Goal Oriented
News and updates on preseason meetings, coach education, eligibility, officiating, upcoming tournaments and much more

Running with a Purpose
More than just a dual track meet, the annual “Warrior-Elk” rivalry between Wayne and Centerville has a special goal

Raygen Strong
How student-athletes from the Midwest Athletic Conference became the heroes of a little girl fighting cancer
Farmers has been active in the community for decades through our programs that support education, safety and civic participation.

Our agents understand how to plan for life’s big plays. We know it takes preparation and good protection to come through when the game is on the line. Call 888-96-FARMERS today, and get to know a Farmers agent for Auto, Home, Life and Business.

Farmers is proud to partner with the Ohio High School Athletic Association.
Members of the 2013 Dublin Jerome boys and girls golf teams pose with their Division I boys and girls golf state championship trophies. Last year marked the fourth time in Dublin Jerome school history and OHSAA history that a boys and girls golf team from the same school won state championships in the same year. Dublin Jerome has claimed state titles in boys and girls golf in 2005, 2011, 2012, and 2013. The Celtics will look to win their fourth consecutive boys and girls golf state championships in 2014 on October 17 and 18, as the OHSAA Division I State Golf Championships return to The Ohio State University Golf Club in Columbus.
The Ohio High School Athletic Association’s mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student’s educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

The Ohio High School Athletic Association is committed to serving its member schools by being the nation’s premier non-profit athletic administration organization.

We will:

• Provide exemplary athletic oversight through swift, fair, consistent and impartial regulatory rulings;
• Operate with openness that generates trust and with strict fiscal accountability;
• Provide impartial, responsive and inclusive leadership;
• Conduct tournaments of nationally recognized excellence; and
• Honor our ultimate purpose, which is to foster lifelong values, good citizenship, ethics and a fair-play approach to life among student-athletes while promoting safe and sporting-like athletic environments.

The OHSAA is a member of the National Federation of State High School Associations (NFHS), which consists of the 50 individual state high school athletic and/or activities associations and the association of the District of Columbia and nine Canadian organizations. These associations have united to secure the benefits of cooperative action and increased efficiency through the coordinating of ideas of all who are engaged in high school athletic and activities programs.

**NFHS Mission Statement**

The National Federation of State High School Associations (NFHS) serves its members, related professional organizations and students by providing leadership for the administration of education-based interscholastic activities, which support academic achievement, good citizenship and equitable opportunities.

- 51 State Associations
- 20,000 High Schools
- 500,000 Coaches and Sponsors
- 11,000,000 Student Participants
- 500,000 Officials and Judges
- 9 Canadian Associations
- 14 Other Affiliate Members

**Benefits**

- The OHSAA receives no tax dollars of any kind.
- The OHSAA is a private, not-for-profit organization and is audited by an independent firm every year.
- Membership status in the OHSAA is on a volunteer basis.
- The OHSAA has no full-time staff members assigned full-time to compliance or investigations. The responsibility of following OHSAA bylaws and regulations resides with each member school. Violations are to be reported in writing to the OHSAA.
- Student-athletes tend to have better attendance records, lower dropout rates, higher grade-point averages, improved self-confidence and are better prepared for a successful career.

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- No annual membership dues.
- No tournament entry fees.
- Reimbursement for some travel expenses to regional and state tournaments.
- No cost for catastrophic insurance coverage of all student-athletes.
- Opportunity to sell presale tickets to some regional and state tournament contests and keep a portion of the revenue.
- Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.

**Mission**

**Commitment**

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COMPETITIVE BALANCE – ON THE ROAD TOGETHER

Dr. Dan Ross, Commissioner, OHSAA

Last May, OHSAA member schools made a historic decision. After three years of narrowly defeating competitive balance proposals, the fourth proposal proved that the majority of the membership agreed with a concept to change how schools are assigned to their postseason tournament divisions in most team sports. Coming to an agreement on a concept is significant considering the complexities of competitive balance.

The OHSAA has made it clear from day one that it is our goal is to keep public and private schools together in the same divisions within the same tournament. In some parts of the state, competitive balance is now an issue, while in other parts it has cast a shadow on the fundamental ideals of high school sports.

These last four years have been a long road to navigate, but what I will remember most is that we traveled that road together. Thanks in part to a 90-percent voter turnout, a competitive balance proposal approved by the membership could not have happened if there wasn’t a two-way street of communication. There were some bumps in the road, but we knew this issue wasn’t going away and “doing nothing” was not an option.

The voting is now done, but the real journey begins. We have a long way to go before the competitive balance process begins in 2016. Similar to the last four years of trial and error with the proposals, we will stay on the road together. Not long after the vote was announced, a colleague on the phone asked me if I was glad it was all over. To the contrary, it’s really just beginning.

BEFORE THE LAST BELL

Jonas L. Smith, President, OHSAA Board of Directors

It happens every August. The energy that comes from the start of a new school year is great to see around schools and their sports teams. While some people think of sports first, it is what happens during the school day before the last bell rings that makes athletics such an important part of a young person’s development.

Whatever sport and whatever situation a student happens to be in, I am reminded of one phrase every day as I work in Dayton Public Schools – educational athletics. That means that school sports are an extension of the classroom that require student-athletes to attend class, be academically eligible, keep out of trouble and do their homework.

Without a doubt, sports is often the main reason why some kids stay in school. While they may not realize it now, they will reap the benefits of that decision down the road when they receive a high school diploma and then either start taking college classes or enter the work force.

Our job as educators is to do everything we can to help kids stay on the right track. As coaches, teachers and school administrators, we can use sports as a vehicle to help take kids toward success later in life. Using sports in that way is not a bad thing and is one of the reasons why we have to protect interscholastic athletics for future generations. It just might be what keeps our country’s future leaders on the right track.
<table>
<thead>
<tr>
<th>FALL 2014</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Aug. 1</td>
<td>None Permitted</td>
<td>Aug. 18</td>
<td>Nov. 1 - National Trail Raceway, Hebron Boys III, II &amp; I; Girls III, II &amp; I</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 16</td>
<td>Oct. 31 - State Semis, Upper Arlington H.S. Nov. 1 - State Final, Upper Arlington H.S.</td>
</tr>
<tr>
<td>Football</td>
<td>Aug. 1</td>
<td>2 scrimmages or 1 scrimmage plus 1 preview during season</td>
<td>Aug. 25</td>
<td>Nov. 7 &amp; 8 - Regional Semifinals Nov. 21 &amp; 22 - Regional Finals Nov. 28 &amp; 29 - State Semifinals Dec. 4 &amp; 6 - State Championships - Ohio Stadium, Columbus</td>
</tr>
<tr>
<td>Soccer</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 16</td>
<td>Nov. 4 &amp; 5 - State Semifinals, Sites TBA Nov. 7 &amp; 8 - State Championships - Columbus Crew Stadium</td>
</tr>
<tr>
<td>Tennis (Girls)</td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 11</td>
<td>Oct. 17 - OSU Outdoor Varsity Tennis Courts Oct. 18 - Hilliard Davidson High School</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Aug. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 16</td>
<td>Nov. 6 - State Semis/WSU Nutter Center (Div. IV &amp; III) Nov. 7 - State Semis/WSU Nutter Center (Div. II &amp; I) Nov. 8 - State Finals/WSU Nutter Center (all 4 divs.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WINTER 2015</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (Boys)</td>
<td>Nov. 7</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Dec. 5</td>
<td>Mar. 26 - State Semis/OSU Value City Arena (Div. IV and III) Mar. 27 - State Semis/OSU Value City Arena (Div. II and I) Mar. 28 - State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Basketball (Girls)</td>
<td>Oct. 31</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 28</td>
<td>Mar. 19 - State Semis/OSU Value City Arena (Div. IV and III) Mar. 20 - State Semis/OSU Value City Arena (Div. II and I) Mar. 21 - State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Bowling</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Nov. 21</td>
<td>Mar. 6-7 - Div. I and March 13-14 - Div. II</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Dec. 6</td>
<td>Mar. 6 - Team/Hilliard Bradley H.S. Mar. 7 - Individual &amp; AA/Hilliard Bradley H.S.</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Nov. 7</td>
<td>4 scrimmages after practice begins or 3 scrimmages (See Preview Date)</td>
<td>Nov. 28</td>
<td>Mar. 12-14 - Nationwide Arena, Columbus Exact dates and schedule TBA</td>
</tr>
<tr>
<td>Swimming/Diving</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Dec. 1</td>
<td>Feb. 25-28 - Branin Natatorium, Canton</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Nov. 17</td>
<td>4 scrimmages after practice begins or 3 scrimmages (See Preview Date)</td>
<td>Dec. 12</td>
<td>Team Tournament: Feb. 14 - OSU St. John Arena Individual: Mar. 12-14 - OSU Value City Arena</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRING 2015</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Feb. 23</td>
<td>4 scrimmages after practice begins or 3 scrimmages (See Preview Date)</td>
<td>Mar. 28</td>
<td>June 4-State Semis/Cols. Huntington Park (Div. I &amp; IV) June 5-State Semis/Cols. Huntington Park (Div. II &amp; III) June 6-State Finals/Cols. Huntington Park (all 4 div.)</td>
</tr>
<tr>
<td>Softball</td>
<td>Feb. 23</td>
<td>4 scrimmages after practice begins or 3 scrimmages (See Preview Date)</td>
<td>Mar. 28</td>
<td>June 4-State Semis/Akon Firestone Stad. (Div. III &amp; II) June 5-State Semis/Akon Firestone Stad. (Div. I &amp; IV) June 6-State Finals/Akon Firestone Stad. (all 4 div.)</td>
</tr>
<tr>
<td>Tennis (Boys)</td>
<td>Mar. 9</td>
<td>One prior to first match</td>
<td>Mar. 27</td>
<td>May 29 - OSU Varsity Tennis Courts (1st &amp; 2nd rounds) May 30 - OSU Varsity Tennis Courts (Semis &amp; Finals)</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Mar. 9</td>
<td>None Permitted</td>
<td>Mar. 28</td>
<td>June 6/7/Ohio State Jesse Owens (Div. III, II, I)</td>
</tr>
</tbody>
</table>

