team an athlete is placed on or moved to.*** Athletes may be moved for a variety of reasons such as injuries to other players or improved skill levels.

Athletes and parents are expected to respect the decisions of the head coach in these situations. Conferences can be arranged to discuss the situation, but the final decision rest solely with the head coach.

Hazing

Hazing or the initiation of new members into an activity is strictly forbidden by the Goshen Board of Education Student Code of Conduct. Violations of this policy by athletes and/or coaches will result in severe penalties, which may include suspension or expulsion from school, and suspension or dismissal from athletics.

The Ohio Revised Code defines hazing as “doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person.” It is a 4th degree misdemeanor if convicted.

Any incidents of hazing should be immediately reported to a coach, the Athletic Director or any other school administrative official. The incident and the individuals involved will be dealt with the utmost immediacy.

Bullying

Harassment, intimidation, or bullying, in accordance with Goshen Board of education policy, House Bill 276 and House Bill 116, mean any intentional written, verbal, graphic or physical acts including electronically transmitted acts i.e., Internet, cell phone, personal digital assistant (PDA), or wireless hand-held device, either overt or covert, by a student or group of students toward other students/school personnel with the intent to harass, intimidate, injure, threaten, ridicule or humiliate. Such behaviors are prohibited on or immediately adjacent to school grounds, at any school-sponsored activity and on school-provided transportation.

Students attending Goshen Local Schools are expected to behave properly towards their fellow classmates. Faculty members and/or coaches will handle incidents of bullying. Bullying incidents may be referred to the principal based on the frequency or severity of the bullying. Once a student is referred to the office, the consequence given is at the discretion of the principal. Consequences may include: a conference, loss of recess (elementary only), Friday school, in school suspension, out of school suspension, or expulsion.

Transportation

The Goshen Board of Education provides transportation to and from all athletic contests and scrimmages.

Students may ride home from a contest only with their parent or guardian. This permission will be granted only in a personal “face-to-face” conference between the parent/guardian and the coach, athletic director and/or proper administrator. Written notes *will be* accepted in lieu of parental permission, and students *are never permitted* to leave with other students. Written permission must include a phone number for contact prior to being granted alternative transportation. Violations of this policy may lead to suspension and/or dismissal from the team.

Students may be provided with alternative transportation (parents/guardian) to a contest only under very special extenuating circumstances. These circumstances must be approved by the athletic director or principal prior to the contest.

All athletes are subject to school bus rules and regulations. Any student who disregards these rules may lose their bus-riding privileges. The bus driver should always be treated with courtesy and respect. The bus driver’s authority should be unquestioned on the bus by athletes and coaches.

Coaches and bus drivers sometimes provide the opportunity to stop for a meal on the way to or coming home from a contest. Parents should be notified if this occurs. When stopping for a meal, either a coach or the driver should remain on the bus to prevent unauthorized boarding which could result in vandalizing or theft.

Postponement or Cancellation of Scheduled Contests

When the Goshen School District closes due to inclement weather or an emergency situation, a decision will be made that day whether to play any scheduled contests. That decision will be made with the administration of the opponent school. Those involved in the decision will be the transportation supervisor, athletic director, principal and superintendent.

Decisions concerning practice will be determined by the coach and athletic director. Practices held on inclement weather days cannot be made mandatory and those students missing practice on those days cannot be penalized. Rescheduling postponed contests is the responsibility of the athletic director who will consult with the coach and principal concerning possible dates.

Early Dismissal. Although not encouraged, at certain infrequent times students may have to be dismissed early from school in order to participate in an athletic event. On those occasions, faculty members will be notified in advance and should provide the student with information necessary to complete any missed work. The student is responsible for completing all missed work in the allotted time allowed by the faculty member.

Quitting

An athlete who quits participation on an established athletic team is not permitted to join another sport or team during that same season. Participation in another season cannot begin until the previous season has ended. This includes conditioning for a sport, which begins in the next season. For example, an athlete who quits the football team cannot participate in conditioning drills with the basketball team until the football season concludes. Athletes who quit a sport are not entitled to any awards or recognition or honors associated with the team.

Dismissal

A coach shall be able to suspend any athlete for up to 10 days for violation of team rules or conduct, which is detrimental to the team or the Goshen School District. The coach can petition the athletic director and/or principal for the athlete's dismissal from the team.

