

Bill B Metz '23  
24Metzb@live.celinaschools.org  
Born: 1/1/2006  
Gender: Male

1 Main  
Celina, OH 45822

School: Celina High School  
Boys Baseball

## Athletic Information Bulletin

Please click to open and read the [Athletic Information Bulletin](#). When you have thoroughly reviewed the policies and contents within and agree to abide by these policies and contents, please indicate you have done so by signing below.

### Required Form Signatures

**Parent/Guardian Signature:**

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

**Student Signature:**

Student must log in to sign.

Signature must match student's name: **Bill Metz**

# Celina City Schools Athletic Department

## HS Athletic Information Bulletin

### Interscholastic Athletic Policy

Section 9.01 Purpose of the Interscholastic Athletic Program of the Celina City Schools.

- A. The athletic program of the Celina City Schools, in its entirety, intends to offer the students of the Celina City Schools the opportunity to develop their individual skills, abilities, and knowledge to the fullest possible extent in the various areas of athletic competition. It is intended to instill and encourage self-discipline, cooperation, and a positive competitive attitude within and among team members. It is intended to function with the interest and support of both participant and observer and of both the student body and the community in general.
- B. The opportunities provided by the athletic program will be available to students without regard to race, creed, color, sex, national origin, and socio-economic station in life.
- C. Federal and State regulations related to the availability of athletic opportunities will be adhered to in accordance with policies of the Celina City Schools Board of Education.

### Student Athletic Conduct Code

#### Part I. Rights and Responsibilities

Students attend Celina City Schools under the direction of state law and with the full benefits of constitutional protection for their rights as citizens. They, therefore, can speak, act, or behave as young citizens within a large scope of options. This code is published in conformity with right to reasonable treatment from the coaches and advisors. The school in turn has the right to expect reasonable behavior from student athletes, managers, cheerleaders, dancers, and statisticians. The term athlete will cover the above five titles.

#### Part II. Rules

Rule 1 - All athletes must meet the eligibility requirements as determined by the Ohio High School Athletic Association and Celina City Schools Board of Education.

Rule 2 - An athlete shall not behave in such unsportsmanlike manner that could cause physical injury or damage to other athletes, other students, school personnel, or school property.

Rule 3 - An athlete shall not possess, handle, transmit, conceal, or use drugs, narcotics, tobacco, e cigarettes or alcoholic beverages/liquor. See Part IV Consequences.

Rule 4 - The athlete shall comply with directions of the coaches, advisor, athletic director, or principal.

Rule 5 - All athletes shall ride the bus to and from athletic events unless otherwise specified procedures have been set up by the coach/advisor, athletic director, or principal.

Rule 6 - Athletes must have ALL forms completed in their FinalForms account **prior to beginning practice. Until these forms are signed by both parent and athlete, individuals cannot participate.**

Rule 7 - The athlete shall not participate in any acts that violate the student conduct code (see school handbook) as set forth by the Celina City Schools Board of Education.

Rule 8 - The athlete shall not participate in any act, criminal or otherwise, that may violate civil law. School officials will work with the Juvenile Court system when situations arise.

Rule 9 - Sports Banquets: All student athletes are required to attend their specific sports banquet/assembly to receive any award unless prior approval is given by the coach or athletic director.

Rule 10 - School Attendance: A student must attend at least one-half of a school day to be eligible unless he/she is excused by the principal. Prior administrative approval must be received to arrive late the day following any extracurricular activity.

Rule 11 – Student athletes' GPAs will be monitored twice a month. When an athlete is in season and his/her GPA falls below a 2.0, the athlete will be required to attend academic study tables.

All head coaches have the right to make rules and regulations beyond these stated rules with the exception of Rule #3. Infractions of this rule are specified in Part IV of the Student Athletic Conduct Code. Student athletes who violate the Athletic Conduct Code or the rules and regulations established by the coach will be denied the privilege of participation. By signing this bulletin, all participants and their parents are aware of the rules/regulations and consequences of any infractions of these rules and regulations prior to participation.

Any student may be suspended from an athletic team practice and competition for a period of time, designated by the principal, for infraction of school rules and regulations or for any other unacceptable conduct in or out of school.

#### Part III. Athletic Training Rule Policy

Once a student has been a member of or tried out for an athletic team at Celina City Schools (7-12) he/she will be considered an athlete and must abide by all rules and regulations. These rules are minimums for participation in athletics at Celina City Schools. Individual coaches, the Celina Athletic Department, or the Celina City Schools have the right to institute additional requirements/guidelines/rules/or penalties for athletic participants at their discretion. Violations in the second half of a season are to be served in the next season of participation. Penalties prescribed as a percentage of the season will be based on the total number of contests for a typical regular season.

A violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses may result in a penalty as provided in the penalties section. Conviction of said act is not necessary to establish a violation of the Athletic Training Rule Policy but will be determined through an independent school investigation.

Participation in athletic programs is NOT a right but a privilege that may be regulated. Therefore, all student athletes who participate in any athletic program(s) offered by Celina City School's Athletic Department will meet these regulations.

Student athletes shall adhere to the approved dress code and physical appearance policies of the school and those additional written codes imposed by his/her particular sport. This dress code is to be such as to prohibit students from displaying obscenities, vulgarity or promotion of drug and alcohol usage, or bring embarrassment to coach, team or school.

The program is in effect for grades 7-12 and all violations will be held cumulatively through graduation.

#### **Part IV. Consequences for violations of Rule 3**

##### First Offense

A student athlete found to be in violation of Rule 3, will result in denial of participation for no less than 20% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to complete a period of not less than four (4) hours of substance abuse programming from Restoration or similar agency for evaluation and counseling. Parental attendance will be required as per the request of Restoration personnel. Any fees assessed by the agency for this service will be the responsibility of the athlete.

**FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCE WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FOR THE REMAINDER OF THE SEASON OR THE NEXT SEASON OF PARTICIPATION.**

##### Second Offense

A second offense will result in denial of participation for no less than 50% of the scheduled contests and the student-athlete must complete the season. Also, he/she will be required to be assigned to Restoration or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

**FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR A PERIOD OF NOT LESS THAN ONE (1) YEAR.**

##### Third Offense

A third offense will result in denial of participation in all athletic programs for a period of one (1) year, from the date of denial. Also, he/she will be required to be assigned to Restoration or similar agency for evaluation and counseling. Any fees assessed by the agency for this service will be the responsibility of the athlete.

**FAILURE TO COMPLY WITH THE ABOVE CONSEQUENCES WILL RESULT IN AN AUTOMATIC DENIAL OF PARTICIPATION FROM ALL ATHLETIC PROGRAMS FOR THE REMAINDER OF HIS/HER HIGH SCHOOL CAREER.**

##### Fourth Offense

A fourth offense will result in denial of participation from all athletic programs for the remainder of his/her high school career.

#### **\*\*\*\*Special Notice\*\*\*\***

When a violation occurs, consequences of the violation must be completed prior to further participation in any program. Quitting a team, to avoid conduct code consequences, does not constitute fulfillment of the conduct code requirements. Consequences of the violation then must be served during the next season of participation.

#### **Part V. Due Process Procedure**

- 1) When an infraction occurs, the coach has the responsibility to discipline the student athlete.
- 2) The coach will meet with the student athlete being disciplined and present him/her with the charges. The student athlete will have an opportunity to explain his/her position.
- 3) If disciplinary action results in denial of participation, the student athlete will be informed in writing of the intended removal and the reasons for the proposed action. Denial of participation will begin twenty-four (24) hours from receipt of this notice. Copy of notice will be sent to the Superintendent.
- 4) The student athlete will be given the right to appeal the decision to an appeals board within twenty-four (24) hours of the official notice. This appeal hearing must be held within seventy-two (72) hours of the appeal request.
- 5) The appeals board will consist of the Celina City Schools Athletic Director, building Student Council Advisor, and a building faculty member.
- 6) The appeals board will be responsible to make a recommendation relative to the appeal to the building principal. During the appeal process the participant WILL NOT BE PERMITTED to participate in the activity.
- 7) The final authority to accept or deny the appeal will be the responsibility of the building principal.