**NOTE:** Dates and locations are subject to change
VARSITY LETTERS

OHSAA COMMUNICATIONS SENT TO MEMBER SCHOOLS

Emailed Memos
- Online Eligibility Documents and Resource Centers (completed in June)
- Preseason Meetings Memo (May 2014) and new DVD (mailed every two years)
- Board Meeting Highlights (immediately following each Board meeting)
- New School Year Reminders (mid-August)
- Monday Minute (weekly)
- Out-of-Season Instruction Regulations (seasonal)
- Reminders to Rate and Vote for Officials (seasonal)
- Updates for 7th-8th Grade Schools (seasonal)
- Complete Board Meeting Minutes (couple weeks after Board meetings)
- Upcoming myOHSAA deadlines and updates (as needed)
- Sport Participation Cards and Tournament Entry/Withdrawal Deadlines (annual)
- Concussion Management, Heat Precautions, Inclement Weather Regulation and Other Sports Medicine Resources (updated as needed)

Publications
- Annual Ready Reference Calendar (separate calendars for high school and junior high)
- Handbook (constitution, bylaws, sports regulations, history, calendars, About the OHSAA, etc.)
- Pocket Calendar and Wall Calendar
- Eligibility Brochure and Card
- School Directory
- Guide to 7th and 8th Grade Athletics
- Year in Review
- OHSAA Magazine (September, February and May)
- Working with the Media Brochure

Annual Meetings
- New Administrators Workshop (First Tuesday of August)
- Fall Update Meetings (Late July, Early August)
- Spring Referendum Update Meetings (April)
- District Athletic Board Tournament Draw Meetings (seasonal)

Other Mailings
- Sport Mailings (preseason manual, rules meeting dates, rule books, etc.)
- Referendum and District Athletic Board Ballots
- Board Resolution Cards
- Football Weight Charts
- SEI Award Certificates (Archie Griffin Sportsmanship, Courageous Student)
- Basketball and Wrestling State Tournament Ticket Applications and Other Ticket Promotions

Another Trophy for the Tigers
Fans from Versailles stand as the Tigers accept the 2013 OHSAA Volleyball Division III State Championship trophy. Versailles defeated Gates Mills Gilmour Academy 3-2 (26-24, 25-23, 22-25, 23-25, 15-11) to win its first state volleyball championship and 14th state title overall in school history. The 2014 OHSAA State Volleyball Championships will be played November 6-8 at the Erwin J. Nutter Center at Wright State University in Dayton.
Fans crowd around the stage at The Ohio State University Golf Course to see the posted results of the 2013 Boys Division I State Golf Tournament. Dublin Jerome rose to the top for the third-consecutive year to earn a state championship, which marked the school’s sixth boys golf state championship overall. The Jerome boys joined the Jerome girls team as state champions in the same season for the third-straight year, a feat that no other school in OHSAA history has accomplished once.
GIRLS TENNIS

Doubles pairs compete at the 2013 OHSAA Girls Tennis State Tournament at The Ohio State University Outdoor Varsity Tennis Courts in Columbus. 2013 marked the third year for the tournament to be held at the newly renovated facility. The 2014 girls tennis state championships will return there for first and second round play on Friday, October 17, and will move to Hilliard Davidson High School on Saturday, October 18.
VARSITY FOOTBALL NOTES

Schools are reminded to input varsity football results into myOHSAA as soon as possible after each game so that the weekly computer ratings can be computed. In addition, all varsity scheduled games must be played to completion, meaning that any suspended varsity game (due to weather, etc.) must be completed as soon as possible. If a varsity game cannot be completed on the same day the game began, a mutual make-up date must be determined. If there is no mutual agreement, the OHSAA office can assist. Note that there is no OHSAA regular-season curfew regulation for beginning or resuming a contest. The OHSAA’s curfew regulation only pertains to tournament contests, which states that a tournament contest cannot begin after 11:00 p.m. Also note that there is no restriction on playing more than one game in a week.

FOOTBALL CHAMPIONSHIPS RETURN TO OHIO STADIUM

For the first time since 1989, the OHSAA football state championship games will return to Ohio Stadium on the campus of The Ohio State University. After 24 years of the title games being played in Stark County at Massillon Paul Brown Tiger Stadium and Canton Fawcett Stadium, the finals will return to “the Shoe” for 2014 and 2015. The 2014 dates are December 4, 5 and 6. The finals schedule is Thursday at 7:30 p.m. and then Friday and Saturday at 10 a.m., 3 p.m. and 8 p.m. Game assignments will be announced after the state semifinals. A division that plays its playoff games on Fridays (II, III, IV and VI) will have its state championship game in the Thursday slot.
MINSTER NATIVE KATIE HORSTMAN ENTERS NATIONAL HALL OF FAME

On July 2 at the National Federation meeting in Boston, Minster native Katie Horstman became the 28th Ohio native to enter the NFHS National Hall of Fame. Of note, there are more Ohioans in the Hall of Fame than any other state. Katie, who taught and coached at her alma mater for 25 years and started the school’s sports program for girls, coached teams to nine state championships. She was an athletic pioneer who opened the door for women in sports, beginning with her playing days in the All-American Girls Professional Baseball League (AAGPBL) in the early 1950s, which led to the movie “A League of Their Own.” Katie’s state titles include eight in track and field and one in cross country and she also coached softball, basketball and gymnastics at Minster.

COACH EDUCATION AND CERTIFICATION – A SIX STEP PROCESS

All paid and volunteer coaches are required to obtain a Pupil Activity Permit through the Ohio Department of Education to work with, supervise or coach student-athletes in Ohio. The “Coaches Corner” page at OHSAA.org contains important information and links for coaches to get certified. The process includes six steps:

1. Complete the NFHS Fundamentals of Coaching class (can be completed through NFHSlearn.com).
2. Complete an approved CPR training course.
3. Complete first aid or sports injury prevention training (see list of options posted at the “Coaches Corner.”)
4. Complete an approved course on concussions through the Ohio Department of Health.
5. Complete a BCI and FBI background check and have it filed at the Ohio Department of Education.
6. Complete the Ohio Department of Education’s online application.

PRESEASON MEETINGS ARE MANDATORY

OHSAA Bylaw 3-1-4 states that every school, no later than two weeks after the beginning of each sports season, shall conduct a mandatory, preseason meeting with all student-athletes who wish to participate in the upcoming sports seasons, their parents and booster club officer(s). The meeting shall consist of (a) a review of the student-eligibility bulletin and key essential eligibility requirements; (b) a review of the school’s Athletic Code of Conduct; (c) a sportsmanship, ethics and integrity component, and (d) a review of issues concerning concussions and steroids.

