Defining Educational Athletics
Let’s take a timeout to talk about why school sports are about so much more than wins and losses

Heart of a Hero
Massillon Jackson’s Jackie Custer has overcome a lot in her young life, and she is stronger for it

Representation 101
A look inside why the OHSAA’s tournaments are built on representation, not simply best-of-the-best
Ohio High School Athletic Association
Serving member schools, coaches, student-athletes and contest officials since 1907

Preparing Student-Athletes not for the next level of sports, but for the next level of life.
www.OHSAA.org

OHSAA Mission
The Ohio High School Athletic Association provides educational opportunities for students through participation in interscholastic athletics programs while also providing leadership and support for member school administrators, coaches and contest officials.

OHSAA Commitment
The Ohio High School Athletic Association is committed to serving its member schools by being committed to:
• Establishing and regulating regular season and tournament standards in order for competition to be fair and equitable.
• Administering exceptional interscholastic athletics tournaments.
• Promoting that interscholastic athletics participation compliments a student’s educational experience.
• Providing unparalleled leadership and customer service to our various constituents that is objective, responsive and inclusive.
• Providing rulings that are swift, fair, consistent and impartial.
• Operating with openness and demonstrating fiscal accountability.
• Honoring our tradition of excellence, which has served our member schools for the past 100-plus years.
• Honoring our ultimate purpose, which is to promote lifetime values, good citizenship, academic success, ethics and fair play in safe and sporting environments.

Fan Fair Play Code
• I will remember that young people play sports for THEIR enjoyment.
• I will have realistic expectations and will understand that doing one’s best is just as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
• I will respect the official’s decisions and will encourage others do the same.
• I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
• I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
• I will show respect for my team’s opponents because I realize there would be no game without them.
• I will not use bad language and will not harass athletes, coaches, officials or other spectators.
• I will always show good sportsmanship. Young people learn by example.

Act with Courtesy
Speak with Dignity
Play with Pride

www.OHSAA.org
Presented By
@OHSAA Sports
Facebook.com/OHSAA
www.OHSAASports.org/RTG

Respect the Game
www.OHSAA.org/RTG
Presented By
Fuel Up with Chocolate Milk

Preparing Student-Athletes not for the next level of sports, but for the next level of life.
www.OHSAA.org
The gallery looks on during the 2014 OHSAA Division I boys golf state tournament on the Scarlet Course at The Ohio State University. The state tournaments return to OSU and NorthStar Golf Club in Sunbury in October.
OHSAA COMMITMENT

THE OHSAA BELIEVES THAT . . .
• Participation in interscholastic athletics programs is a privilege, not a right.
• Participation in interscholastic athletics programs complements a student’s school experience and teaches lifelong lessons of hard work, teamwork and self-discipline.
• Participation in interscholastic athletics programs promotes citizenship and sporting behavior, instills a sense of community and promotes a lifetime appreciation for sports and healthy lifestyles.
• All students, regardless of ethnicity, race or gender, should have an equal opportunity to participate in interscholastic athletics programs.
• Sporting and ethical behavior are expectations in interscholastic athletics by all participants, coaches, administrators, officials and spectators.
• Coaches, administrators and contest officials should serve as positive role models that are critical to a student’s development and success.
• In order to minimize health and safety risks and maintain ethical standards, it is mandatory that interscholastic athletics participants are free from use of anabolic steroids or other performance-enhancing drugs.
• All rules, regulations and facilities for and supervision of interscholastic athletics programs should ensure maximum protection of the health, safety and well-being of each participant.
• Limitations should be placed upon the length of sport seasons and the number of interscholastic contests played by participants.
• Students should engage in a well-rounded experience that encourages participation in a multitude of extracurricular activities.
• All attempts should be made to accommodate students with disabilities in interscholastic athletics programs.
• Compliance with all school, OHSAA and state regulations along with contest playing rules is essential for everyone involved in interscholastic athletics programs.
• Student academic achievement and success take priority over athletics achievement and success.
• The success of a team is more important than individual awards.
• Interscholastic athletics programs exist to prepare students for the next level of life, not the next level of sports.
• Participation in interscholastic athletics programs can be a once-in-a-lifetime opportunity and create memories that will last forever.