A hearing to dismiss the athlete will be held within 3 days of the petition. The hearing will (or may) consist of the player, his parent(s), the coach, the athletic director and the principal or assistant principal. The coach will present his/her due cause for dismissal and the athlete will be given due process for his/her defense. The athletic director and the principal will determine if the athlete will be dismissed from the team or not.

Awards

All student-athletes are expected to attend scheduled awards presentations as part of their seasons. Any student not in attendance must give good reason to the athletic director and/or principal or forfeit any awards.

Middle school awards:

- * Four –inch monogram “G” for first award with an insert depicting the sport. Although an athlete will be presented with only one monogram, they will receive a metal insert for each sport in which they participate.
- * bar for the second year of participation.

High school awards:

- * An eight-inch monogram “G” and metal insert depicting the sport for a first Varsity award. (Monogram “G’s” will only be awarded once.)
- * A certificate and bar for a second Varsity award.
- * A trophy and a bar for a third Varsity award.
- * A trophy and bar for a fourth Varsity award.

In addition a coach may award any additional certificates and awards that he desires.

The Athletic Department will recognize any athlete who has achieved special honor and status in the following areas:

- * SBAAC Interscholastic All Star
- * SBAAC Academic All Star
- * All District, All Metro or All State media-selected teams
- * SBAAC, Sectional, District, Regional or State Champion
- * District, Regional or State qualifier
- * Scholar Athlete
- * Sportsmanship Award
- * Warrior Award
- * Any other outstanding achievement deemed worthy by the athletic director, coach or principal.

The Athletic Department also awards **the Dennis Cleaver Award** and **the Kathy Irwin Award** annually to the outstanding male and female senior athletes. The criteria for each award is as follows:

* The athletic director contacts each varsity head coach and solicits nominations for each award.

* Nominated athletes are asked to fill out a form, which lists all athletic participation, honors and awards. They must also include an essay detailing the value of high school athletics to their education.

*A panel of five judges will review the forms and essays, which are given to them anonymously, and will select the winner.

**The panel of judges are not Goshen School District employees and are unaware of who the individual athletes are. The athletic director and/or principal will preside over the meeting.*

Criteria for Earning a Varsity letter. To earn a Varsity letter, the participant must attend all practices and contests during the season unless excused by reason of injury or illness or approved absence; and be eligible through the completion of the season. Any athlete quitting or dismissed from the team for any reason forfeits all right to earn a Varsity letter in that sport. In addition, each particular sport has its own criteria determined by the coach.

Baseball/Softball. Each participant must play in at least one-third of the games and/or contribute to the total performance of the team.

Basketball. Participants must have played in at least one-third of the games.

Bowling. Participants must have bowled in a minimum of one-third of the matches.

Cheerleading. Participants must have completed the season in good standing.

Cross Country. Participants must have completed the Varsity season in good standing.

Football. Participants must have played in one-third the quarters (20) of the varsity games or been a special teams or specialist player.

Golf. Participants must have played in one-half of the Varsity matches and/or contributed to the total performance of the team.

Soccer. Participants must have played in one-third of the Varsity games.

Swimming. Participants must have competed in at least two meets during the season.

Tennis. Participants must have participated in one-third the Varsity matches.

Track and Field. Participants must score a minimum number of points determined by the coach or participate in and score points in the league or sectional meet.

Volleyball. Participants must have played in one-third of the varsity matches.

Wrestling. Participants must wrestle in one-half the scheduled matches or wrestle at least two matches in two tournaments.

In addition, any student who acts as a manager or statistician will also meet the criteria for a Varsity letter in that sport.

A. PARENT/COACH/ATHLETE RELATIONSHIPS

The player-coach relationship is one of the most critical relationships in athletics. As a parent, you can have a pronounced effect upon this very important relationship. While you may or may not agree with all decisions of the coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that he/she will return to practice the next day and may carry with him/her a negative attitude when interacting with the coach. In addition, receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practices and games. This in turn, may impede your son/daughter's progress on the team. In your role as a parent, you are obviously concerned about your child's welfare. You want the best for them. However, an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial.