WORKING WITH THE MEDIA BROCHURE

In August the OHSAA updated its “Working with the Media” brochure in cooperation with the OHSAA’s Media Advisory Committee, the Ohio Prep Sportswriters Association and the Ohio Newspaper Photographers Association. Ten copies are mailed to each school and it is posted on the “News & Media” page at OHSAA.org. The brochure includes important tips and reminders to help the media do their jobs covering high school sports, as well as procedures for reporting contest results.

RATING AND VOTING FOR OFFICIALS (OHSAA GENERAL SPORTS REGULATION NO. 3)

To assist in the process in determining which contest officials will be assigned to OHSAA tournament contests the following school year, member high schools are required to rate and vote for officials. Following each varsity contest, head coaches or athletic administrators are required to rate the contest officials. Athletic administrators have additional voting responsibilities. The sports in which rating and voting is required; the deadlines in which ratings and voting must be completed, and the procedures on how to rate and vote for officials are published in the OHSAA Officials Handbook or the sport-specific OHSAA coaches/officials manual and provided in memos disseminated to athletic administrators. Failure to participate in the required rating or voting process will result in the school being fined $150 per occurrence.

Runners compete in the 2013 OHSAA Division I Girls State Cross Country Championship at National Trail Raceway in Hebron on November 2. Cincinnati St. Ursula Academy’s Annie Heffernan was the individual state champion, finishing with a time of 18:13.90, while Mason earned the team title with a score of 76. The 2014 OHSAA Boys and Girls Cross Country State Championships returns to National Trail on Saturday, November 1.
How student-athletes from the Midwest Athletic Conference helped a little girl fight cancer
By Tim Stried, OHSAA Director of Information Services
Photos courtesy of Marion Local High School, New Bremen High School and the Kramer Family

One day, Raygen Kramer will know the student-athletes of the Midwest Athletic Conference schools as either her teammates or as friendly rivals from a neighboring league school.

But today, she calls them her heroes. While Raygen doesn’t know the difference between a football linebacker and a volleyball libero, it is some of the current student-athletes who excel at those positions in the ultra-successful MAC that helped give Raygen the courage and support to overcome a battle with cancer.

“Every parent’s worst fear is to lose a child,” said Ben Kramer, Raygen’s father. “I have to believe that this would be No. 2.”

Diagnosed with stage 4 Neuroblastoma on May 21, 2013, just two days before her fourth birthday, Raygen went through a seven-hour surgery Nov. 7 to remove two large tumors around her abdomen. Other tumors throughout her arm, aorta and lung were successfully eradicated by 12 radiation treatments that began in June at the James Cancer Hospital at The Ohio State University. She underwent stem cell implants in December.

“We were pretty numb for the first couple weeks,” Ben said of himself and his wife, Dayna. They live in Chickasaw, a small community in western Ohio that feeds into the Marion Local School District near Maria Stein, and work in nearby New Bremen. “Cat scans and nuclear imaging revealed more spots and also that it was in her bone marrow. That was a very tough day. She had her fourth birthday party on the oncology floor at Dayton Children’s Hospital.”

As the 2013-14 school year began last August and Ben returned to his teaching position at New Bremen, Raygen was in the middle of chemotherapy treatments. As students and staff reunited after summer break, their efforts were not simply put towards their own school and fall sports teams.

“Both the Marion Local and New Bremen communities showed a lot
of support," Ben said. “Each community organized special nights at
team events. They wore ‘Raygen Strong’ t-shirts for
crowd warm-ups and we started seeing ‘Raygen Strong’ signs.”

Members of the Marion Local volleyball team visited Raygen in her
home. The eventual state champion Marion Local football team
shaved their heads when Raygen’s hair fell out from chemotherapy.
The support continued into the winter sports. New Knoxville students
visited Raygen and raised awareness during a basketball game.
Versailles and New Bremen did the same.

“The MAC as a whole did a great job showing their support,” said
Ben, who is also a high school football, basketball and softball official.
“They didn’t have to do any of that stuff. Their jobs are to be kids and
student-athletes and they went out of their way to stop by the house
and make cards and send over signed basketballs and volleyballs.
Their success goes far beyond the playing field or court. None of these
kids are parents themselves, so it is impossible for them to know the
impact they have had on our family.”

Raygen has bigger concerns than treatment, though. She is now the
big sister to Myla, who will turn 2 in February.

“Right now, she’s just a happy 5-year-old little girl who likes going to
the schools and being around sports,” Ben said. “She knows that’s
her shirt and that those guys are football players who had her name
on their sign.”

Ben said that grandparents have been a huge help in caring for both
daughters and the high school students, who continue to wear Raygen
Strong t-shirts, say hi to her in the gym and come over to babysit on a
moment’s notice.

“We’re not the first people who have had something bad happen to us
and we won’t be the last.”

If the next child to go through a battle like that has the same kind of
support that Raygen received from the Midwest Athletic Conference
schools, that child will have the best team of support possible.

This past summer she went through immunotherapy, which is similar
to chemotherapy and increases the chance that the cancer won’t
return.
MORE THAN COMPETITION

CENTERVILLE AND HUBER HEIGHTS WAYNE RAISE OVER $1,600 FOR CHARITY

By Andrew Mann, OHSAA Sports Information Intern

DAYTON, Ohio – An annual dual track and field meet between two rival schools is circled on their calendars, bringing excitement and anticipation to the communities as any rival sporting event does. Full of outstanding competitiveness and great sportsmanship, this rivalry brings out the best in each one of the participating student-athletes and the communities that surround them. But at the end of this battle, there’s more waiting at the finish line than just winning a race.

For the past seven years, the boys and girls track and field teams of Centerville High School and Huber Heights Wayne High School have competed in a dual track and field meet called the “Warrior Elk” created by Centerville Head Coach Matt Somerlot and Wayne Head Coach Mike Fernandez. As the student-athletes competed, the real winners of the competition were everyone on the outside.

From its creation, the Warrior Elk has served as a philanthropic event and has brought both communities closer. The idea came when Somerlot and Fernandez visited the University of Michigan and talked with the Wolverines’ track coach about the Ohio State and University of Michigan rivalry and the dual meet series in which the two colleges participated.

“Immediately, we looked at each other and thought we could do this,” said Somerlot. Over the first six years of the event, the two teams combined to donate over 36,000 books to local charities, including Hannah’s Treasure Chest in Centerville and the Pajama Program in Tipp City, with a “Race-2-Read” theme for the meet. In 2014, the same philanthropic value inspired the meet, but now the significance hit home to the two schools more than ever.

On May 7, the two schools met at Centerville for the seventh edition of the event. This year, instead of books, the money raised at the event was donated to the Juvenile Diabetes Research Foundation, a global organization for Type 1
Diabetes research. At age three, Jacob Fernandez, now age 7 and the son of head coach Mike Fernandez, was diagnosed with Type 1 Diabetes. Zach Cline, assistant coach and pole vault coach for Centerville, was also diagnosed with Type 1 Diabetes at an early age. For the student-athletes and coaches, it was an easy choice to make the JDRF the beneficiary of the event.

Cline, who is involved with the JDRF, said, “This event has given so much to the JDRF because it is making high school kids aware of Type 1 Diabetes that affects so many across the country.”

The impact of the event was felt by students from both schools, especially those who have now participated for multiple years.

“It means a lot to be able to give back to charity while at the same time do something that I love, running track and competing in events,” said Wayne senior Dre’Ameerha Walker, who runs in multiple hurdle and dash events.

“Competing against your rival at an event like this is a good thing because there’s a lot of sportsmanship and respect for one another, and we get to give back to charity.”

Centerville seniors Caleb Andreason and Zach Hughes are teammates in the 4 x 800 relay. After competing in the event for four years, they too have felt the impact of the lessons learned.

“It’s great to give back to the community and make a difference and do more than just run. You can run with a purpose to help other people; it’s just the right thing to do,” Hughes said while warming up.

Having competed against his rival for four years, Andreason said he won’t take any of it for granted.