THE OHSAA IS COMMITTED TO . . .
• Establishing and regulating regular season and tournament standards in order for competition to be fair and equitable.
• Administering exceptional interscholastic athletics tournaments.
• Promoting that interscholastic athletics participation complements a student’s educational experience.
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• Honoring our tradition of excellence, which has served our member schools for the past 100-plus years.
• Honoring our ultimate purpose, which is to promote lifetime values, good citizenship, academic success, ethics and fair play in safe and sporting 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

Huron celebrates after winning the 2014 OHSAA Division III volleyball state championship at the Ervin J. Nutter Center at Wright State University. The Tigers defeated Gates Mills Gilmour Academy 3-1 (25-21, 25-16, 17-25, 25-21) to capture their fourth volleyball state title. The 2015 OHSAA volleyball state tournament returns to the Nutter Center Nov. 12-14.
Prior to becoming the commissioner of the OHSAA in August 2004, Dr. Dan Ross served as a school superintendent for 21 years at three districts, including Patrick Henry (1983-86), Pickerington (1986-97) and Avon Lake (1997-2004). He has more than 30 years in education, having served as a superintendent, principal, teacher, counselor, coach and official. Dr. Ross is a native of Portsmouth, Ohio, and graduated from Columbus St. Charles High School in 1967. He received degrees from Ohio Dominican, Xavier and Bowling Green. Dr. Ross was a registered OHSAA official for 20 years and was selected to work state finals games five times in boys basketball and twice in girls basketball while also being certified in volleyball and baseball.

DEFINING EDUCATIONAL ATHLETICS

Educational athletics. That is a phrase we use a lot at the OHSAA office, not only when we are talking about the issues that come up in our day to day work, but also when we are thinking “big picture” about the important role of school sports in a young person’s education.

Simply put, educational athletics means that sports in the school setting complement the lessons learned in the classroom, where students are held accountable for their progress during the school day before they can put on the school uniform afterwards.

It also means that school sports are a privilege, not a right. That privilege must be earned and kept through academic success. That is one of the things that separates school sports from club sports, AAU and other non-school teams, where students don’t have to be academically eligible to play.

Values like discipline, determination and responsibility can be learned and found on many levels of sports, both with interscholastic athletics and non-school teams. However, the depth of those values runs much deeper with school sports because they often transcend sports into academics, classrooms, schools and communities.

Put it all together and it’s no surprise that student-athletes tend to have higher grade point averages, better attendance records and fewer discipline problems than non-athletes. In some cases, sports are one of the main reasons why students work hard to meet academic and attendance requirements. Without even knowing it, student-athletes are also more likely to pursue a college education and be community leaders.

For many students, it is often sports that instill self-confidence and teach leadership skills and goal setting. When those abilities are gained through school sports, it creates a bond with the student-athlete, the coach and the school that lasts for a lifetime. The foundation for social and emotional well-being often begins, or is at least strengthened, through participation in sports.

Finally, sports can teach a healthy respect for an opponent, overcoming adversity and the ability to handle losing with dignity and winning with class. Years after their playing days are done, former student-athletes are better able to handle a difficult situation at their job or a stressful family situation thanks in part to the lessons they learned in sports.

All these factors also add up to the reason why a high participation rate in each school, and across the state, are so important. While we congratulate those student-athletes who go on to play sports in college, we constantly go back to the benefits of participation that make school sports so important for thousands of kids who won’t play sports past high school.

Let’s all remember why these things are important and set our sights on having a great 2015-16 school year.