Procedure for Registering a Parental Concern

As a parent you should expect the following from your child's coach:

- * Philosophy of the coach
- * Expectations the coach has for your child as well as all players on the team
- * Locations and times of all practices and contests
- * Team requirements (fees, special equipment, off-season conditioning)
- * Procedure should your child be injured
- * Training rules in addition to those of the Goshen Athletic program
- * Discipline that results in the denial of your child's participation

It is appropriate to discuss the following concerns with a coach:

- * The treatment of your child, both mentally and physically
- * Ways to help your child improve
- * Concerns about your child's behavior
- * Schedule and practice conflict

It is not appropriate to discuss the following issues with the coach:

- * Playing time
- * Team strategy
- * Play calling
- * Other student-athletes

B. PARENT/COACH COMMUNICATION

One of the responsibilities a coach has at the conclusion of a contest is to have a brief meeting with the team. These brief meetings are essential to the learning process involved in athletics. Should parents have questions or concerns, we request that you do not approach the coach immediately after the contest. We request that you wait 24 hours. This can be an emotional time for everyone. Please call the athletic office the day following the contest to make an appointment to meet with the coach at a time convenient to both parties. We ask that all parties approach these meetings in a calm and respectful manner. One approach that cannot be tolerated is to confront a coach before, during, or after a meet or contest in a demanding, disrespectful way. We expect our athletes and our coaches to always show respect to one another. I would expect no less from parents and other adults.

Please follow these guidelines in trying to resolve any appropriate concerns.

1. *Contact the coach and schedule a private conference.* Attempting to discuss a concern following a contest is not appropriate and should not be attempted. Any and all discussion should be private and conducted in an adult and professional manner and not in the presence of other adults or students.

2. *A concern, which has not received adequate attention by the coach, may be presented to the Athletic Director for further review.* This step should only be taken after speaking with the coach first as outlined in step 1.

3. *After the item of concern has been discussed with the Athletic Director, it may be necessary to present the matter to building Principal for resolution.* At this point it may be necessary to consult with the Superintendent for further review if no adequate solution can be reached.

Most concerns can and should be resolved between the parent and coach. The coach deserves the courtesy and respect of attempting to resolve the problem first. However, the parent has the right to pursue a concern beyond the coach if the proper procedure is followed.

C. EMAIL, TEXT MESSAGING, MYSPACE AND FACEBOOK

1. Goshen will set-up a school email account for all coaches. Until this is complete, anyone using his or her own email address to exchange information with athletes and/or parents must cc all messages to the Athletic Director at wakes@goshenlocalschools.org.

2. Fraternalization between District staff and students via the Internet, personal e-mail accounts personal social networking websites and other modes of virtual technology is also prohibited.

3. Coaches will only post messages or pictures involving Goshen students on official Goshen Local School District websites such as FaceBook or other district social media cites.

4. Athletes are not permitted to use or carry cell phones, cameras, laptops or recording devices in locker rooms, without permission of a coach. The coach must be present when electric devices are used.

5. Violation of the aforementioned means of communications will be grounds for immediate termination of your Goshen coaching contract. Students may be dismissed from a team for violations.

D. FRATERNIZATION POLICY

All personnel, teachers and administrators shall avoid fraternizing, i.e., associating socially with students after school hours or outside of school-sponsored events.

Undue familiarity with students lends itself to the perception of favoritism, distrust, envy and disrespect. Personnel shall avoid even the perception of favoritism or partiality regardless of a connection between classroom or school setting and the conduct or activity.

Admission to Contests

Admission prices are set by the SBAAC. Not all athletic contests have an admission price (baseball, softball, crosses country, golf and tennis). Admission prices are:

Varsity Football	Adults	\$6.00	Students	\$6.00
Res./Fresh./ Football	Adults	\$4.00	Students	\$4.00
MS Football	Adults	\$4.00	Students	\$4.00
Var./Res. Soccer	Adults	\$6.00	Students	\$4.00
Var./Res. Volleyball	Adults	\$6.00	Students	\$4.00
7 & 8 Volleyball	Adults	\$4.00	Students	\$3.00
Var./Res. Basketball	Adults	\$6.00	Students	\$4.00
Fr. Basketball	Adults	\$4.00	Students	\$4.00
7 & 8 Basketball	Adults	\$4.00	Students	\$3.00
Var/ Res. Wrestling	Adults	\$6.00	Students	\$4.00
7 & 8 Wrestling	Adults	\$4.00	Students	\$4.00
Varsity Track	Adults	\$6.00	Students	\$4.00
MS Track	Adults	\$4.00	Students	\$4.00

Senior Citizens. All Goshen residents who qualify to be Senior Citizens (age 62) may obtain free admission to all Goshen athletic events. Passes may be obtained at the Athletic Department office at the high school. **Passes are not accepted for tournament contests.**

Red/Gray Cards. Students who qualify each quarter for Red card will receive free admission to all athletic events. Students who qualify for Gray cards will receive half price admission to all athletic events. Qualification for the Red and Gray cards is determined by the principal.