“It’s great because we get the top-level of competition and these are the people that we want to beat the most, but at the end of the day, you look back and see there’s a better cause and you are working for something better than just...
your results. I think the JDRF is a perfect way to bring it all together.”

Somerlot and Hernandez also share a bond that complements the rivalry between the two schools.

“We are both proud graduates and teach at the school we went to, and now coach the sport we both ran for,” said Fernandez. “We pull for each other at meets that we aren’t against each other. We make our programs better when we’re competing against each other.”

Both coaches said they have used the concept of service, both on the field and in the classroom, and that both high school teams are provided opportunities to give back, whether it be assisting at a meet or teaching and cheering on their respective middle school teams.

“There’s a winner every year, but when it boils down to it, both squads are winners and so are the children getting the books, or this week, so is the JDRF, especially because it hits home for some of us,” said Fernandez.

Of course with any rivalry, there’s a bit of a friendly competitiveness between the two coaches, but that hasn’t gotten in the way of their longtime friendship that both say has grown through their mutual respect for the other. After Wayne won the inaugural event, Centerville has since won the traveling trophy. This year, the schools donated more than $1,600 to the JDRF. But as the more than 375 track and field athletes gathered on the infield to take a closing picture, the half-red, half-yellow Warrior Elk flag was waved behind them, symbolizing that these two schools came together for so much more than just a high school sporting event.
In addition to sections on the OHSAA website for each sport, eligibility, officiating, news and more, there is a “School Resources” section that contains important information and links that member schools use every day. Some of the resources include:

- myOHSAA User Manual: a guide for athletic administrators to use myOHSAA.
- Enrollment Figures: the enrollment count for the current two-year cycle for every member school.
- Tournament Divisional Breakdowns: the enrollment dividing line for divisions in each multi-division sport.
- Officials Rating and Voting Instructions: resources for athletic administrators and coaches to comply with OHSAA General Sports Regulation No. 3.
- Open Dates: schools can submit schedule needs sorted by sport to help fill their future schedules.
- Job Openings: schools can submit vacancies on their coaching staffs and athletic administration.
- Equipment Classifieds: schools and individuals can submit athletic equipment items they have for sale or post a note regarding equipment items they are seeking.
- Game Preparation Resources: Game management manual, pregame public address announcement, saluting the flag procedures, uniform regulations, game contracts, official game ball contracts and more.
- Conferences: A list of the various conferences in Ohio and the member schools within those conferences.

SUMMER TWITTER BITES FROM @OHSAASPORTS

- Aug. 10: Today is one of 3 mandatory days off for #OHSAA football. See page 5 of the manual for details: http://www.ohsaa.org/sports/ft/boys/ftmanual.pdf
- Aug. 9: #OHSAA Did You Know? School sports schedules are posted at: http://schedules.myohsaa.org ... Calendar view & sort-by-sport on school info page
- Aug. 9: #OHSAA Early Season CC Invitational is next Saturday at National Trail Raceway. Race assignments: bit.ly/1iPauia
- Aug. 9: Did You Know? Lowfat chocolate milk is rich in carbohydrates & electrolytes - a great choice to rehydrate after a workout. @ADAMideast
- Aug. 7: Updated #OHSAA "Working with the Media" brochure posted (PDF): www.ohsaa.org/news/media/WorkingwithMedia.pdf ... Notes to help the media
- July 25: EVERY GAME. EVERY TIME. It's about Sportsmanship. Respect the Game! #OHSAA –
- June 28: #OHSAA High School Early Season CROSS COUNTRY Invitational is Aug. 16. Info: http://bit.ly/1iPauia ... Jr. High Invite is Oct. 18
- June 27: ATTENTION HEAD COACHES: #OHSAA fall sports online rules meetings will be posted July 22.
- June 27: What chart does #OHSAA Magazine's @DrStankovich say should be up on the fridge? Find out in his weekly column: http://bit.ly/1qz5xk3
MOLLY FEESLER
PICKERINGTON NORTH
Athletic Director Spotlight

Molly Feesler has served as the athletic director at Pickerington North High School since 2012. She is a graduate of Rio Grande, where she majored in math and physical education. She then went on to get her master’s degree at Ohio University and later went to Ashland University to obtain her principal’s license.

Before her current stop, she was the athletic director at DeSales and Bexley. Feesler was a longtime coach, starting at Meigs High School as a volleyball coach. Since then, she has coached soccer, volleyball, basketball, softball and was even asked to be a football coach.

Coaching and athletic administration have had a huge role in Feesler’s life. She says what gives her most joy is “seeing the kids and coaches come together as one to form a strong bond to reach a potential they didn’t think they could and becoming extremely successful.”

Feesler has had much success in her coaching days, winning league and district titles while coaching softball at Pickerington. That success has followed her into the role of being an athletic director. All sports at Pickerington North are extremely competitive and are consistently challenging for league titles.

One of Feesler’s biggest challenges is time management. “When working in sports you must be able to manage your time because sports don’t wait for you,” she said. “If you are not prepared for a game to start, you can’t just postpone the game because you’re not ready. It’s going to start whether you’re ready or not.”

Feesler believes her ability to manage her time is a key attribute to her success and is something others can use to become more successful. She said enjoying the job is a key ingredient to success.

“Make sure you enjoy it and are passionate about what you are doing so you don’t think of it as a job,” Feesler said. “It is very important to remember when the job becomes extremely busy and stressful that you take time out for yourself, and that is where my motto comes from: work hard, play hard, pray hard.”

Feesler discovered that motto from her mentor and former principal at DeSales, Patrick Rossett, and now lives her life by it. The coaches and athletes at Pickerington North are now benefitting from this motto.

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Athletics Update

2014-15 OHSAA STATE BOARD OF DIRECTORS AND STAFF
1st row, left to right: Jeremy Marks (Board Ex-Officio, Ohio Department of Education Rep.), Richard Hall (Board Class AA Rep., East District), Phil Harris (Board Class AA Rep., Central District), Brenda Frankart (Female Rep., Northwest District), Tim Cook (Board Vice President, Central AAA Rep., Southwest District), Jonas L. Smith, CAA (Board President, Ethnic-Minority Rep., Southwest District), Steve Stem (Class AAA Rep., Southeast District), William R. Nye Jr. (Class AA Rep., Northeast District), Bruce Brown (Board Ex-Officio, Ohio Interscholastic Athletic Administrators Association), Gary Kreinbrink (Class A Rep., Northwest District).
2nd Row: Beau Rugg (Assistant Commissioner), Roxanne Price (Assistant Commissioner), Jeff Jordan (Chief Financial Officer), Dr. Deborah Moore (Associate Commissioner), Dr. Dan Ross (Commissioner), Bob Golding (Associate Commissioner), Jerry Snodgrass (Assistant Commissioner), Tim Stried (Director of Information Services), Steve Neil (Assistant Commissioner).
3rd Row: Ben Ferree (Administrative Assistant for Officiating), Angie Lawler (Officiating Program Coordinator), Dana Bushong (Administrative Assistant), Molly Downard (Executive Administrative Assistant), Tyler Brooks (Officiating Program Coordinator), Andrea Reich (Assistant Comptroller), Emily Gates (Sport Management Program Coordinator), Jenn Close (Sport Management Program Coordinator), Brenda Murray (Administrative Associate for Technology and Special Projects), Brandy Young (Receptionist), Chris Walker (Production Supervisor), Lauren Prochaska (Compliance and Sport Management Program Coordinator). Not Pictured: Todd Boehm (Comptroller), Bret Mavis (Board 7th/8th Grade Rep., Southeast District).

Tournament regulations are available online at OHSAA.org by going to the individual sport homepage, under ‘Tournament Info,’ on the left side of the webpage. Tournament regulations are posted and updated once a tournament draw has occurred.

THE FIVE W’S OF INTERSCHOLASTIC ATHLETICS

WHO?
We’re educational athletics, not big-time event promoters.

WHAT?
We’re the builders of tomorrow’s community leaders, not a minor league system for college and professional teams.

WHEN?
We’re a seasonal after-school activity, not a year-round endeavor. These are programs that should allow kids to be kids.

WHERE?
Our games should be played locally. There is plenty of competition in your region where kids can learn and grow through athletics.

WHY?
Schools offer these programs because they enhance the educational experience of the young people who participate.