## **Eligibility**

Do not change your course schedule or drop a course without first consulting your school principal or athletic administrator to determine whether it will affect your eligibility.

Eligibility for each grading period is determined by grades received during their preceding grading period.

**FINAL SEMESTER GRADES HAVE NO EFFECT ON ELIGIBILITY**

#### A. Academics

- 1) Students in grades 9-12 must receive passing grades in a minimum of **FIVE (5)** one-credit courses **OR THE EQUIVALENT**, which counts toward graduation, in the immediately preceding grading period.
- 2) A student enrolling in the seventh grade for the first time is fully eligible for the first grading period regardless of previous academic achievement.
- 3) All students in grades 7-12 must comply with all requirements set by the Ohio High School Athletic Association.
- 4) **Students enrolled in College Credit Plus, Virtual, or Home-School programs MUST have their Eligibility Verification form (available in the Athletic Office or school webpage) completed & submitted to the Athletic Dept. EVERY 9 weeks to determine eligibility. Failure to submit verification will result in the student being INELIGIBLE for sports.**
- 5) All students in grades 7-8 who wish to participate in interscholastic athletics must pass five (5) courses in the preceding grading period.
- 6) All students must receive a GPA of 1.5 or higher on a 4.0 grading scale in the immediately preceding grading period.
- 7) A student in grades 7-12 receiving two or more failing grades (F's) in the immediately preceding grading period will be ineligible for the grading period following those grades.
- 8) Individual student-athlete grades will be monitored/checked twice per month (on the 10<sup>th</sup> & 25<sup>th</sup>). Any student-athlete that is below a 2.00 grade point average for that grading period will be required to attend academic study tables.
- 9) Both head coach and student athletes will be notified by the Athletic Office, in a timely manner, of the dates and times that the athlete is required to attend study tables along with any consequences from failure to attend.
- 10) The following consequences will be cumulative per season and apply from failure to attend study tables:
  - a) Only an EXCUSED absence from school or a doctor's note will excuse a student-athlete from academic study tables.
  - b) The first time a student-athlete fails to attend study tables, they will be issued a warning.
  - c) The second unexcused absence will result in being denied participation in a scheduled practice.
  - d) The third unexcused absence will result in being denied participation in one-half of the next scheduled contest.
  - e) A fourth unexcused absence will result in being denied participation for the entirety of the next scheduled contest.
  - f) Consequences for additional unexcused absences shall be determined by the Principal/Assistant Principal and Athletic Director.
  - g) If you fail to attend any study table, your attendance will be required at a Friday makeup session.

#### B. Miscellaneous

- 1) A high school student athlete becomes ineligible the day that they turn 20 years old, and a middle school athlete must not have attained the age of 15 before August 1, to be eligible for the current school year.
- 2) A member of a school team may not participate in a contest as a member of a non-interscholastic team, or as an individual, in the same sport during the school's varsity season.
- 3) Dual participation in the same sports season for OHSAA sanctioned sports is not allowed at Celina City Schools.
- 4) If a student is denied participation in a sport for disciplinary reasons, he/she is ineligible to participate in any other sport during that same season.
- 5) Insurance: Celina City School District does not carry medical insurance for students involved in extra curricular activities. The student's parent/guardian bears the sole responsibility to pay for medical care, which may result from the student's participation in athletics.
- 6) Due process guidelines for extracurricular and co-curricular activities as set forth in the student handbook are applicable to students who are facing ineligibility under this policy.

### Schedule Conflicts

Many students have multiple talents and interests they wish to develop or pursue through participation in District-sponsored activities and groups. Since the District's policy is to encourage such participation, the following guidelines have been established for dealing with potential schedule conflicts a student could experience when participating in more than one (1) activity.

A. Each staff member in charge of a credit course, co-curricular, or extra-curricular activity is to prepare a schedule for any practices, performances, or other after-school obligations involved in participation.

B. By the first day of an activity, students are to be made aware of the schedule of any practices and performances as well as other obligations. Each staff-member-in-charge is to determine which, if any, students will have conflicts with other activities in which they wish to participate.

C. If such conflicts exist, the staff-members-in-charge of the activities in conflict are to meet for the purpose of resolving the conflict. The emphasis should be on modifying the requirements so the student can participate in both activities.

D. If it is not possible to resolve the conflict without seriously undermining the integrity of the activity program, the following procedure is to be followed:

1. If one of the activities provides the student with credit and the other one doesn't, the student and his/her parents are to be made aware of the possible consequences of not enrolling in each activity and of not meeting the obligations for participation.
2. If both activities are credit activities, the student is to be advised to contact the principal or his/her counselor to work out a solution that does not penalize the student.
3. If one of the activities is an after-school, off-shoot of a credit activity but is not, itself, a credit activity, e.g., jazz band from concert band, the requirements for the credit activity may not be imposed as a condition for participating in the noncredit, after-school activity.

E. When the activity or program begins, the students are to be informed of the following:

1. If a student encounters a previously-unforeseen conflict during the semester or season, s/he should inform both staff members in charge as soon as possible in order to increase the likelihood that an accommodation can be worked out.
2. If, during the year, an ad-hoc situation develops which creates a conflict in schedule for a student, s/he should discuss the conflict with principal/counselor who, in turn, will work with the staff members in charge to try to reach an accommodation that is most advantageous to the student and least disadvantageous for the activities involved.
3. If a student is experiencing difficulty in deciding between activities, s/he should make contact with the principal/counselor to discuss the alternatives rather than discuss it with the staff members in charge.
4. Under no circumstances is the student to be intimidated while making a decision by threats of penalties or future consequences.



## Parent/Coach Relationship

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

Communication you should expect from your child's coach.

- 1) Philosophy of the coach.
- 2) Expectations the coach has for your child as well as the rest of the team, etc.
- 3) Locations and times of all practices and contests.
- 4) Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
- 5) Procedure should your child be injured during participation.
- 6) Discipline that results in the denial of participation.

Communication coaches expect from parents.

- 1) Concerns expressed directly to the coach.
- 2) Notification of any schedule conflicts well in advance.
- 3) Specific concern in regards to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs at Celina City Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be appropriate.

Appropriate concerns to discuss with coaches.

- 1) The treatment of your child, mentally and physically.
- 2) Ways to help your child improve.
- 3) Concerns about your child's behavior.
- 4) How they are performing.

Issues not appropriate to discuss with coaches.

- 1) Playing time.
- 2) Team strategy.
- 3) Play calling.
- 4) Other student-athletes.

If you have a concern to discuss with a coach, you should:

- 1) Call to set up an appointment.
- 2) The Celina High School telephone number is 419-586-8300.
- 3) If the coach cannot be reached, call the Athletic Director at ext. 1504. He will set up the meeting for you.
- 4) Please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

### The Next Step

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

- 1) Call and make an appointment with the Athletic Director to discuss the situation.
- 2) At this meeting the appropriate next step, if there is one, can be determined.

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

Bill B Metz '23  
24Metzb@live.celinaschools.org  
Born: 1/1/2006  
Gender: Male

1 Main  
Celina, OH 45822

School: Celina High School  
Boys Baseball

## Drug Testing Policy

Please click to open and read the [Drug Testing Policy](#). When you have thoroughly reviewed the policies and contents within and agree to abide by these policies and contents, please indicate you have done so by signing below.

### Required Form Signatures

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

## **DRUG TESTING POLICY**

### **CELINA CITY SCHOOLS**

The CELINA CITY SCHOOLS Board of Education Drug Testing Policy was formed because of a concern that alcohol and illicit drugs may be used by CELINA Middle and High School students. The CELINA CITY SCHOOLS Board of Education desires to implement a policy which will attempt to provide this district with a safe and healthful student program. This policy reflects the CELINA CITY SCHOOLS Board of Education and the community's strong commitment to establish a truly drug and alcohol-free school program. Because of the pervasive nature of drug use in our local schools, CELINA CITY SCHOOLS have selected student athletes, students who participate in competitive extra-curricular activities, and students who, along with consent from their parents, volunteer to be tested, for inclusion in the testing pool. This policy applies to all athletes, cheerleaders, marching band, concert band, athletic trainers, yearbook, scholastic bowl, musicals, theatre, choral music, dance team, spirit squad, mock trial, student council, FBLA, FTA, Literary Magazine, National Honor Society, BPA, FCCLA, Skills USA, SADD, and students parking on school property from grades 7-12.