Family Athletic Passes. The Athletic Department offers for sale Family Athletic Passes. The cost for a family pass is **\$250.00 for a family of 4. -Each additional child will be \$25.00.** Each member of the family will be issued a separate pass. These passes are honored at all Goshen High School and Middle School athletic events. These passes are not transferable. The family pass is available each year beginning in August and can be obtained from the Athletic Director.

Single Athletic Passes. This year the Athletic Department will also offer a single athletic pass for one adult **at \$75.00 and one student at \$50.00.** The pass is not transferable and is good for all high school and middle school athletic events. Passes will be available beginning in August from the Athletic Director.

Goshen Athletic Boosters

The Goshen Athletic Boosters is an active adult booster club that provides encouragement and assistance to the Athletic Department. The Boosters provide financial support to our wide variety of programs through concessions and other fund raising activities.

Booster proceeds fund our three annual athletic banquets and have provided video equipment, Coach's apparel, uniforms and equipment.

All parents are urged to become members of the Goshen Athletic Boosters and are expected to actively support their efforts to help our athletes and programs. Regular meetings are scheduled the third Tuesday of each month at 7:30 at the High School

Fund Raisers

Coaches may elect to hold a fundraiser to provide money for uniform articles, which the Athletic Department is not permitted to provide such as T-shirts, hats, shoes or pullover jackets. Money can also be raised for summer camp or summer league fees; equipment or supplies which the Athletic Department has not budgeted for; or any other necessary items that the Head Coach might deem necessary for the ongoing improvement of the program.

Any fundraiser must be submitted to the building principal and the appropriate papers filed with the Treasurer's department for approval. Students and parents should be informed in writing concerning the fundraiser and what will be purchased with the monies. Fundraiser money will be placed in the appropriate accounts and be subject to all state and local guidelines.

Although all member athletes are urged to participate in any team fundraisers, it is not mandatory that they do so.

No student-athlete who is a member of a team may be penalized in any way for not participating in a team fundraiser.

Coaches who elect to hold a fund raising activity are solely responsible for its supervision, and are further responsible for all accounting, fees and debts.

GOSHEN ATHLETICS
STUDENT-ATHLETIC/PARENT CONTRACT

We recognize that healthy sports experiences take commitment from student-athletes and their parents. We agree that the following principles are critical to the support of quality sports experiences in our school. We agree to abide by the policies and procedures in the adopted athletic department handbook.

Student-athletes and parents exhibit good sportsmanship and show respect for everyone associated with the program, including teammates, coaches, support staff, opponents and officials.

Student-athletes and parents understand the value of competition-without-conflict and how to handle success with grace and failure with dignity. The spirit of excellence replaces a “win at all costs” mentality.

Student-athletes and parents recognize that opportunities for college athletic scholarships and professional play are severely limited.

Student-athlete and parents commit to upholding substance abuse policies endorsed and enforced by school

Student-athlete and parents commit to a focus on lifetime health and fitness, including habits of fitness and good nutrition.

Student-athlete and parents appreciate sports opportunities regardless of the degree of success, the level of skill or time on the field.

Student-athlete and parents respect coaches and appreciate the importance of contributing to the team and its success, even when there may be differences of opinion.

Student-athlete and parents attend relevant school meetings to build relationships and support with coaches and athletic directors and to learn first-hand about the expectations for participation in interscholastic athletics.

Parents serve as role models, see the “big picture,” support all programs and athletes and help their student-athletes to do the same.

Student-athlete seeks and parents encourage, participation in multiple sports and activities with academics placed first and foremost.

We know that school sport experiences can contribute greatly to the value and ethics of each player, and that positive sport experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.