TOURNAMENT REGULATIONS

UPCOMING TOURNAMENT DRAW DATES
FALL SPORTS - 2014

SPORT | DRAW/SEEDING MEETING DATE
--- | ---
Golf | 9/14
Girls Tennis | 9/21
Field Hockey | 10/5
Cross Country | 10/5
Soccer | 10/5
Volleyball | 10/5

OHSAA Districts

DISTRICTS
1. Central: cdb.org
2. Northeast: nedab.org
3. Northwest: nwdab.org
4. Southwest: swdab.org
5. East: eastohsaa.com
6. Southeast: seodab.org

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By Colin Beamiller, OHSAA Sports Information Intern

Photo by Terry Gilliam
UNDERSTANDING THE NO-CONTACT PERIOD IN BASKETBALL

Inside OHSAA General Sports Regulation No. 11 as it applies to basketball, but with notes regarding field hockey, football, ice hockey, soccer and volleyball

By Jerry Snodgrass, OHSAA Assistant Commissioner

All team sports are required to observe a “No-Contact Period” for their sport. Sometimes known as a “Dead Period,” the time period is different for different sports. The fundamental purpose of this No-Contact Period is to give student-athletes and coaches a time to get away from a long season that just ended while also protecting the start-up period for the next season’s sports and therefore encouraging multi-sport participation. Below is an overview of the No-Contact Period and its effect on coaches and players for boys and girls basketball.

1. Boys and girls basketball must observe a no-contact period beginning the day following the last contest of the season and continuing for 28 days after the last contest for that sport’s team.

2. The following sports must observe an additional No-Contact Period for a 28-day period counting back from Labor Day of each year: boys and girls basketball, baseball and softball.

3. During a No-Contact Period, board approved 7th through 12th grade school coaches are not permitted to have sport related contact with players that played for their school teams (7-12) during the previous season. This “sport related contact” includes, but is not limited to:
   - Conducting Open Gyms/Open Fields/Open Facilities for individuals who played for the school teams (7-12) the previous season.
   - Physical Conditioning Programs
   - Viewing Video/films

4. The No-Contact Period that begins at the end of the team’s sport season (and continues for 28 days) is team specific. In other words, the 28-day No-Contact Period begins for freshmen as soon as the freshmen schedule is complete. COMMENT: If a freshman ‘moves up’ and practices with or plays with the varsity tournament team, the 28 day No-Contact Period begins upon the varsity team’s season concluding. Likewise for any other sub-varsity (JV) player doing the same.

5. Weight programs may continue for players but NOT conducted by the coach of that sport. COMMENT: Many schools have strength coaches who monitor the weight room. If the strength coach or weight room supervisor is a person different from the coach of the sport, individuals may be part of the school’s athletic weight program. However, none of the school’s 7-12 school basketball coaches may be present.

6. There are no difference between paid and volunteer coaches relative to OHSAA Sport Regulations. Paid coaches and volunteer coaches are bound by the same regulations.

7. There is NO waiver provided for school coaches to coach their own sons/daughters in team play during any No-Contact Period. EXAMPLE: The head basketball coach at Smith High School has a son who plays on an AAU basketball team. The head coach served as the head coach between June and July and wants to continue doing so during the August No-Contact period. He is not permitted to do that as he must comply with the No-Contact Period whether it is his son or not.

8. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

The purpose of the “No-Contact Period” is essentially two-fold:

1. Give the kids a break! The basketball season is one of the longest of sport seasons and mentally and physically players should get a necessary break.

2. To permit the next sport season to begin without undue influence on basketball players, prohibiting them from participating in a spring sport.
Kirtland junior Adam Hess stiff-arms a Haviland Wayne Trace defender in the 2013 Division VI State Championship. Hess finished the game with 22 carries, 181 yards and two touchdowns. Kirtland finished the game with 410 rushing yards as a team and defeated Wayne Trace 44-16 to win its second state football championship.

**SURVEY SAYS...**

Results from 471 returned surveys of the OHSAA’s biennial survey on pay-to-participate fees and other current topics

By Colin Beemiller, OHSAA Sports Information Intern

In June 2014, the OHSAA sent out a survey to all athletic directors throughout the state. A total of 471 athletic directors responded with their answers, opinions and information. The following are some of the interesting findings from the survey.

- Just under half (221/471; 46%) of the athletic directors indicated their schools had some type of pay to play. In addition to supplementing the athletic department’s budget, some indicated the fees were called transportation fees and/or equipment costs. The Central District had the largest percentage of schools with a pay to play system at 63% (43/68), while the East District had the lowest percentage of schools at 31% (9/29).

- The Northeast District had the largest average pay to play fee ($153), followed by Central ($143), Southwest ($141), East ($98), Northwest ($93) and Southeast ($66) districts.

- 146 (31%) of the schools that own their own football stadium have artificial turf. The largest percentage of schools came from the Southwest District (38/97; 39%). The remaining schools said they had their own stadiums with a natural grass field.

- Of the 471 schools to respond, 197 (42%) reported having some type of policy against playing regular season games on Sundays. That number decreased significantly when the schools were asked if they had a policy against playing OHSAA tournament games on Sundays (66/471; 14%). Many of the schools that answered yes said they could override the policy with Superintendent or Board of Education approval in order to play a tournament game.

- Finally, when asked if the schools had any type of drug testing for athletes, 104 (22%) responded by confirming they did have testing. Several schools stated they were looking into developing a drug testing policy for athletes in the near future.

**PUPIL ACTIVITY PROGRAM/COACHING PERMIT INCLUDES CPR, FUNDAMENTALS OF COACHING AND CONCUSSION COURSE**

A reminder to all coaches (paid and volunteer) and school administrators that according to the Ohio Department of Education, the Pupil Activity Program/Coaching Permit is required for a pupil activity program that involves athletics, routine or regular physical activity or activities with health and safety considerations.

Specifically regarding coaches, on page two of the application is the following section:

**Additional Coaching Requirements**

1. Must hold a valid CPR card during his/her season.
2. Must show evidence of completing one of the two approved online concussion programs.
3. Must complete the NFHS ‘Fundamentals of Coaching’ class.

Please do not send copies of your class certificate or CPR card to the OHSAA. Completion of those two requirements must be verified by the school district where you are coaching.

For more information and to locate the form, log on to the OHSAA’s Sports Medicine page for the direct link to the ODE permit section.

Jerry Snodgrass joined the OHSAA in August 2008 as assistant commissioner. For the previous 31 years he served as a high school teacher, coach and athletic director, including the last 25 years at Findlay High School. Snodgrass was elected president of the OHSAA Board of Directors for the 2008-09 school year and is a trustee for the OHSAA Foundation.
The schools listed below had three or more ejections (player or coach) during the 2013-14 school year. Any coach or player ejected or disqualified from an interscholastic contest due to unsporting behavior or flagrant foul shall be suspended from coaching in all contests for the remainder of that day and shall be suspended from coaching or playing for all contests at all levels in that sport until two regular season/tournament contests (one in football) are played at the same level as the ejection or disqualification. Additionally, a coach who is ejected shall be fined $100 and must take the National Federation of State High School Associations Teaching and Modeling Behavior Course, which must be completed within 30 days. (Note that the $100 shall be used to support the OHSAA’s Respect The Game program). A student who is ejected or disqualified a second time shall be suspended for the remainder of the season in that sport.