#### **PURPOSE OF THIS POLICY SHALL BE:**

1. To provide a healthy and safe environment to all students participating in the athletic and extracurricular programs.
2. To discourage all students from using drugs and alcohol.
  - a. Students will assume all responsibility for regulating their personal lives in ways that will result in their becoming healthful members of a team and worthy representatives of the school and community.
3. To provide students with the opportunity to become leaders in the student body for a drug-free school.
4. To provide solutions for the student who does use drugs and alcohol.
5. To provide the school with positive guidelines and disciplinary policies for violations of the drug-free policy.
6. To encourage those students who participate in athletic and extracurricular programs to remain drug-free and alcohol-free.

The program does not affect the current policies, practices, or rights of the District regarding student drug and/or alcohol possession or use, where reasonable suspicion is established by means other than drug testing through this policy.

Students involved in extra-curricular and co-curricular activities need to be exemplary in the eyes of the community and other students. The drug testing and education policy is designed to create a safe, drug-free environment for students and assist them in getting help when needed. Students risk the loss of continued participation in extra-curricular activities. Students will not be suspended or expelled from school as a result of any certified "positive" test conducted by his/her school under this program.

No student will be penalized academically for testing positive for banned substances.

Any student in grades seven (7) through twelve (12) and his/her parent(s) or legal guardian(s) must first sign a drug testing/informed consent agreement form in order to be eligible to participate in any one (1) or combination of the following:

- A. drive a motorized vehicle to school
- B. athletics
- C. extra-curricular activities other than athletics
- D. curriculum-related activities

## DEFINITIONS

1. **STUDENT ATHLETE**  
Any person participating in the CELINA Middle and High School athletic program and/or contests under the control and jurisdiction of the CELINA CITY SCHOOLS and/or the Ohio High School Athletic Association (OHSAA). This policy also includes Cheerleaders and members of the Dance Team.
2. **EXTRACURRICULAR AND CO-CURRICULAR**  
Any activity of a competitive nature that does not involve a grade.
3. **ATHLETIC SEASON**  
In-season start dates will begin as published by the Ohio High School Athletic Association or sanctioning organization and continue until the completion of awards program for that sport for the CELINA CITY SCHOOLS. There are three athletic seasons: Fall, Winter, Spring. Once entered, the student will participate in the drug testing program for one calendar year from date of signing consent.
4. **RANDOM SELECTION**  
A system of selecting students for drug and alcohol testing in which each student shall have a fair and equitable chance of being selected each time selections are required.
5. **ILLEGAL/ILLICIT DRUGS**  
Any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer. We may also test for Nicotine and Steroids.
6. **ALCOHOL**  
Any intoxicating liquor, beer, wine, mixed beverage, or malt liquor beverage as defined in the Ohio Revised Code Section 4301.01. The term "alcoholic beverage" includes any liquid or substance, such as "near beer" which contains alcohol in any proportion or

percentage. The term “alcoholic beverage” does not include a substance used for medical purposes in accordance with directions for use provided in a prescription or by the manufacturer and in accordance with school district policy and rules related to the use of prescription and non-prescription drugs, provided the substance is a) authorized by a medical prescription from a licensed physician and kept in the original container, which shall state the student's name and directions for use or b) an over-the-counter medicine.

## TYPES OF TESTING

### 1. RANDOM TESTING

In-session random testing shall be done throughout the season. A student may be tested more than once per season. In the event of a positive result, the specimen will be sent to a laboratory for confirmation of results and a certified Medical Review Officer will determine the results.

a. Random selection of students:

*The Athletic Director, under the Principal's supervision, will use a system to ensure that students are selected in a random fashion. This system may include computer generated random numbers or names or by pulling numbers from a pool of numbers equal to the number of eligible student athletes.*

b. Scheduling of random testing:

Random testing will be unannounced. The day and date will be selected by the Athletic Director and confirmed with the building administrator. Random testing may be done weekly.

### 2. DRUGS FOR WHICH STUDENTS MAY BE TESTED:

LSD, Alcohol, Marijuana, Amphetamines, Methadone, Anabolic Steroids, Methaqualone, Barbiturates, Nicotine (Tobacco), Benzodiazepines, Opiates, Cocaine, Propoxyphene (Darvon), or Any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer.

### 3. COLLECTION PROCESS (Urine Screens) Other testing types may apply.

The student will be notified to report to the collection site. A specimen from the student will be collected as follows and all students must follow this process:

All students must have a picture ID or be identified by the Athletic Director or Principal. No exceptions will be allowed.

Drug testing area must be secured during the testing.

Only lab technicians, designated school administrator and students will be witness to the test.



Privacy must be kept for all students.

*The Athletic Director/Principal is responsible for ensuring that all forms are completed and signed by both parent/guardian/custodian and student. No student is to enter the collection site until forms are completed and proper ID are obtained.*

When students arrive and cannot give a sample, they will need to start drinking water, pop or juice. After 36 oz. the human body will need to urinate.

No bags, backpacks, purses, cups, containers or drinks will be allowed to enter the collection area. All coats, vests, jackets, sweaters, hats, scarves or baggy clothing must be removed before entering the collection site. Only pants and t-shirts or dresses may be worn in the collection area. Any infringement of the rules will result in the student taking the test over.

Students processed by the lab technician who cannot produce a sample will be kept in a secured area to wait until they can test. If they leave this area they will not be allowed to test. They are not to have contact with anyone until after the sample is given.

Students will be asked to hold out their hands and a sanitizer will be put on their hands or will wash hands with water. The bathroom personnel will add a dye to the toilet.

Students will be asked to urinate directly into the collection cup given to them by the lab personnel. The lab technician will stand outside the stall and listen for normal sounds of urination.

Any and all adulterations of the specimen will be detected and considered the same as a test refusal or 1st time infraction. (The lab checks every sample for adulteration, such as additives you drink or add to urine to change the sample.)

Adulterations: We will treat adulterations and diluted samples as first time offenses. They are not called positives but have the same consequences. A retest will be required within 24 hours.

Any suspicion of tampering with the sample will be brought to the tester's attention. The sample will be screened or sent to the lab for immediate confirmation of tampering.

The sample must be taken in one attempt and be at least 30 ml in size. The student must hand the cup to the lab technician.

Students are not to flush the toilets or urinals. In the event that a student flushes the toilet he or she will be required to give a new sample immediately or the sample will be invalid.

With student watching, the lab technician will recap the sample and hand it to the student who must then return it to the intake technician. In the event that the student does not hand the cup directly to the intake technician, the sample is invalid and a new sample must be taken. If the student leaves the collection area or has contact with anyone, the sample will be invalid and the student will have to give another sample.

“Willful” violation of this process may result in 1<sup>st</sup> offense/refusal consequences.

This collection procedure is subject to change because of procedural requirements by the testing agency. The School Board reserves the right to change the collection procedure to coincide with the testing guidelines set forth by the testing agency.

When using rapid screens, all non-negative screens will be sent out with a chain of custody to a certified laboratory for confirmation. A Certified Medical Review Officer will verify the positive test.

4. RESULTS OF A POSITIVE TEST

Any positive urine drug test results will be made known to the building administrator, who in turn will notify the parents/guardians/custodians and student.

5. IF A POSITIVE TEST OCCURS—ATHLETICS (NON-ATHLETICS, SEE #6):

**The 1st violation**

For the first positive result, the student athlete will be given the option of:

- A) The student will have to make an appointment with a certified chemical dependency counselor (or at an agency certified by the Ohio Department of Health or the Ohio Department of Alcohol and Drug Addiction Services) for 4 hours of chemical dependency assessment/evaluation/counseling. The parent/guardian/custodian is responsible for all expenses and for providing the Athletic Department with documentation that the athlete completed all recommendations of the counselor. The athlete will be denied participation for a minimum of 20% of the season and must complete the season. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to weekly or random testing for the remainder of the current athletic season. Failure to comply with these consequences will result in an automatic denial of participation for the remainder of the season or the next season of participation.