PRINT NAME _____ **PRINT NAME** _____

PARENT SIGNATURE
SIGNATURE

STUDENT-ATHLETE

DATE _____ **DATE** _____

**GOSHEN ATHLETIC
SPORTS CONTRACT FOR PARENTS**

We agree to honor and support our student-athletes in a Positive and healthy process:

We agree to abide by the policies and procedures in the adopted athletic department handbook.

Parents are asked to give positive and consistent encouragement and support to their children regardless of the degree of success, level of skill or time in the contest.

Parents need to stress the importance of respect for coaches and emphasize the importance of contributing to the team and its success.

Parents need to attend team meetings at the start of each sports season to learn about the expectations for participation in interscholastic athletics.

Parents must serve as role models, see the “bigger picture”, and support all programs and athletes.

Parents agree to abide by the rules guiding the conduct of sports, modeling the principles for their student-athletes.

Parents ensure a balance in student-athletes’ lives, encouraging participation in multiple sports and activities with academics placed first and foremost.

Parents need to leave coaching to the coaches and should not criticize them, the strategies or team performance. Parents should avoid putting pressure on their children regarding playing time and performance.

School sports experiences can contribute greatly to the values and ethics of each player. Positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.

Print Name _____

Parent Signature _____ **Date** _____

GOSHEN ATHLETICS

SPORTS CONTRACT FOR COACHES

We recognize that school sports experiences can contribute greatly to the values and ethics of each player, Positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship, encourage an active lifestyle and often contribute to academic success.

We are dedicated to making healthy and positive sports programming accessible to every eligible student in our school. We know that coaches are pivotal to quality sports experiences and pledge to uphold the principles listed below.

Coaches will abide by the policies and procedures in the adopted athletic department handbook.

Coaches are the connection between sports and academic learning and sports character development.

Coaches offer motivation and positive communication and assists student-athletes in making good decisions.

Coaches are role models at all times, recognizing her/his profound influence on student-athletes.

Coaches support the complex needs of maturing adolescents, assisting them to develop physically, mentally, emotionally and socially.

Coaches are sensitive to the fact that different approaches will be needed for different individuals, based on their needs, backgrounds, including their age, growth and developmental stage.

Coaches must master the fundamentals of the game and continue to learn using professional development opportunities and mentoring relationships. The learning goes beyond techniques and strategies to include the teaching of ethics and sportsmanship and effective communication with parents.

Coaches recognize the need for balance in the lives of their student-athletes, respecting the needs of the family.

Coaches pledge to provide exceptional opportunities for your student to experience the very best of interscholastic athletics.

Coaches will actively and positively contribute to what our student-athletes know and the character of who they are so that they will graduate, not only good students, but as good people.

E. HEAD COACHING DUTIES AND RESPONSIBILITIES

As a head coach for the Goshen School District, you have the following duties, responsibilities and expectations.

PROFESSIONAL

1. To instruct athletes in fundamental skills, training and strategies necessary to achieve success.
2. Have knowledge of game rules, OHSAA regulations and league stipulations and to implement these on a consistent basis.
3. Obtain valid pupil supervision certificate from the Ohio Department of Education.
4. Obtain a valid CPR certificate.
5. Know and enforce the Goshen School District Code of Conduct and Athletic Department training rules and regulations.
6. Submit a participant list within three days of the start of official practice to the Athletic Director.
7. Pass out and collect from participant's physical, waiver and consent forms.
8. Pass out team rules and Athletic Department Handbooks to all participants.
9. Collect activity fees from each participant before the opening contest.
10. Assign specific duties to and supervise assistant coaches.
11. Establish good public relations with the media, booster clubs, parents and officials.
12. Provide positive information and statistics to the media on a regular basis.
13. Monitor the locker room before and after practice and games until all participants have safely left the building.
14. Secure all doors and windows before leaving facilities.
15. Pass out and maintain records for all equipment and supplies for participants.
16. Report all injuries to the trainer and abide by the trainer's decision.

17. Develop in each athlete a respect for school property and its care.
18. Always be appropriately dressed for practice and games.
19. Always be punctual for practice and games.
20. Collect all equipment and supplies from participant at season's end.
21. Submit an inventory, a list of missing equipment and cost and a needs list for the next season to the athletic director.
22. Attend clinics and seminars to promote professional growth in your sport.
23. Coordinate middle school, freshmen and reserve programs; evaluate their effectiveness and communicate program needs to the Athletic Director.
24. Submit a list of awards and participate in the Awards Banquet.
25. Begin conditioning sessions for your sport at least two weeks before formal practice begins.
26. Develop an off-season program, which will include weight training, camps, leagues, open sessions or any other means of program development.
27. Assist the Principal and Athletic Director with enforcing the district eligibility policy.