Respectfully,

Dr. Dan Ross, Commissioner, Ohio High School Athletic Association

Steve Stim, President, OHSAA Board of Directors
## OHSAA Calendar

### OHSAA Allied Organizations

- **National Federation of State High School Associations**
  - P.O. Box 690
  - Indianapolis, IN 46206
  - (317) 937-6900
  - Fax: (317) 822-6700
  - www.nfhs.org

- **Ohio Department of Education**
  - 25 South Front St.
  - Columbus, OH 43215-4183
  - General Information: (614) 995-1545
  - General Fax: (614) 644-5960
  - education.ohio.gov

- **Ohio School Boards Association**
  - 8050 North High St., Suite 100
  - Columbus, OH 43235-6482
  - 1-800-559-6722
  - Fax: (614) 540-4100
  - www.osba-ohio.org

- **Buckeye Association of School Administrators**
  - 8050 North High St., Suite 150
  - Columbus, OH 43235-6486
  - (614) 846-4080
  - Fax: (614) 846-4081
  - www.basa-ohio.org

- **Ohio Association of Secondary School Administrators**
  - 8050 North High St., Suite 180
  - Columbus, OH 43235-6484
  - (614) 430-8311
  - Fax: (614) 430-8315
  - www.oassa.org

- **Ohio Middle Level Association**
  - (740) 548-6156
  - www.ohmla.org

- **Ohio Association of Elementary School Administrators**
  - 900 Club Dr., Suite A
  - Westerville, OH 43081
  - (614) 794-9191

- **Ohio Association of School Business Officials**
  - 8050 North High Street, Suite 170
  - Columbus, Ohio 43235
  - 614.431.9116
  - 800.646.2726
  - www.oasbo-ohio.org

- **Ohio Interscholastic Athletic Administrators Association**
  - www.OIAAA.org

### OHSAA READY

#### REFERENCE SPORTS DATES

**(Subject to Change)**

**NOTE:** Dates and locations are subject to change.

<table>
<thead>
<tr>
<th>FALL 2015</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cross Country</strong></td>
<td>Aug. 1</td>
<td>None Permitted</td>
<td>Aug. 24</td>
<td>Nov. 7/National Trail Raceway, Hebron Girls III, II &amp; I; Boys III, II &amp; I</td>
</tr>
<tr>
<td><strong>Soccer</strong></td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 21</td>
<td>Nov. 10 &amp; 11 – State Semifinals, Sites TBA Nov. 13 &amp; 14 – State Championships, Mapfre Stadium, Columbus</td>
</tr>
<tr>
<td><strong>Tennis (Girls)</strong></td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 7</td>
<td>Oct. 16 – Lindner Family Tennis Center, Mason (1st &amp; 2nd rounds) Oct. 17 – Lindner Family Tennis Center, Mason (SF &amp; Finals)</td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Aug. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 22</td>
<td>Nov. 12 – State Semis/WSU Nutter Center (Div. III &amp; II) Nov. 13 – State Semis/WSU Nutter Center (Div. I &amp; IV) Nov. 14 – State Finals/WSU Nutter Center (all divisions)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WINTER 2016</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball</strong> (Boys)</td>
<td>Oct. 30</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 27</td>
<td>Mar. 17 – State Semis/OSU Value City Arena (Div. III and II) Mar. 18 – State Semis/OSU Value City Arena (Div. IV and I) Mar. 19 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td><strong>Basketball</strong> (Girls)</td>
<td>Oct. 23</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 20</td>
<td>Mar. 10 – State Semis/OSU Value City Arena (Div. III and II) Mar. 11 – State Semis/OSU Value City Arena (Div. IV and I) Mar. 12 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td><strong>Gymnastics</strong></td>
<td>Nov. 6</td>
<td>None Permitted</td>
<td>Dec. 7</td>
<td>Mar. 4 – Team/Hilliard Bradley H.S. Mar. 5 – Individual &amp; AA/Hilliard Bradley H.S.</td>
</tr>
<tr>
<td><strong>Ice Hockey</strong></td>
<td>Nov. 6</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Nov. 27</td>
<td>Mar. 10-12 – Nationwide Arena, Columbus</td>
</tr>
<tr>
<td><strong>Swimming/ Diving</strong></td>
<td>Nov. 6</td>
<td>None Permitted</td>
<td>Nov. 30</td>
<td>Feb. 24-27 – Branin Natatorium, Canton</td>
</tr>
<tr>
<td><strong>Wrestling</strong></td>
<td>Nov. 9</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Dec. 4</td>
<td>Team Tournament: Feb. 14 – OSU St. John Arena Individual: Mar. 3-5 – OSU Schottenstein Center</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRING 2016</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tennis (Boys)</strong></td>
<td>Mar. 7</td>
<td>1 scrimmage prior to first match</td>
<td>Mar. 25</td>
<td>May 27 – Lindner Family Tennis Ctr, Mason (1st &amp; 2nd rounds) May 28 – Lindner Family Tennis Ctr, Mason (SF &amp; Finals)</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td>Mar. 7</td>
<td>None Permitted</td>
<td>Mar. 26</td>
<td>June 3-4/Ohio State Jesse Owens Stadium (Div. III, II &amp; I)</td>
</tr>
</tbody>
</table>