OR

- B) Denial of participation for the remainder of the current season and for that year. Consequences of the violation must be completed prior to further participation in any program. Quitting a team, to avoid conduct code consequences, does not constitute fulfillment of the conduct code requirements. Consequences of the violation then must be served during the next season of participation.

#### **The 2nd violation**

The student is denied participation for 50% of the scheduled contests and the student athlete must complete the season. Also, he/she will be required to obtain 4 hours of counseling. The parent/guardian/custodian is responsible for all expenses and for providing the Athletic Department with documentation that the athlete completed all recommendations of the counselor. Failure to comply with the above consequence will result in an automatic denial of participation from all athletic programs for a period of not less than one year.

#### **The 3rd violation**

The student is denied participation in athletics for a period of one (1) year, from the date of denial. Also, he/she will be required to obtain 4 hours of counseling. The parent/guardian/custodian is responsible for all expenses and for providing the Athletic Department with documentation that the athlete completed all recommendations of the counselor. Failure to comply with the above consequence will result in an automatic denial of participation from all athletic programs for the remainder of his/her high school career.

#### **The 4<sup>th</sup> violation**

The student is denied participation from all athletic programs for the remainder of his/her high school career.

Violations are accumulative throughout the student's secondary school career. When a violation occurs, consequences of the violation must be completed prior to further participation in any program. Quitting a team, to avoid conduct code consequences, does not constitute fulfillment of the conduct code requirements. Consequences of the violation then must be served during the next season of participation.

6. IF A POSITIVE TEST OCCURS—NON-ATHLETICS:

Consequences at the discretion of the Celina High/Middle School administration and/or staff advisor(s) which may include the revocation of the participation and attendance from school dances, prom, homecoming, field trips, extracurricular activities (sports, band, choir, clubs, theatrical performances, etc.), parking on school property, and graduation ceremonies.

# CELINA CITY SCHOOLS INFORMED CONSENT AGREEMENT

STUDENT NAME \_\_\_\_\_

GRADE \_\_\_\_\_

## AS A STUDENT:

- I understand and agree that driving a motorized vehicle to school, participation in athletic, extra-curricular, and curriculum-related activities is a privilege that may be withdrawn for violations of the CELINA CITY SCHOOLS Drug Testing Policy.
- I have read the Drug Testing Policy and thoroughly understand the consequences that I will face if I do not honor my commitment to the Drug Testing Policy.
- I understand that when I participate in any covered program, I will be subject to random drug & alcohol testing, and if I refuse, I will not be allowed to practice or participate in any covered program activities. I have read the informed consent agreement and agree to its terms.
- I understand this agreement is binding while I am a student in the CELINA CITY SCHOOLS system.

\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE

## AS A PARENT/GUARDIAN/CUSTODIAN:

- I have read the CELINA CITY SCHOOLS district drug testing policy and understand the responsibilities of my son/daughter driving a motorized vehicle to school, participation in athletic, extra-curricular, and curriculum-related activities in the CELINA CITY SCHOOLS district.
- I pledge to promote healthy lifestyles for all students in the CELINA CITY SCHOOLS system.
- I understand that my son/daughter, when participating in any covered program, will be subject to random urine drug and alcohol testing, and if he/she refuses, will not be allowed to practice or participate in any covered activities. I have read the informed Consent Agreement and agree to its terms.
- I understand this agreement is binding while my son/daughter is driving a motorized vehicle to school, participating in athletic, extra-curricular, and curriculum-related activities in the CELINA CITY SCHOOLS district.

\_\_\_\_\_  
PARENT/GUARDIAN/CUSTODIAN SIGNATURE

\_\_\_\_\_  
DATE



## **INFORMED CONSENT AGREEMENT**

We hereby consent to allow the student named to undergo drug testing for the presence of illicit drugs, alcohol, or banned substances in accordance with Policy and Procedures for Drug Testing of the CELINA CITY SCHOOLS District.

We understand that testing will be administered in accordance with the guidelines of the CELINA CITY SCHOOLS District Drug Testing Policy for students.

We understand that any sample taken for drug testing will be tested only by a Board approved company.

We hereby give our consent to the company selected by the CELINA CITY SCHOOLS Board of Education, its employees, or agents, together with any company, hospital, or laboratory designated to perform testing for the detection of drugs.

We further give our consent to the company selected by the CELINA CITY SCHOOLS Board of Education, its employees, or agents, to release all results of these tests to designated School District employees or agents. We understand that these results will also be available to us upon request.

I, the student, hereby authorize the release of the results of such testing to my parent/guardian/custodian.

We hereby release the CELINA CITY SCHOOLS Board of Education, its employees or agents from any legal responsibility or liability for the release of such information and records.

This will be deemed a consent pursuant to the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. 1232g as amended, and the Ohio Revised Code 3319.321, for the release of the test results as authorized by the Informed Consent Agreement or as required by law.

## Warning of Potential Injury

Your involvement in interscholastic athletics at Celina City Schools is appreciated and we hope your experiences are pleasant and rewarding.

Over 4 million students participate in interscholastic activities across the nation and while there are numerous benefits from this participation, you are assuming certain risks. In fact, it is nearly 100% certain that all who participate will experience some type of injury during the course of their athletic career. Although many of these injuries are short term, many of these injuries may be long term and could result in permanent disability. The risks are greater in contact activities where chances of injury to the head, neck, and spinal cord are greatest. As a result, rules and regulations are designed to protect all participants. Examples of these rules are:

1. Participants must wear the proper equipment.
2. Participants must be properly conditioned.
3. Proper sports techniques must be utilized.
4. Participants must exercise good judgment at all times.

With these thoughts in mind, we urge parents/guardians and students to think about the risks involved before participating in our interscholastic athletic program. In this regard, **please read and sign the form below. This form must be signed before an athlete can practice or participate in an interscholastic activity.**

### Acknowledgement of Warning By Student

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

### Acknowledgement of Warning By Parent/Guardian

We/I, the parents/guardians of **Bill Metz**, do hereby acknowledge that we/I have been fully advised, cautioned and warned by the proper administration and coaching personnel of the Celina City Schools that our/my child named above may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death by participating in athletics. Notwithstanding such warnings, and with full knowledge and understanding of the injury to our/my child named above which may result, we/I give our consent to our/my child to participate in athletics at Celina City Schools.

### Required Form Signatures

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**

# Sportsmanship Expectations for Spectators

EACH SPECTATOR is expected to:

- A. Remember that s/he is at a contest to support and yell for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- B. Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student—athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- C. Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- D. Learn the rules of the game, so that s/he may understand and appreciate why certain situations take place.
- E. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in his/her own home.
- F. Refrain from taunting or making any kind of derogatory remarks to the opponents during the game, especially comments of ethnic, racial, or sexual nature.
- G. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- H. Recognize and show appreciation for an outstanding play by either team.
  - I. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
- J. Use only those cheers that support and uplift the teams involved.
- K. Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
- L. Be a positive behavior role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

Any form of unacceptable behavior by any student is subject to discipline which may include removal from the event, suspension of participation in all athletic events for a season or school year, suspension from school, and/or referral to the police. Unacceptable behavior by non-student spectators may result in removal from the event, denial of admission to school athletic events for a season or school year, or referral to local authorities.

## Required Form Signatures

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

Bill B Metz '23  
24Metzb@live.celinaschools.org  
Born: 1/1/2006  
Gender: Male

1 Main  
Celina, OH 45822

School: Celina High School  
Boys Baseball

## Parent's Consent

We have read the Required Athletic Forms for athletes in Celina High School and have had the opportunity to review its contents with school administrators if we wished to do so. We understand the information contained within these bulletins and realize that we will be expected to fulfill our responsibilities in compliance with the rules set forth. We also authorize the release of information from the Mercer County Juvenile Court to the school principal during the time period these training rules are in effect.

### Required Form Signatures

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**



# OHSAA Preseason Meeting Presentation

Please click to download and review the following informational slideshow/pdf:

[OHSAA Preseason Meeting Presentation](#)

When you have completed the presentation, please indicate you have done so by signing below.