### 2013-14 SCHOOL EJECTION TOTALS

|| School          | Ejections |
|------------------|-----------|
| Bellville Clear Fork | 11        |
| Columbus Mifflin    | 11        |
| Mansfield St. Peter's | 9         |
| Cincinnati Glen Este | 8        |
| Lancaster          | 8         |
| Pickerington Central | 8        |
| Columbus St. Francis DeSales | 8 |
| Marion Pleasant    | 7         |
| Wooster            | 7         |
| Avon Lake          | 6         |
| Lyndhurst Brush    | 6         |
| Hamilton           | 6         |
| Macedonia Nordonia | 6        |
| Eastlake North     | 6         |
| North Olmsted      | 6         |
| Canal Fulton Northwest | 6    |
| Powell Olentangy Liberty | 6 |
| Akron Springfield  | 6         |
| Columbus Beechcroft | 5        |
| Youngstown Boardman | 5       |
| Vandalia Butler    | 5         |
| Oregon Clay        | 5         |
| Lorain Clearview   | 5         |
| Cuyahoga Falls Cuyahoga Valley Christian Academy | 5 |
| Akron East         | 5         |
| Elyria             | 5         |
| Granville          | 5         |
| Heath              | 5         |
| Cincinnati Hillcrest Academy | 5 |
| Cincinnati Hughes  | 5         |
| Chagrin Falls Kenston | 5     |
| Mansfield Senior   | 5         |
| Cincinnati Purcell Marian | 5  |
| Ironon Rock Hill   | 5         |
| Columbus Whitewater | 5        |
| Cincinnati Withrow | 5         |
| Barberton          | 4         |
| Brecksville-Broadview Hts. | 4   |
| Brookville         | 4         |
| Canalfield         | 4         |
| Canton McKinley    | 4         |
| Steubenville Catholic Central | 4 |
| Chesapeake         | 4         |
| Cincinnati Colerain | 4        |
| Gahanna Columbus Academy | 4 |
| Dublin Jerome      | 4         |
| Marion Elgin       | 4         |
| Parma Heights Holy Name | 4 |
| Mentor Lake Catholic | 4     |
| Pataskala Licking Heights | 4 |
| Logan              | 4         |
| Akron Manchester   | 4         |
| Dayton Meadowdale  | 4         |
| Medina             | 4         |
| Monroe             | 4         |
| Cincinnati North College Hill | 4  |
| North Royaltown    | 4         |
| Lewis Center Olentangy | 4    |
| Painesville        | 4         |
| Poland Seminary    | 4         |
| Ridgeway Ridgemont | 4         |
| Bidwell River Valley | 4          |
| Painesville Riverside | 4       |
| Columbus South     | 4         |
| Toledo St. John’s Jesuit | 4    |

### School            Ejections

- Cincinnati Sycamore 4
- Troy 4
- Parma Heights Valley Forge 4
- Columbus Walnut Ridge 4
- Warrensville Heights 4
- Washington C.H. Washington 4
- Wellston 4
- Alliance 3
- Cincinnati Archbishop Moeller 3
- Aurora 3
- Beavilake 3
- Columbus Bishop Ready 3
- Columbus Briggs 3
- Medina Buckeye 3
- Bucyrus 3
- Canton Central Catholic 3
- Youngstown Cardinal Mooney 3
- Doylestown Chipper 3
- Cincinnati Hills Christian Academy 3
- Cleveland Heights 3
- Clarksville Clinton-Massie 3
- Columbus International 3
- Bowerston Compton Valley 3
- Columbiana Crestview 3
- Dublin Coffman 3
- Dayton Dunbar 3
- Ashatabula Edgewood 3
- Cincinnati Elder 3
- Eilda 3
- Proctorville Fairland 3
- Orwell Grand Valley 3
- Hilliard Bradley 3
- Hilliard Darby 3
- Columbus Horizon Science Academy 3
- Millbury Lake 3
- West Chester Lakota West 3
- Lexington 3
- Columbus Linden McKinley 3
- Mansfield Madison Comprehensive 3
- Ashland Mapleton 3
- Cincinnati Mariemont 3
- Marion Harding 3
- Marysville 3
- Massillon Middle School 3
- Cincinnati McAuley 3
- Pomeroy Meigs 3
- Miamisburg 3
- Grafton Midview 3
- New Philadelphia 3
- Dayton Oakwood 3
- Bainbridge Paint Valley 3
- Piqua 3
- Cincinnati Princeton 3
- Reynoldsburg 3
- Richmond Heights 3
- Greenwich South Central 3
- St. Bernard-Elmwood Place 3
- Lakewood St. Edward 3
- Cincinnati St. Xavier 3
- Swanton 3
- Cincinnati Turpin 3
- Columbus Upper Arlington 3
- Cincinnati Walnut Hills 3
- Westerville South 3
- Xenia 3

### 2013-14 OFFICIATING DEVELOPMENT

**Baseball** – Dan McGinnis

**Basketball** – Dennis Morris

**Field Hockey** – Rick Pollak

**Football** – Bruce Maurer

**Gymnastics** – Lori Powers-Basinger

**Ice Hockey** – Gary Wilkins

**Soccer** – Don Muenz

**Softball** – Jerry Pick

**Swimming & Diving** – Ken Gipe

**Track & Field** – Dale Gabor

**Volleyball** – Diane Plus

**Wrestling** – Jim Vreeland

### OFFICIALS STATEMENT OF BELIEFS

1. **WE believe** that the recruitment of officials is most successful by individuals through local associations.
2. **WE believe** that training leads to enjoyment in officiating and in turn leads to retention of officials.
3. **WE believe** that continuing education leads to talented and competent officials.
4. **WE believe** that the OHSAA must support officials through training, education and action.
5. **WE believe** that reward and recognition of officials creates enthusiastic officials.
6. **WE believe** that strong leadership must be present in all local associations.
7. **WE believe** that a strong officiating program and competent officials creates a positive experience for student-athletes.

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**BEAU RUGG**

Beau joined the OHSAA in the fall of 2012 on an interim basis and was hired full-time as assistant commissioner on Feb. 14, 2013. He oversees the OHSAA’s officiating program and is the administrator for the sports of football and wrestling. On the officiating side, he coordinates the licensing, registration and renewal process for nearly 17,000 OHSAA officials and works directly with each sport’s Director of Officials Development, rules interpreters, officiating instructors, officials assigners and local officials associations and secretaries which includes interpreting contest rules, tournament regulations and assignments among many other duties.

A native of Newark, Ohio, Beau holds two degrees from The Ohio State University. He has also completed doctoral work in physical education/sport management with a minor in business management. From 1986 to 2011, he was an assistant or associate director with OSU’s Department of Recreational Sports. He was a registered OHSAA contest official in football (six state tournament assignments) and basketball for over 30 years. He was the manager of the OHSAA State Track & Field Tournament for the past 22 years and worked the OHSAA State Individual Wrestling Tournament for the past 25 years.
THE OHSAA FOUNDATION

The OHSAA Foundation was created over 10 years ago to provide resources for enhancing education opportunities and services for Ohio’s student-athletes. The Foundation was established as a 501(c)(3) organization and is separate from the OHSAA. The Foundation is governed by its own volunteer Board of Trustees. The mission of the Foundation is to “provide leadership and service opportunities for Ohio student-athletes, and all funds raised are used to fulfill our mission.”

The OHSAA Foundation created a new statewide community service initiative in 2008 called “OHSAA Foundation Service Week.” OHSAA Foundation Service Week provides an opportunity for Ohio student-athletes to:

• make a positive impact in their community
• provide educational experiences for all students
• receive community service credit towards graduation

Foundation Service Week is highlighted by a “Foundation Game.” Member schools participating in Foundation Service Week are permitted to use one of their five allotted basketball scrimmages to play a regulation game under all normal game conditions. Foundation Games do not count against a team’s record. Through this initiative, Ohio student-athletes generate in excess of $500,000 for charitable organizations and causes across the state and collected food, clothing and other items for those in need. Each participating school [or their sponsor(s)] makes a $250 contribution to the OHSAA Foundation, which is used to allow the Foundation’s continuation of its leadership conferences and providing education materials for student-athletes in ALL sports.

Contact the OHSAA for information on the OHSAA Foundation Student Leadership Conference Oct. 7 hosted by The Ohio State University

OHSAA FOUNDATION BOARD OF TRUSTEES

Steve Craig
Tom Hof
Bill Hosket
Jim Lachey
Linda Logan
John Muhlbach
Clair Muscaro
Mike Richards
Dr. Dan Ross
Jerry Snodgrass
Phil Stevens
Steve Stirn
Amy Taylor-Sheldon
Rock Van Fossen
Duane Warns

MIDDLE SCHOOL INVITATIONAL SET FOR OCT. 18

The OHSAA’s second annual junior high/middle school cross country invitational will be held on Saturday, Oct. 18 at Waggoner Middle School in Reynoldsburg, located just east of Columbus. The middle school cross country event is one way the OHSAA is further connecting with 7th-8th grade member schools and offering a form of postseason competition.

The OHSAA also sends quarterly updates to member middle schools regarding important reminders, eligibility updates and sports regulations. Please see page 22 in the spring 2014 issue of OHSAA Magazine for an example of a quarterly memo.