*Indicates to see specific preview date in the OHSAA Handbook.

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@OHSAA
Facebook.com/OHSAA
@OHSAsports

www.ohsaa.org/foundation.htm
In the 2013 record-setting season of Wheelersburg High School football, the statistical contribution by senior Tim Adkins was just one tackle. It was the one and only tackle of his varsity career. But his real tackle, which cannot ever be statistically measured, was when he took responsibility and control of his own life thanks to an opportunity to be a part of something like high school sports.

Wheelersburg head football coach Rob Woodward said that Tim missed more than 100 days of school as a freshman and didn’t pass most of his classes. He had no means of travel, very few clothes and virtually no hope for success. But he found something in football, something that began to burn inside of him. He slowly progressed, both in the classroom and in the football program. Tim became the first player to jump into a drill or volunteer for anything that was needed. He never complained.

Coach Woodward said that while Tim’s contributions on the stat sheet might seem small, he was a huge example of what makes a TEAM great. At the end of the season as the team votes on awards, each player is given the opportunity to write his thoughts on the season, good or bad. The following is what Tim wrote. It now hangs on a plaque in the locker room for all to read and remember what this game that we love and endure is all about.

“Football changed my life in its entirety. I was not in a position in my life to succeed or excel. I asked on a paper in the beginning that football would provide for me an environment that promoted hard work, respect and success. I gained from this year far more than I had asked. I am now in a position to succeed and excel in my life. I have an opportunity to go to college, a better home life, a more determined work ethic, and moral values, all of which I can attribute to this wonderful football program and the people associated with it, whether that be the coaches, my teammates, or the community. I cannot in words describe how thankful I am for the opportunity to play and be a part of the team. I cannot thank the program enough for the life lessons I have learned. I’ve learned football is a game of winning and losing. Not just the game, but everything you win and learn in the process. Individually every player wins the respect of his teammates and his coaches. With that we’ve won their friendships and the right to call each other brothers and family. As a team we’ve won the respect of the community and our opponents. My father always told me the secret to happiness is to find something more important than yourself and dedicate your life to it. I never understood what he meant by that until I became part of this team and learned what it means to dedicate your life to your family, and your community.”

Tim Adkins - #61
Varsity Tackle and Lifetime of Memories
Cross Country

CATCH ME IF YOU CAN
Runners compete at the 2014 OHSAA cross country state championships at National Trail Raceway in Hebron. The 2015 OHSAA cross country state championships return to National Trail Raceway on Saturday, Nov. 7. This year's order of competition is Division III girls, Division II girls and Division I girls, followed by Division III boys, Division II boys, Division I boys.
IF THE SHOE FITS

After 24 years in Canton and Massillon, the OHSAA football state championship games returned to Ohio Stadium in Columbus in December 2014. The finals had been played there in the 1990s but left when natural grass was planted in 1990. Seven state championship games took center stage in the home of the Buckeyes, with players, coaches and fans praising the experience after every game. The state championship games return to Ohio Stadium the first weekend of December in 2015 and 2016.
OHSAA TENNIS STATE TOURNAMENTS HEADING TO MASON

Last October the OHSAA officially named Warren County the host of its 2015 Girls Tennis State Championships and 2016 Boys Tennis State Championships, moving the state tournaments from their traditional home at The Ohio State University to the professional facility in southwest Ohio.