**Please Note:** Athlete and Parents are still required to attend the mandatory pre-season meetings on eligibility.

## Required Form Signatures

By signing, I am stating that I reviewed the OHSAA Preseason Meeting Presentation in full regarding OHSAA eligibility and bylaws.

### Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

### Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**

Bill B Metz '23  
24Metzb@live.celinaschools.org  
Born: 1/1/2006  
Gender: Male

1 Main  
Celina, OH 45822

School: Celina High School  
Boys Baseball

---

## OHSAA Athletic Department Student Information & Eligibility Checklist

Before you participate in a sport, you must be eligible. Please click on and review the **OHSAA Student Athlete Eligibility Guide** and then complete the following checklist. For questions, see your principal or athletic administrator.

**Bolded\*** responses will likely mean you are NOT eligible.

O.H.S.A.A. Eligibility Information

---

Are you currently enrolled in a Celina City School District school, an OHSAA member high school, or participating in accordance with state law?	<input type="radio"/> Yes <input type="radio"/> No*
Are you enrolled in at least five one credit courses or the equivalent, each of which counts toward graduation?	<input type="radio"/> Yes <input type="radio"/> No*
Did you receive passing grades in at least five one credit courses or the equivalent, each of which count toward graduation, during your last grading period? (If your last grading period was in 8th Grade, please click 'Yes')	<input type="radio"/> Yes <input type="radio"/> No*
Does a biological and/or adoptive parent live in Ohio?	<input type="radio"/> Yes <input type="radio"/> No*
Have you ever changed high schools?	<input type="radio"/> Yes <input type="radio"/> No
Have you been enrolled in high school for more than eight semesters?	<input type="radio"/> Yes* <input type="radio"/> No
Will you turn 20 years old during this current school year?	<input type="radio"/> Yes* <input type="radio"/> No
Have you received an award, equipment or prize valued at greater than \$400 per item per source?	<input type="radio"/> Yes* <input type="radio"/> No
Are you competing under your true name and have you provided your school with your correct home address?	<input type="radio"/> Yes <input type="radio"/> No*
Have you competed in a <u>mandatory</u> open gym/facility, conditioning or instructional program?	<input type="radio"/> Yes* <input type="radio"/> No
Have you been coached or been provided instruction <u>by a school coach</u> in a team sport for more than 10 days between June 1 and July 31 outside of the guidelines outlined in Sections 7, 8, 9, 10 & 11 of the <u>OHSAA General Sports Regulations</u> ?	<input type="radio"/> Yes* <input type="radio"/> No
Have you been competing on a non-school team or in non-school competition as an individual <u>during your school team's season</u> in the same sport?	<input type="radio"/> Yes* <input type="radio"/> No
Have you been recruited for athletic purposes to attend this school?	<input type="radio"/> Yes* <input type="radio"/> No
Have you ever used anabolic steroids or other performance-enhancing drugs?	<input type="radio"/> Yes* <input type="radio"/> No

IF ANY CHANGES TO THE ABOVE INFORMATION SHOULD OCCUR DURING THIS SPORTS SEASON, PLEASE UPDATE THIS FORM AND NOTIFY YOUR HEAD COACH AND THE DISTRICT ATHLETIC DIRECTOR IMMEDIATELY. FAILURE TO DO SO COULD AFFECT YOUR ELIGIBILITY TO PARTICIPATE IN THIS SPORT AND POSSIBLY CAUSE FORFEITURE OF CONTESTS.

### Required Form Signatures

Please read all the training rules and eligibility requirements contained in your athletic handbook before signing this form. Your signature indicates that you have read and you are aware of your responsibilities as a Celina City School District athlete. Likewise, the parent(s) and/or guardian(s) signature indicates an acknowledgement of the responsibilities of a Celina City School District athlete.

**Parent/Guardian Signature:**

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

**Student Signature:**

Student must log in to sign.

Signature must match student's name: **Bill Metz**



2019-20 Edition

## Eligibility Guide For Participation In High School Athletics

Published by the Ohio High School Athletic Association (revised 5/1/19)

Ohio High School Athletic Association

### Overview

Participating in your school's interscholastic athletics program will provide some of your most memorable and enjoyable moments ever. Since your school is a member of the Ohio High School Athletic Association, there are standards that must be met in order to be eligible to compete.

The essential eligibility requirements in this publication are **only a summary** of some of the regulations affecting student eligibility. OHSAA eligibility requirements are published in the *OHSAA Handbook*, which can be found in the offices of your principal, your athletic administrator and on the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)). Your school district also has the authority to establish additional eligibility standards, including academic and codes of student or athletic conduct.

Any questions you have concerning OHSAA standards or your athletic eligibility should be reviewed with your school principal or athletic administrator. **You should also meet with these administrators EVERY TIME before you change your course schedule or drop a course.** If you are a transfer student, you must ensure that you and your school administrators have submitted all forms, if applicable, to the OHSAA Office in Columbus.

The bylaws and regulations, including the eligibility standards, of the OHSAA are annually adopted by each member school as a required condition of membership within the Association. You are urged, as a student-athlete, to review these standards carefully since you are responsible for compliance with these standards.

Best wishes as you learn the valuable lessons that come with your participation in interscholastic athletics!

Student-athletes and parents have the opportunity to ask school administrators questions on OHSAA and school eligibility requirements, the school's Athletic Code of Conduct policy and other issues during preseason meetings that the OHSAA requires schools to hold no later than two weeks after the beginning of each sports season. Meetings should include showing a presentation prepared by the OHSAA that reviews key student eligibility issues, healthy lifestyles, sporting behavior, concussion management and sudden cardiac arrest.

OHSAA Regulations On

### Scholarship

In order to be eligible for the first grading period upon entrance into grade 9, you must have received passing grades in a minimum of five (5) classes in the immediately preceding grading period.

In order to maintain eligibility for grades 9-12, you must have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period. In addition:

- Summer school, College Credit Plus and other educational options (e.g. work permitted after the conclusion of the grading period) may not be used to bring a student into compliance with scholarship bylaws, nor can they be used to compensate for lack of courses taken in the preceding grading period.
- Your semester or yearly grades have no effect on OHSAA eligibility (although they could, depending upon your school's official grading periods). OHSAA eligibility is dependent upon grades received in the immediately preceding grading period.
- Those taking postsecondary school courses, including College Credit Plus, must comply with OHSAA scholarship regulations.
- The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. **Note:** Check with your principal or athletic administrator for the exact date that eligibility will be determined.

OHSAA Regulations On

### Semesters

After establishing ninth-grade eligibility, you are permitted only 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.
- There are exceptions to this regulation, so please arrange a meeting with your principal or athletic administrator to review these exceptions.



### OHSAA Regulations On

## Age

When a high school student (grades 9-12) turns 20 years of age, he/she becomes ineligible for interscholastic athletics.

- There is an exception to this bylaw, so please arrange a meeting with your principal or athletic administrator to review this exception within Bylaw 4-2-1.

### OHSAA Regulations On

## Residence

If your parent(s) or legal guardian live outside of Ohio, you are ineligible unless one of the exceptions to the residence bylaw is met. These exceptions to the out-of-state residency bylaws are found within Bylaw 4-6.

### OHSAA Regulations On

## Non-Enrolled Students

Legislation permits non-enrolled students (home educated, non-public, community school, STEM students) to have participation opportunities at the public high school that the student would be entitled to attend under the tuition statute, i.e., the school located in the parents' residential district or attendance zone for multiple high school districts. There is an additional option for home-educated and non-public school students. If you are participating via this legislation, note that the language says you shall be given the "same opportunities" to participate – not greater opportunities – and that you must meet the same eligibility requirements as other students. In addition, once you establish eligibility at a high school, a transfer to a different high school means you may lose eligibility for interscholastic athletics for a period of time at your new school.

For more information on participation opportunities for non-enrolled students, go to the Eligibility section of the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)).

### OHSAA Regulations On

## Transfers

Once your eligibility is established at a high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics for a period of time at your new school. For the specifics on the period of ineligibility, visit [www.ohsaa.org](http://www.ohsaa.org).