2014 OHSAA Junior High/Middle School Cross Country Invitational Information

Date: October 18, 2014
Admission: $5.00 Adults
Location: Waggoner Junior High, 360 S. Waggoner Road, Reynoldsburg, 43068
Schedule and Race Assignments: Will be posted at OHSAA.org after October 1
Course Map: Will be posted at OHSAA.org
(Course will be open for inspection October 16 & 17 during daylight hours)
2014-15 BUDGET
FINANCIAL UPDATE

OHSAA Structure

BOB GOLDRING

Bob Goldring joined the OHSAA in the fall of 1995 as Director of Information Services. He was promoted to Assistant Commissioner in June 2005 and to Associate Commissioner for Operations in August 2008. A 1977 graduate of Orrville High School, he holds two degrees from The Ohio State University. Bob's previous work has all been in collegiate sports information offices, including Rose-Hulman Institute of Technology, Purdue University and Ohio State University.

JEFF JORDAN

After an 11-year stint at the Ohio Department of Education, Jeff Jordan joined the OHSAA's administrative staff as Chief Financial Officer in August of 2011. He was director of finance program services for the ODE since 2006 and had oversight of districts in fiscal caution, watch and emergency. Between 2001 and 2010, he was responsible for the ODE's Office of Federal and State Grants Management.

Jordan was appointed to an ex officio position on the OHSAA Board of Directors by the ODE from 2001 through April 2011. He has been an OHSAA licensed basketball official since 1991.

As the OHSAA’s CFO, Jordan oversees internal financial operations, the annual budget, tournament financial operations and the independent company that performs the annual audit. He also serves as the financial advisor for the OHSAA Foundation.

DID YOU KNOW?
MEMBER FINANCIAL BENEFITS

Among the many benefits of OHSAA membership are five advantages tied specifically to finances:

1. No annual membership dues
2. No annual catastrophic insurance premium
3. Reimbursement for some regional and state team tournament travel expenses
4. Keep a portion of presale ticket sales for selected tournaments
5. No cost for annual catastrophic insurance premium

In addition, did you know that the OHSAA receives no tax money of any kind? The OHSAA’s operating budget is comprised of three main revenue sources: ticket sales from tournament events (78 percent), officials dues (11 percent) and corporate partners (11 percent).

Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.
TIPS FOR COACHES TO HELP THEIR TEAMS SUCCESSFULLY BOUNCE BACK FROM LOSSES
By Christopher Stankovich, Ph.D. | www.drstankovich.com

One of the toughest jobs for a coach is to help a team rebound from losses and adversity. Whether it’s an athlete dealing with a serious injury, or a team struggling through a rough stretch in the schedule, coaches “earn their keep” in these challenging moments by creatively finding ways to keep spirits high and continue to win games on the field. This month I would like to explore ideas around resiliency, as well as what coaches can do to keep their teams focused following tough losses, adversity and team stress.

Most coaches agree that when the team is winning, positive team chemistry seems to go hand-in-hand. But what happens when things don’t go so well? As a boxing expert once famously said, “it only becomes a fight after somebody is hit,” suggesting that until we experience stress and crisis do we truly learn about our character and resiliency.

Most coaches also understand that even the best set plans have a chance of going bad, whether it’s a poor officiating call in a game or an unexpected season-ending injury to a star player. It is in these moments when we learn about team mettle and quickly see whether the team is discouraged or challenged by what has happened. In best-case scenarios, teams that face adversity use the trauma to challenge themselves and improve. In worst-case scenarios, however, otherwise talented teams succumb to the stress of the situation and play the rest of the season below what the team is capable of playing. Coaches, of course, have a lot to do with these outcomes, making it all that much more important to learn how to successfully coach in the face of adversity.

The next time your team faces difficult circumstances, consider the following tips to help:

• **Stay with goals set at start of season.** It’s easy to “take your eye off the ball,” figuratively speaking, when you lose a tough game or face other unforeseen team adversity. One way to quickly regain focus is to gather the team and walk them through the original goals set at the beginning of the season and work together to get the team back on track. This exercise provides for multiple potential solutions to the problem and is a great team building experience.

• **Take “one day at a time.”** Yes, it sounds cliché, but helping your team get back on track requires you to quickly forget the past and what you can’t change and instead do the next thing as best you can. Simply reminding kids about this philosophy can get you through a tough stretch and help them re-focus on finishing the season strong.

• **Confront situations when necessary.** The old saying “the elephant in the room” implies there is an issue everyone knows about, yet nobody is willing to confront. Good coaches know that while confrontation isn’t always the most fun part of the job, it is necessary when it becomes obvious that team issues need addressed.

• **Ask open-ended questions and solicit feedback anonymously.** Sometimes the best information you can receive is the information you ask for — in the case of coaching, consider asking the team open-ended questions like “how can we improve on defense?” and “In what ways do we need to adapt to the player injuries we have experienced?” Also, create ways for players to offer their thoughts privately and without penalty, as you might get some of the best ideas this way.

• **Keep it fun and promote a positive attitude.** Remember, the number one reason why kids play sports is to have fun, so be sure and do your part by bringing a positive attitude to every practice and game. Your kids will feed off of your enthusiasm and forget about previous adversity.

• **Find examples of individuals/teams who have overcome great odds.** Sometimes the best way to break a slump is to provide kids with previous sport success stories to help them regain their confidence and motivation. Show the team a video, or even bring in an athlete who has overcome great challenges to talk to the team.

• **Remind kids of the life lessons learned through sports.** While we as adults know how important sports are when it comes to developing life skills, kids often do not see the connection as clearly. Make it a point to remind your kids that adversity is not unique to sports, and that the ways in which they handle their sports stress could serve as a great teaching tool for handling life stress.

There might be nothing more rewarding to coaches than overcoming great odds and achieving things that others never thought possible — including successfully dealing with adversity, stress, frustration and failure. Do your part the next time you face tough times by considering the tips provided above. Good luck!
Farmers Insurance, in partnership with the Ohio High School Athletic Association, has been accepting thank yous on behalf of America’s teachers and coaches on its dedicated web site, www.thankamillionteachers.com since the beginning of the year. Through early August, more than 700,000 teachers and coaches have been thanked on the www.thankamillionteachers.com web site, putting the national insurer well ahead of its plan to thank one million of the nation’s educators this year.

“Farmers continues to be thrilled and humbled by America’s response to our Thank A Million Teachers program that provides the public an easy and unique way to thank our nation’s teachers and coaches,” said Randy Rice, National Manager of Education Programs for Farmers Insurance. “As we surpass the key milestone of having thanked more than 700,000 teachers and coaches, we urge the American public to continue to spread the word and thank more educators for the important work they do every day in thousands of classrooms across the United States.”
As part of its “Thank A Million Teachers” program, Farmers has invited America to thank teachers, present and past, for the impact they have had in communities across the nation.

Farmers is an organization that believes in smart. Through its advertising and its internationally recognized University of Farmers corporate learning and training centers, the company aims to help consumers become smarter about insurance. As part of its corporate vision of supporting learning and education, it launched a national effort at the end of last year to thank those people who make all of us smarter – America’s teachers.

Farmers understands the foundational role teachers and coaches play in our communities and wants to thank and recognize teachers for the difference they make in our children’s lives through their work in thousands of classrooms every day. It built the thankamillionteachers.com web site to provide a quick and easy way for people across the country to thank our nation’s teachers.

The OHSAA has helped Farmers spread the word of this important effort to thank Ohio and America’s teachers and coaches. Thanks to the OHSAA/Farmers Insurance partnership, thousands of educators in Ohio have already been thanked. But there are still more teachers and coaches in the state who are deserving of thanks so both OHSAA and Farmers are re-inviting all Ohioans to visit the thankamillionteachers.com web site to share their appreciation to those who helped them, and their children, during their school years.

While thanking teachers and coaches is important, helping educators support their visionary efforts to improve educational opportunities for their students is also important. That’s why Farmers is also urging teachers to submit proposals for $2,500 grants on the thankamillionteachers.com web site. The national insurer has already awarded 90 teachers across the country with $2,500 grants to transform America’s classrooms. In all, Farmers has committed to donating $1 million to teachers and education programs in 2014.