“We are very excited to have the opportunity to move our state tennis tournaments to the Lindner Family Tennis Center in Mason, which is one of the finest tennis facilities in the nation,” said Dr. Daniel B. Ross, OHSAA Commissioner. “To give student-athletes the opportunity to play in the state tournament in a venue of this caliber will be something they’ll never forget. We look forward to all the amenities that the center provides and the ways in which it will improve the state tournaments.”

Home to the annual Western & Southern Open — the biggest summer tennis tournament in the United States, and a top tier of both the ATP World Tour and the WTA Tour — the facility features four tennis stadiums and 16 total courts as well as other amenities such as locker rooms and training facilities.

“The venue is truly one of the most advanced tennis facilities in the world,” said Bill Sikes, a Lindner Family Tennis Center spokesperson. “To host events like these is truly an honor and fits right in line with our mission of promoting the game of tennis to all ages and skill levels – from high school standouts to the world’s best players.”

The 2015 OHSAA Girls Tennis State Championships will be held October 16-17, 2015, while the 2016 OHSAA Boys Tennis State Championships will take place May 27-28, 2016. Each tournament will feature the state’s top 16 singles players and doubles teams in Division I and Division II tennis.

“We are truly honored and proud to host the Ohio State tennis championships in Warren County,” said Phillip S. Smith, President & CEO of the WCCVB. “Southwest Ohio has been the home of world-class tournament tennis since 1899, and has produced numerous Ohio High School tennis champions including Tony Trabert and Andrea Farley to name just a few. We’re very pleased the latest generation of outstanding tennis players will have the chance to play for the state title in the same facility where the international stars play.”

OHSAA NEWS & NOTES

OHSAA NEWS & NOTES

REDISCOVER HOW TO “RESPECT THE GAME”

Perhaps no other OHSAA program is as important as the “Respect the Game” campaign. Created in 2004, the Respect the Game program was the culmination of the OHSAA’s Sportsmanship, Ethics and Integrity Committee along with ideas and input from administrators, coaches and student-athletes across Ohio.

Posters and Program Ads Sent to Schools

Schools receive Respect the Game program ads that can be inserted into their sports programs, as well as Respect the Game posters that can be displayed around their school building.

Public Service Announcements

The OHSAA has created many Public Service Announcements that promote Respect the Game and the purpose of interscholastic sports. These PSAs are available for free download on the ‘Respect the Game’ website. Many of these PSAs are also available in video format.

Schools Receive Annual Certificates

Member schools receive the following certificates at no cost to present to deserving students in their school:
- Two (2) Archie Griffin Sportsmanship Awards
- One (1) Courageous Student Award
- One (1) State Award for Sportsmanship, Ethics and Integrity
- Two (2) Scholar Athlete Awards

For more information on the SEI school awards program, including how to apply for the Respect the Game Challenge Award, the Harold A. Meyer Award and Commissioner’s Award for Exceptional Sportsmanship, log on to:

SIBLINGS HELP ST. THOMAS CAPTURE STATE TITLE

Four siblings from Louisville St. Thomas Aquinas High School all qualified for the 2015 State Track and Field Championships, with the three girls helping lead the Knights to the Division III state title. From left are Hannah Soehnlen (won state title on girls’ 4x800 relay), Daniel Soehnlen (finished fourth in the boys’ pole vault), Kacee Soehnlen (won state titles on girls’ 4x800 relay, 4x200 relay and was member of fourth-place 4x400 relay) and Kaylee Soehnlen (won state titles in 800 meters and was on 4x800 relay and 4x200 relay and was member of fourth-place 4x400 relay). The state title was the first for a girls track team from Stark County. Alliance Review Photo/Gayle Agnew. Special thanks to Mike Brown, Alliance Review Sports Editor.
OHSAA TO SPONSOR BOYS AND GIRLS LACROSSE
BEGINNING IN 2016-17
First Statewide Tournament Series Will Begin in Spring 2017

On June 4, 2015, the OHSAA Board of Directors approved a recommendation from an OHSAA subcommittee that boys and girls lacrosse become sports sponsored by the OHSAA beginning with the 2016-17 school year. Lacrosse will be a spring sport with the first OHSAA statewide tournament series beginning in 2017.

“The members of the subcommittee did an outstanding job studying lacrosse in Ohio and researching the sport both statewide and nationally,” Ross said. “I know they also received tremendous assistance from Paul Balcerzak, commissioner of both the Ohio High School Lacrosse Association (OHSLA) and the Ohio Schoolgirls Lacrosse Association (OSLA). Lacrosse is definitely growing in our state at both the youth and high school levels, and it’s exciting when schools want their sport to be part of our association and also exciting that more students will be able to complement their high school experience with another participation opportunity.

“It also should be pointed out that the both the boys and girls lacrosse associations have required their membership to adhere to OHSAA Bylaws and Sports Regulations for several years now, so the transition to the OHSAA should be smooth.”

Lacrosse will become the first sport in the OHSAA’s newly developed category called “emerging” sports, since lacrosse currently does not have the required 150 schools to become an OHSAA “recognized” sport per OHSAA bylaws. Currently organized by the OHSLA and OSLA, there were 122 boys schools and 118 girls schools that sponsored lacrosse in 2015, with an additional 18 boys club teams sponsored.

As an “emerging” sport, lacrosse will be handled very similarly as all OHSAA “recognized” sports, with the major exception being that the Board of Directors will conduct an annual assessment of lacrosse to review items such as growth and financial solvency to determine if it will continue as an “emerging” sport; be elevated to a “recognized” sport, or be suspended or discontinued as an “emerging” sport.

The Ohio High School Lacrosse Association has been conducting a statewide tournament series since 1999-2000. While both the boys and girls currently have two tournament divisions, the Board of Directors did not take action to determine how many tournament divisions there will be in lacrosse when the OHSAA begins oversight in 2016-17.

“One on behalf of the Ohio High School Lacrosse Association and the Ohio Schoolgirls Lacrosse Association, I would like to express sincere gratitude and excitement with the decision of the OHSAA Board of Directors to adopt boys and girls lacrosse as the newest OHSAA sports,” Balcerzak said. “It was quite a learning experience to work with the subcommittee, but I’m glad all of our efforts have paid off. Our associations are committed to making the transition to the OHSAA as smooth as possible, and we can’t wait to get started.”

The addition of boys and girls lacrosse increases the number of “recognized” and “emerging” sports sponsored by the OHSAA to 26, which includes 13 for boys and 13 for girls. The OHSAA last added sports committed to making the transition to the OHSAA as smooth as possible, and we can’t wait to get started.”

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The addition of boys and girls lacrosse increases the number of “recognized” and “emerging” sports sponsored by the OHSAA to 26, which includes 13 for boys and 13 for girls. The OHSAA last added sports in 2006-07 when boys and girls bowling were adopted.
Members of Mansfield Christian and Grandview Heights’ boys soccer teams meet at midfield prior to the 2014 OHSAA boys soccer Division III state championship game at MAPFRE Stadium, home of Major League Soccer’s Columbus Crew SC. Mansfield Christian defeated Grandview Heights 4-3 in overtime to win its school’s first state championship in any sport. The 2015 OHSAA girls and boys soccer state finals will be Nov. 13 (girls) and Nov. 14 (boys) at MAPFRE Stadium in Columbus.
OIAAA Launches its New “A.D. Toolbox”

The “Ohio A.D. Toolbox” serves as a repository of ideas, “best practice” and shared data from a wide range of sources. As the role and duties of the interscholastic athletic administrator continue to evolve from school to school, the sharing of mutually utilized information serves as a reflection upon the primary function of today’s athletic director – to serve others!