- If you are new to this school as a transfer student, all required paperwork must be submitted to the OHSAA by your school administrator, if applicable, and, depending on your situation, the state office may have to grant approval for eligibility. Immediate eligibility insofar as transfer is concerned will be granted only if one of the exceptions to the OHSAA transfer regulation has been met or if you have not participated in the sport within 12 months immediately preceding your transfer.
- To determine if you qualify for an exception or you have other questions on these regulations, arrange a meeting with your principal or athletic administrator. If questions remain, ask them to contact the OHSAA.

### OHSAA Regulations On

## International & Exchange Students

If you are not a United States citizen, you are ineligible unless one of the exceptions to the International & Exchange student bylaw is met. These exceptions to the bylaw are found within Bylaw 4-8.

### OHSAA Regulations On

## Amateurism/Awards

You may receive awards valued at \$400 or less from any source as a result from participation in any sport in which you are an interscholastic athlete. You may never accept cash awards, however.

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

- Compete for money or other compensation.
  - Capitalize on your athletic fame by receiving money, merchandise or services.
  - Sign a contract or make a commitment to play professional athletics.
  - Receive services, merchandise or any form of financial assistance from a professional sports organization.
  - Compete with a professional athletics team even if no pay is received.
  - Enter into an agreement with a sports or marketing agent.
- Expenses for travel, meals and lodging may be accepted provided they are available to all participants and they are not contingent upon your team's and/or your finish. A form is available at [www.ohsaa.org](http://www.ohsaa.org) to maintain amateur status and must be submitted to the OHSAA.

### OHSAA Regulations On

## Recruiting

You may be declared ineligible if you are recruited by a person or group of persons to transfer to or enroll in a high school for athletic purposes. This may include your transferring to a school at which one of your former school coaches has been hired. In addition, any attempt by you to recruit a prospective student-athlete for athletic purposes is also prohibited. A violation may also affect the eligibility of the school team.

### OHSAA Regulations On

## Open Gyms/Facilities

School officials may designate open gyms/facilities, the sport to be played, the grade levels involved and may also limit participants to those from your school. You may participate in open gyms/facilities, but remember:

- No one from the respective school may be excluded from participating;
- No one shall be required to attend;
- No school officials may invite selected students or determine the teams;
- No school officials may transport students to or from either school or non-school facilities;
- No timing or written scoring may be kept, and
- No coaching or instruction may be provided.

The OHSAA may impose penalties against you, your school and/or your coach for violating these regulations.

## OHSAA Regulations On False Information

If you compete under a name other than your own or provide false information in an attempt to establish athletic eligibility, you may immediately become ineligible.

## OHSAA Regulations On Instruction

There are restrictions on the instruction you can receive from school coaches outside of your season. Some of these regulations are also different for team sports vs. individual sports. Before receiving instruction outside the season from your school coaches, visit [www.ohsaa.org](http://www.ohsaa.org), go to the General Sports Regulations and review the section on Individual Skill Instruction to ensure all regulations are being followed. Some other key notes on these regulations:

- Besides during the season of your sport, school coaches may also provide team instruction for a maximum of 10 days between June 1 and July 31. This would include such activities as volleyball, field hockey, soccer, basketball, ice hockey, lacrosse, baseball or softball teams competing in tournaments or 'shootouts;' football teams participating in 7-on-7's, or coaches conducting or taking teams to instructional camps.
- Between August 1 and May 31 and outside defined "no contact periods," school coaches may also provide individual instruction outside the season of play. There are restrictions for team sports and some individual sports, so review the OHSAA's Individual Skill Instruction regulations to ensure all standards are being followed.
- Individual skill instruction from non-school coaches may be received in any sport by a squad member at any time in individual or group lessons *provided* that this instruction does not violate any Board of Education, school administrators' or coaches' policies.
- It is a violation if a coach suggests your participation in instructional programs outside the school season is mandatory.

## OHSAA Regulations On Non-School Teams

**If you compete on a non-school team or in non-school competition as an individual in the same sport during your school team's season (example: non-school soccer during the school's soccer season), you may lose eligibility.** There are also certain restrictions regarding tryouts, practices and competitions with non-school teams before, during and after your school season. Before participating with a non-school team, visit [www.ohsaa.org](http://www.ohsaa.org), go to the General Sports Regulations and review the sections on Non-School Programs/Teams to ensure all regulations are being followed. Some other key notes on these regulations:

- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball) may not

participate in an athletic contest, tryouts or any type of team or group training or practices on or with a non-school squad in the same sport during the school's interscholastic season once you become a member of the school team. ***This would include college teams and/or college tryouts.***

- In the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field and wrestling, however, you may practice and try out for a non-school team but **may not compete in a contest during your school season.**
- A member of an interscholastic squad in a team sport (baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball and volleyball) may try out, practice and compete on non-school teams before and after the school season from August 1 to May 31 (there are exceptions for baseball and softball) provided:

The OHSAA's '50 percent limitation' regulation is maintained, meaning the number of students from the same school team on the roster of the non-school team is limited to five (5) students in the sports of soccer, field hockey, ice hockey and lacrosse; four (4) students in the sports of baseball and softball; three (3) students in the sport of volleyball, and two (2) students in the sport of basketball. ***School football team members are prohibited from competing on non-school teams except from June 1 to July 31. All football activities during the June 1 to July 31 period must be non-contact and the only football equipment permitted are helmets and cleats.*** **Note:** Seniors are exempt from these limitations after the conclusion of their sport season.

- 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.
- Check the OHSAA Sport-by-Sport Regulations (available at [www.ohsaa.org](http://www.ohsaa.org)) for the date you must cease participation on non-school teams in order to be eligible for OHSAA tournament competition along with penalties for non-compliance with this date.

## OHSAA Regulations/Guidance On Alcohol, Tobacco, Drugs and Steroids

The OHSAA does not permit the use of any form of alcohol, tobacco or illegal drugs at the site of any interscholastic contests. Besides the health risks involved, use of any of these items will result in you being disqualified from contests and likely facing additional school and legal penalties. There are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance. If you use anabolic steroids or other performance-enhancing drugs of which the OHSAA is aware, you are ineligible for interscholastic competition until medical evidence indicates that your system is free of these drugs.

Another prominent issue is the use of supplements. The increased availability of these items allows student-athletes access to a wide variety of products aggressively marketed in fitness and strength training magazines and websites. Often their marketing campaigns include promises, endorsed by faulty research claims, of extraordinary weight loss, explosive power or tremendous strength gains. It is important for coaches, athletic administrators and parents to educate themselves about what substances student-athletes may be using and about the potential risks involved with uneducated supplement use.

The OHSAA website, [www.ohsaa.org](http://www.ohsaa.org), offers a wealth of information for parents, coaches and students about these topics and other healthy lifestyles/sports medicine issues.

### OHSAA Regulations On Preparticipation Evaluations and Consent Forms

Before the student's first practice (or prior to the student's first participation should he/she join the team after the season has started), each student must have had a physical examination within the past year and an examination form signed by a medical examiner must be on file at your school. Ask your athletic administrator or licensed athletic trainer about the electronic preparticipation evaluation, the PrivIT Profile, that the OHSAA has launched.

- Physical examinations are valid for participation for 13 months from the date of the exam except for those that take place from May 1-June 1. Those exams are valid for one year plus through the end of the next school year's spring sports season.

In addition, no student will be eligible unless that student and his or her parents have signed the OHSAA Authorization Form, the OHSAA Eligibility & Authorization Statement, the Concussion Form and the Sudden Cardiac Arrest Form, all of which must be on file at your school.

### OHSAA Regulations and Expectations On Concussion and Sudden Cardiac Arrest Management

It is everyone's responsibility to take the necessary precautions to reduce the likelihood of brain injuries and sudden cardiac arrest.

In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion, such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the contest or practice and shall not return to play that same day. Thereafter, the student shall not return to practice or competition until cleared with written authorization from a physician or health care provider approved by the local board in accordance with state law.

Sudden Cardiac Arrest (SCA) is the most common

cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.