The teacher proposals that have been received from educators throughout the nation so far have represented a wide range of innovative ideas, including meeting the urgent need for increased use of technology in the classroom, supplying equipment for science and after-
school projects, providing resources for special education programs, supplying books for improved reading programs and libraries, and supporting meal programs and nutrition education for students in underserved areas.

“The teachers who have submitted proposals are exemplary educators who are devoted to their students and have a clear vision of how to improve learning in their classrooms,” said Rice. “Farmers is proud to be able to provide an opportunity for these teachers to find a way to access the funds necessary to help advance education in communities throughout America. “It has also been exciting to see communities across the country rally around local teachers as they vie to win the $2,500 grants.”

As part of the Thank A Million Teachers program, the American public is also invited to visit the thankamillionteachers.com web site to cast their votes for their favorite proposals. The next round of voting for the $2,500 grants will begin September 1 and continue through September 30. The public is invited to vote for as many proposals as they’d like, although they can vote for the same proposal only once per day.

Farmers Insurance is working in partnership with AdoptAClassroom.org, a national non-profit organization, to help teachers acquire the supplies and equipment they have requested in their proposals.

Farmers announced the launch of the Thank A Million Teachers program in late December at a special event featuring Jack Black, who thanked his former teacher Debbie Devine, who he credited with saving his life. Several days later, Farmers brought additional attention to its campaign to thank educators across America with its Thank A Million Teachers New Year’s Day float in the Tournament of Roses parade.

OHSAA and Farmers want to remind everyone that thanking a teacher or a coach is easy. Just go to the thankamillionteachers.com web site and follow the short, easy steps to get your thank you included. Please don’t forget to share this web site with your friends and neighbors. Our state and our nation’s teachers and coaches work hard every day to help build strong minds and mold good character among our future leaders. Let’s do our part to express our thanks for the work that they do.
BOYS GOLF
WHEN: October 10-11 (Div. II & III) and October 17-18 (Div. I)
WHERE: The Ohio State University Scarlet Golf Course, Columbus (Div. I & III) and NorthStar Golf Club, Sunbury (Div. II)

Dublin Jerome will look to win its fourth-consecutive Division I boys golf state championship at the 89th OHSAA boys golf state tournament. A state championship this year would move the Celtics into second-place on the all-time list of number of boys golf team state titles. Upper Arlington ranks first with 17 boys golf championships overall. Another streak is on the line as Dayton Oakwood will look to win its third-consecutive Division II boys golf state championship and could become one of four schools with six or more boys golf state championships with a state finals victory in 2014.

GIRLS GOLF
WHEN: October 10-11 (Div. II) and October 17-18 (Div. I)
WHERE: The Ohio State University Gray Golf Course, Columbus

The 22nd annual girls Division I and the seventh annual girls Division II state golf championships return to The Ohio State University Gray Golf Course, with the Division II championships being played October 10-11 and the Division I championship being played October 17-18. In 2013, Dublin Jerome won its third-straight title, while Gates Mills Hawken won its first.

GIRLS TENNIS
WHEN: October 17-18
WHERE: OSU Outdoor Varsity Tennis Courts, Columbus, and Hilliard Davidson High School
RAIN LOCATION: Elysis Tennis Center, Plain City

The 2013 girls tennis state tournament will return to The Ohio State University Outdoor Varsity Tennis Courts on Friday, October 17, and finish on Saturday at Hilliard Davidson High School October 18. Some or all of the tournament has been moved to Elysis Tennis Center in Plain City the last two seasons due to weather conditions. Both 2012 and 2013 saw different state champions crowned in both singles and doubles. Two young ladies and two doubles pairs will be crowned state champions in 2014.

FIELD HOCKEY
WHEN: October 31- November 1
WHERE: Upper Arlington High School

The OHSAA field hockey state tournament has seen back-to-back championship games go into overtime, as Columbus Academy won the 2012 title in double overtime, 2-1, vs. Columbus Bishop Watterson, and 1-0 over Thomas Worthington in 2013. The 36th annual state tournament will look to provide additional excitement as four teams will compete over a two-day period at Upper Arlington High School.

CROSS COUNTRY
WHEN: November 1
WHERE: National Trail Raceway, Hebron

National Trail Raceway in Hebron will be the host site for the 86th annual boys and 37th annual girls OHSAA state cross country championships. Last year, all girls champions repeated as champions from 2012, as Mason won its second-consecutive title, Liberty Center won its third straight and Akron St. Vincent-St. Mary took home its fifth-consecutive championship. McDonald won the boys Division III state championship, its second in the past three years. Cincinnati St. Xavier’s point total of 46 was the second-best finish in Division I boys history, earning the Bombers their fifth state championship overall, while Defiance won its first boys cross country state championship in Division II.

GIRLS VOLLEYBALL
WHEN: November 6-8
WHERE: Ervin J. Nutter Center, Wright State University, Dayton

The Ervin J. Nutter Center at Wright State University in Dayton will play host to the 40th Annual OHSAA State Volleyball Tournament. State champions in four divisions will be crowned as 16 schools are represented at the tournament. 2013 state champions were Cincinnati Mt. Notre Dame (Div. I), Parma Padua Franciscan (Div. II), Versailles (Div. III) and Maria Stein Marion Local (Div. IV). Mt. Notre Dame will look to win its eight volleyball state title in 2014, which would tie with Cincinnati St. Ursula Academy and Newark Catholic for first all-time.

BOYS & GIRLS SOCCER
WHEN: November 7-8
WHERE: Crew Stadium, Columbus

The 39th Annual Boys and 30th Annual Girls OHSAA Girls State Soccer Championships return to Crew Stadium in Columbus November 7 and 8. Last year, boys soccer state titles were won by Mason, Richfield Revere and Cincinnati Summit Country Day. Mason and Richfield Revere won the first boys soccer state titles in school history, while Cincinnati Summit Country Day won its second state championship in a row and improved to 3-0 all-time in boys soccer state championship games (2013, 2012, 1999). In girls soccer, Cuyahoga Falls Walsh Jesuit won its seventh state title (first all-time), Rocky River won its first state title and Hamilton Badin won its second state title.

FOOTBALL
WHEN: December 4-6
WHERE: Ohio Stadium, Columbus

For the first time since 1989, the OHSAA State Football Championships return to Ohio Stadium in Columbus as seven teams will look to win state titles in OSU’s famed Horseshoe. Last season Cincinnati Archbishop Moeller, Akron St. Vincent-St. Mary, Clarksville Clinton-Massie and Coldwater all repeated as champions and Maria Stein Marion Local won its third consecutive state championship and seventh overall. Loveland (Div. II) won its first state championship in its first state finals appearance and Kirtland (Div. VI) took home its second state championship in its third consecutive state finals appearance. Times for state championship games in each division will be announced after the conclusion of the state semifinals, with one state final played Thursday night, December 4, and three played on both Friday, December 5 and Saturday, December 6.
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NOW FUEL UP.

As an athlete, you don’t need extra vitamins, minerals or supplements — you just need to eat the right things. Eating a variety of nutrient-rich foods from all five food groups will give you the energy you need every day.

UNLESS YOU WANT TO RUN ON EMPTY, YOU’VE GOT TO FUEL UP AND HYDRATE.

4 hours before the game, start hydrating and consider a high-carbohydrate pre-game meal such as:

+ A baked potato topped with veggies and salsa
+ Pasta with red sauce
+ Brown rice and veggies with a side of fruit

2 hours before the game, continue drinking small amounts of fluid and, if you missed the pre-game meal, eat foods rich in carbohydrates and low in fiber such as:

+ A fruit and yogurt smoothie with lowfat granola
+ Toast with jelly
+ Pretzels and fruit
+ Cereal with lowfat or fat free milk and fruit

30 minutes before the game, hydrate with 8-12 oz. of fluid.

If the event is going to last longer than 60 minutes, grab a carbohydrate/electrolyte boost, like a sports drink, with a small serving of fruit.

AND AFTER YOUR EVENT, rehydrate with a beverage rich in carbohydrates and electrolytes such as lowfat or fat free chocolate milk (or lactose-free chocolate milk)

Chocolate milk has a carb: protein ratio of 3:1, is a good source of potassium, and has a moderate amount of sodium.

FOR MORE INFO ON HOW YOU CAN GET THE SPORTS NUTRITION EDGE, PLEASE VISIT DRINK-MILK.COM