Evaluation

All head coaches will have an annual evaluation by the Principal and Athletic Director. In addition, the Athletic Director will conduct an end-of-the-season conference with the head coach to discuss the performance and progress of that program.

Registering a parental concern or the arising of a conflict is covered on page 19 of this handbook.

PRINT NAME _____

Coach's Signature

Date

GOSHEN ATHLETIC INJURY REPORT

Part I

Athlete's Name: _____ Age: _____

Team: _____ Coach: _____

Witness (es): _____

The place of the injury was: _____

Time the injury occurred: _____ Date: _____

Explanation/Description of injury and how it happened: _____

Was this a contest? Yes _____ No _____ or a practice? Yes _____ No _____

Where was the coach(s)? _____

Parents contacted? Yes _____ No _____ Athletic Trainer contacted? Yes _____ No _____

What procedure was followed after the injury was detected? _____

How was the athlete transported? _____

Who was in charge? _____

Note: The report must be filed with the proper administrator within 24 hours of the incident.

GOSHEN ATHLETIC DEPARTMENT

Part II

FOR ATTENDING PHYSICIAN/TRAINER:

Diagnosis: _____

Recommended treatment/rehabilitation: _____

Athlete can return to practice/competition no sooner than: _____

Physician's Signature

Date

ATHLETIC POLICY HANDBOOK SIGN-OFF SHEET

All Goshen Student-Athletes and Parents must sign this form and return it with the appropriate signatures to the Head or Assistant Coach of the first team on which they compete **for each academic year.**

We have read the rules, regulations, policies and procedures for participation in the Goshen Athletic program.

This includes: Varsity, Junior Varsity and non-OHSAA team participation. (i.e. Weightlifting, Cheerleading and Dance). We understand that failure to comply with these rules and policies will result in suspension and may ultimately result in dismissal from participation in the Athletic Program.

Student-Athlete _____ Grade _____
Print Name

Student-Athlete Signature _____
Signature

Parent or Guardian _____
Print Name

Parent or Guardian Signature _____
Signature

Date: _____

This form MUST be returned to the team coach prior to participation. It must be completed once each academic year.

It is the policy of the Goshen local School District that educational activities, extracurricular programs, employment and services shall be offered without regard to race, sex, color, national origin, marital status, religion, disability or age.

This handbook was produced by the Goshen Athletic Department and approved by the Goshen Board of Education in June of 1999. It is reviewed and updated annually by the Athletic Department and approved by the Goshen Board of Education.

(GOSHEN LOCAL SCHOOLS)

Concussion Information Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none">▪ Headaches▪ "Pressure in head"▪ Nausea or vomiting▪ Neck pain▪ Balance problems or dizziness▪ Blurred, double, or fuzzy vision▪ Sensitivity to light or noise▪ Feeling sluggish or slowed down▪ Feeling foggy or groggy▪ Drowsiness▪ Change in Sleep patterns	<ul style="list-style-type: none">▪ Amnesia▪ "Don't feel right"▪ Fatigue or low energy▪ Sadness▪ Nervousness or anxiety▪ Irritability▪ More Emotional▪ Confusion▪ Concentration or memory problems (forgetting game plays)▪ Repeating the same question/comment
--	--

Adapted from the CDC and the 3rd International Conference in Sport

<p>Signs observed by teammates, parents and coaches include:</p> <ul style="list-style-type: none">▪ Appears dazed▪ Vacant facial expression▪ Confused about assignment▪ Forgets plays▪ Is unsure of game, score, or opponent▪ Moves clumsily or displays poor coordination▪ Answers questions slowly▪ Slurred speech▪ Shows behavior or personality changes▪ Can't recall events prior to hit▪ Can't recall events after hit▪ Seizures or convulsions▪ Any change in typical behavior or personality▪ Loses consciousness
--

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion shall be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed	Student-athlete Signature	Date
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Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date
----------------------------------	------------------------------------	------