Each school is required to review both its concussion and sudden cardiac arrest management protocols with students and their parents; each student and his or her parent(s) must review and sign both the Ohio Department of Health's "Concussion Information Sheet" and a "Sudden Cardiac Arrest Information Sheet" prior to participation, and parents and students are highly encouraged to review short video presentations on both concussions and sudden cardiac arrest. Check with your school administrators on where to find these videos.

### OHSAA Regulations and Expectations On Sporting Behavior

The OHSAA's vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, teachers, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.

As a student-athlete, you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:

- Treat opponents, coaches and officials with respect, and
- Ensure your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.

The OHSAA has established a policy for students ejected for unsporting behavior or flagrant fouls. If you are ejected:

- You will be ineligible for all contests for the remainder of that day, and
- You 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, more stringent penalties, including a maximum penalty of suspension from play for the remainder of the season in that sport.

As a participant in school sports, you are expected to act with dignity, speak with courtesy and play with pride. In short, Respect The Game!

**Note:** The complete OHSAA ejection policy for unsporting behavior can be found in the *OHSAA Handbook* and is posted at [www.ohsaa.org](http://www.ohsaa.org).



## Why We Play The Games

For many of you, playing on your school teams may be the last time you will participate in competitive athletics. As a participant, you should work hard, have fun and strive to be the best. But just as important, you should also strive to be the best students, teammates and members of your community in preparation for the next phase of your life as a responsible adult and productive citizen.

The purpose of interscholastic athletics is to enrich your middle school and high school experiences; promote citizenship and sportsmanship; instill a sense of pride in community; teach lifelong lessons of teamwork and self-discipline, and help you grow physically and emotionally. In short, interscholastic athletic programs are educational in nature and therefore complement a student's school experience.

Other sporting organizations promote free player movement, are primarily designed to promote athletic development of the individual, and provide a showcase for the athletic talents of those individuals. However, these organizations do not share the primary educational purposes of OHSAA member schools and therefore cannot provide the unique type of competition created by the OHSAA through our member schools.

Statistics show that students who participate in interscholastic athletics programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than the general student population. Statistics also show that only one percent of all high school participants will earn a Division I college athletic scholarship and approximately five percent will play collegiately in any division. Unlike major colleges and professional sports teams, interscholastic athletic programs do not exist to entertain spectators.

As your parents can attest, middle school and high school go by in a blur, but your memories of participating in school sports will stay with you for a lifetime. The OHSAA wants to make sure your time as an interscholastic athlete is meaningful and memorable.

The privilege of participating in educational athletics is one of the most exciting experiences of your life. You must earn the privilege to participate. Please maintain the proper perspective in this journey and remember why we play the games.

## Ohio High School Athletic Association

Participating in your school's interscholastic athletics program is not only a privilege, but also provides memorable experiences. The role of the OHSAA is to:

- Help ensure students are provided a positive environment for athletic participation;
- Ensure all rules, regulations and decisions are fair and equitable for all schools and participants;
- Ensure athletes play under safe conditions, and
- Ensure school sports programs remain a vital part of your educational experience.

Like the other 814 public and non-public high schools and approximately 800 7th and 8th grade schools, your school has volunteered to become a member of the OHSAA. Ohio is one of the top ranked states in the country in regards to participation with over 350,000 high school students competing in 26 sanctioned sports.

The OHSAA Executive Director and his staff are based in Columbus and their primary responsibilities are to:

- Interpret the rules and regulations for member schools;
- Conduct tournaments for high schools including sectionals, districts, regionals and state tournaments, and
- Serve as educators for officials, coaches, administrators and student-athletes and their parents.

To continue as a member of the OHSAA, each school's governing boards annually affirm that their schools will follow the OHSAA bylaws and regulations approved by the membership. Any changes to the bylaws must be approved by a majority vote of member school principals. The OHSAA Board of Directors has the authority to change general sports regulation, sport-by-sport regulations and tournament regulations based on recommendations from the Executive Director's staff.

The OHSAA does not charge schools any membership fees or tournament entry fees. Schools are provided rule-books, educational materials and other printed items along with catastrophe insurance coverage for all participants at a cost of approximately \$600,000 annually. Additionally, schools are reimbursed for many of their tournament expenses and in some sports have the opportunity to keep a portion of receipts from the sale of tournament tickets.

Other key programs and initiatives of the OHSAA include:

- Providing annual scholarships totaling over \$100,000 to students who excel in athletics and academics;
- Licensing, registering and training nearly 17,000 contest officials, and
- Ensuring coaches are certified to work with student-athletes through an on-going coach education program.

# Ohio High School Athletic Association

# Eligibility Checklist

For High School Students Enrolled and/or Participating at an OHSAA Member School (Updated 5/1/19)

**Before you play, you must be eligible. Please review the following checklist with your parents. Unchecked boxes may mean you are NOT eligible. For questions, see your principal or athletic administrator.**

- I am officially enrolled in an OHSAA member high school or participating in accordance with state law.
- I am enrolled in at least five one credit courses or the equivalent, each of which counts toward graduation.
- I received passing grades in at least five one credit courses or the equivalent, each of which count toward graduation, during the immediately preceding grading period.
- I have a biological and/or adoptive parent who lives in Ohio.
- 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.
- If I have changed schools (transferred), I have followed up with my new school to ensure that all proper forms (if applicable) have been submitted to the OHSAA Office.
- I understand I am permitted only eight semesters of eligibility taken in order of attendance, whether I play or not, once I have become eligible for athletics at grade 9.
- I understand I will become ineligible once I turn 20 years old.
- I have not received an award, equipment or prize in a sport in which I compete interscholastically valued at greater than \$400 per item per source.
- I was born in the United States, or I have been approved for eligibility under Bylaw 4-8, International Students.
- 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, conditioning or instructional program outside the school season.
- I have not been coached or provided instruction **by a school coach** in a team sport in which I participate other than during my sport season, during an instructional period approved by the OHSAA outside the season observing the 50% roster limitation, or for no more than 10 days between June 1 and July 31.
- I am not competing on a non-school team or in non-school competition as an individual **during my school team's season** in the same sport.
- I have not been recruited for athletic purposes 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.
- My parents and I attended a preseason meeting at my school which the OHSAA requires to be held no later than two weeks after the beginning of each sports season. We viewed a presentation prepared by the OHSAA to review key eligibility issues, healthy lifestyles and sporting behavior.
- My school also reviewed with my parents and me its concussion management protocol, we reviewed and signed the Ohio Department of Health's "Concussion Information Sheet" prior to participation and we reviewed a short presentation on concussions available at no cost at [www.nfhslearn.com](http://www.nfhslearn.com).
- My school also reviewed with my parents and me the Sudden Cardiac Arrest video, and we reviewed and have signed the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation and we reviewed a short presentation on Sudden Cardiac Arrest.
- My parents and I have signed the OHSAA Authorization Form and the OHSAA Eligibility and Authorization Statement, and they are on file at my school.

Student Printed Name	Parent/Guardian Printed Name
Student Signature	Parent/Guardian Signature
Student Date	Parent/Guardian Date

**NOTE: This form has been provided as a service to the OHSAA membership for schools to utilize with student-athletes and their parents/guardians. Use of this form is at the sole discretion of each member school.**

## Concussion Acknowledgement

Please click to open and read the [Ohio Department of Health Concussion Information Sheet For Interscholastic Athletics](#). When you have thoroughly reviewed the policies and contents within and agree to abide by these policies and contents, please indicate you have done so by signing below.

### Acknowledgement of Having Received the "Ohio Department of Health's Concussion and Head Injury Information Sheet For Interscholastic Athletics"

By signing this form, as the parent/guardian/care-giver of the student-athlete named below, I acknowledge receiving a copy of the concussion and head injury information sheet prepared by the Ohio Department of Health as required by section 3313.539 of the Revised Code.

I understand concussions and other head injuries have serious and possibly long-lasting effects.

By reading the information sheet, I understand I have a responsibility to report any signs or symptoms of a concussion or head injury to coaches, administrators and my student-athlete's doctor.

I also understand that coaches, referees and other officials have a responsibility to protect the health of the student-athletes and may prohibit my student-athlete from further participation in athletic programs until my student-athlete has been cleared to return by a physician or other appropriate health care professional.

### Required Form Signatures

#### Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

#### Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**

# Ohio Department of Health Concussion Information Sheet

## *For Interscholastic Athletics*

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

### Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

### Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have **ANY** symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>



## Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

## Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

### Resources

ODH Violence and Injury Prevention Program  
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations  
[www.nfhs.org](http://www.nfhs.org)

Brain Injury Association of America  
[www.biausa.org/](http://www.biausa.org/)

## Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.\*

## Sample Activity Progression\*

**Step 1:** Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

**Step 2:** Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

**Step 3:** Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

**Step 4:** Full contact in controlled practice or scrimmage.

**Step 5:** Full contact in game play.

\*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>

## ImPACT Concussion Testing Consent

Dear Parent/Guardian,

Celina High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data may be given to a local doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. (The UPMC Sports Concussion Program is the founding group of the ImPACT software.) The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and UPMC. In order to ensure and guarantee your child's anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted to UPMC for their research purposes.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Celina High School administration, coaching, and athletic training staff are striving to keep your child's health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please feel free to contact the athletic department.

### For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

Please check this box if you **DECLINE** to grant permission for your child to be baseline tested.

Otherwise, by signing below, I am pledging I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

### Required Form Signatures

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**

## Sudden Cardiac Arrest and Lindsay's Law: Parent/Athlete Signature Form

**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

All youth athletes and their parents/guardians must click to open and review the required [Sudden Cardiac Arrest Informational Handout](#) and watch the required [Sudden Cardiac Arrest Informational Video](#).

### Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a health care professional. Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign this form.

## Required Form Signatures

---

I have reviewed and understand the symptoms and warning signs of SCA. I understand Lindsay's Law.

### Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

### Student Signature:

Student must log in to sign.

Signature must match student's name: **Bill Metz**

## Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
  - Chest pain/discomfort
  - Unexplained fainting/near fainting or dizziness
  - Unexplained tiredness, shortness of breath or difficulty breathing
  - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
  - ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
  - ❖ Link 2: Early CPR
    - Begin CPR immediately
  - ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives
  - ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.



**Bill B Metz '23**  
24Metzb@live.celinaschools.org  
Born: 1/1/2006  
Gender: Male

1 Main  
Celina, OH 45822

School: Celina High School  
Boys Baseball

## OHSAA Authorization Form

THE STUDENT SHALL NOT BE CLEARED TO PARTICIPATE IN  
INTERSCHOLASTIC ATHLETICS UNTIL FORM HAS BEEN SIGNED AND THE  
OHSAA PHYSICAL EVALUATION FORM HAS BEEN COMPLETED

I hereby authorize the release and disclosure of the personal health information of **Bill Metz** ("Student"), as described below, to **Celina High School** ("School") and medical care professionals retained by **Celina High School** ("School").

The information described below may be released to the School principal or assistant principal, athletic director, coach, athletic trainer, physical education teacher, school nurse or other member of the School's administrative staff as necessary to evaluate the Student's eligibility to participate in school sponsored activities, including but not limited to interscholastic sports programs, physical education classes or other classroom activities.

Personal health information of the Student which may be released and disclosed includes records of physical examinations performed to determine the Student's eligibility to participate in school sponsored activities, including but not limited to the Pre-participation Evaluation form or other similar document required by the School prior to determining eligibility of the Student to participate in classroom or other School sponsored activities; records of the evaluation, diagnosis and treatment of injuries which the Student incurred while engaging in school sponsored activities, including but not limited to practice sessions, training and competition; and other records as necessary to determine the Student's physical fitness to participate in school sponsored activities.

The personal health information described above may be released or disclosed to the School by the Student's personal physician or physicians; a physician or other health care professional retained by the School to perform physical examinations to determine the Student's eligibility to participate in certain school sponsored activities or to provide treatment to students injured while participating in such activities, whether or not such physicians or other health care professionals are paid for their services or volunteer their time to the School; or any other EMT, hospital, physician or other health care professional who evaluates, diagnoses or treats an injury or other condition incurred by the student while participating in school sponsored activities.

I understand that the School has requested this authorization to release or disclose the personal health information described above to make certain decisions about the Student's health and ability to participate in certain school sponsored and classroom activities, and that the School is not a health care provider or health plan covered by federal HIPAA privacy regulations, and the information described below may be redisclosed and may not continue to be protected by the federal HIPAA privacy regulations. I also understand that the School is covered under the federal regulations that govern the privacy of educational records, and that the personal health information disclosed under this authorization may be protected by those regulations.

I also understand that health care providers and health plans may not condition the provision of treatment or payment on the signing of this authorization; however, the Student's participation in certain school sponsored activities may be conditioned on the signing of this authorization.

I understand that I may revoke this authorization in writing at any time, except to the extent that action has been taken by a health care provider in reliance on this authorization, by sending a written revocation to the school principal (or designee) whose name and address appears below.

Name of Principal: **Phil Metz**

School Address: **715 E Wayne St, Celina, OH 45822**

This authorization will expire when the student is no longer enrolled as a student at the school.

## Eligibility and Authorization Statement

- I have read, understand and acknowledge receipt of the **OHSAA Student Athlete Eligibility Guide** (*a previous form*) which contains a summary of the eligibility rules of the Ohio HS School Athletic Association. I understand that a copy of the *OHSAA Handbook* is on file with the principal and athletic administrator and that I may review it, in its entirety, if I so choose. All OHSAA bylaws and regulations from the *Handbook* are also posted on the OHSAA web site at [www.ohsaa.org](http://www.ohsaa.org).
- I understand that an OHSAA member school must **adhere to all rules and regulations** that pertain to the interscholastic athletics programs that the school sponsors, but that local rules may be more stringent than OHSAA rules.
- I understand that participation in interscholastic athletics is a **privilege not a right**.

## Student Code of Responsibility

- As a student athlete, I **understand and accept** the following responsibilities:
  - I will **respect the rights and beliefs** of others and will treat others with courtesy and consideration
  - I will be **fully responsible** for my own actions and the consequences of my actions
  - I will **respect the property** of others
  - I will **respect and obey the rules** of my school and laws of my community, state and country
  - I will **show respect to those who are responsible for enforcing the rules** of my school and the laws of my community, state and country
  - I **understand that a student whose character or conduct violates** the school's Athletic Code or School Code of Responsibility is not in good standing and is ineligible for a period of time as determined by the principal
- **Informed Consent** – By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN OHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- I understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- I **consent to medical treatment** for the student following an injury or illness suffered during practice and/or a contest.
- To enable the OHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in an OHSAA member school I **consent to the release to the OHSAA any and all portions of school record files**, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received and attendance data.
- I **consent to the OHSAA's use of the herein named student's name**, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.
- I **understand that if I drop a class**, take course work through Post Secondary Enrollment Option, Credit Flexibility or other educational options, this action could affect compliance with OHSAA academic standards and my eligibility.
- I **understand all concussions are potentially serious** and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further I understand that if my student is removed from a competition due to a suspected concussion, he or she will be unable to return to competition that day without the written authorization from a physician (M.D. or D.O.) or an athletic trainer which indicates that the student has not been concussed.
- I **have read and signed** the Ohio Department of Health Concussion Information Sheet For Interscholastic Athletics (*previous form*) and have retained a copy for myself.

## Required Form Signatures

By signing this we acknowledge that we have read the above information and that we consent to the herein named student's participation.

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**

Student Signature:


Student must log in to sign.

Signature must match student's name: **Bill Metz**

## OHSAA PPE Physical Form

Be sure you have completed your student's **Health History & Medical Profile** and **OHSAA Authorization** forms first. Then, unless your student already has a valid physical on file for the year, follow steps 1-3 below and **SIGN** this form.

Note: you **MUST** sign this form (even if a valid physical is already on file).

1.  [CLICK TO PRINT - OHSAA PPE Physical Form](#)
2. **TAKE** this document to an appointment for your student with a certified physician.
3. **TURN IN** the completed and signed OHSAA PPE Physical Form to your athletic administration. They will update your student's Physical expiration date with the new one.

### Required Form Signatures

I/We understand the instructions above and pledge that the school will have a valid, completed form on file before the first day of practice/tryouts.

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: **Phil Metz**