The OIAAA will perform as the storehouse of Toolbox information and documents and provide a filter to insure the quality and integrity of the files shared. In some cases, we will be providing direct links to outside resources where data is located. Ultimately, our objective will be to provide our member schools with up-to-date knowledge to assist in the successful operation of education-based athletic programs across our state.

We welcome OIAAA members to share similar ideas and data that could benefit our schools. Please see submission parameters on the “A.D. TOOLBOX” webpage. Please visit the A.D. Toolbox at: http://oiaaa.org/oiaa-toolbox/

OHSAA Awards $54,200 in College Scholarships to 48 Students

Over the summer, the OHSAA handed out $54,200 in college scholarships to 48 recent high school graduates following selections made by each of the OHSAA’s six District Athletic Boards. The OHSAA’s annual college scholarship program is now in its 23rd year and utilizes a point system which rewards students for grade point averages; class rank; ACT or SAT scores; varsity letters earned; and individual and team athletic honors. Combined with scholarships presented by each of the six District Athletic Boards, the OHSAA annually awards more than $100,000 in scholar-athlete scholarships. Nike and Molten have also contributed to the OHSAA scholarship program.

The number of scholarship recipients from each district are based upon the number of schools within the district. The recipients were selected by special committees within each of the OHSAA’s six athletic districts. Individuals who receive athletic scholarships from NCAA Division I or II institutions or appointees to military academies are not eligible for an award.

2015 OHSAA Scholar-Athlete Scholarship Recipients

OHSAA Spirit of Sport Scholarship goes to the highest ranking scholarship recipient in that district with a value of $2,000 each. OHSAA Scholar-Athlete Scholarship value is $1,000 each. OHSAA Ethnic Minority Scholarship value is $1,000 each.

Northwest District (9)
Taylor Arbogast, New Riegel – OHSAA Spirit of Sport (tie, $1,600)
Lauren Seas, Coldwater – OHSAA Spirit of Sport (tie, $1,600)
Dustin Rethman, Maria Stein Marion Local – OHSAA Scholar-Athlete
Ellie Dickin, Lima Bath – OHSAA Scholar-Athlete
Cassie Jutte, Minster – OHSAA Scholar-Athlete
Jon Wenning, Coldwater – OHSAA Scholar-Athlete
Adam Henderson, Wapakoneta – OHSAA Scholar-Athlete
Ryan Smith, Mansfield Christian – OHSAA Scholar-Athlete
William Lawson III, Findlay Liberty-Benton – OHSAA Ethnic Minority Scholar-Athlete

Southeast District (6)
Austin May, Wheelersburg – OHSAA Spirit of Sport
Maagan Pinto, Portsmouth Notre Dame – OHSAA Scholar-Athlete
Nathan Campbell, Proctorville Fairland – OHSAA Ethnic Minority Scholar-Athlete
Tristen Wolfe, Racine Southern – OHSAA Scholar-Athlete
Kaitlin Evans, Leesburg Fairfield – OHSAA Scholar-Athlete
Tristen Wolfe, Hillsboro – OHSAA Scholar-Athlete

Central District (6)
Kori Caughenbaugh, Newark Licking Valley – OHSAA Spirit of Sport
Donna Deep, Point Pleasant Liberty – OHSAA Scholar-Athlete
Rachel Bush, Mount Gilead – OHSAA Scholar-Athlete
Jacob Adkins, Johnstown Northridge – OHSAA Scholar-Athlete
Mitch Willits, Newark Catholic – OHSAA Scholar-Athlete
Trey Moberly, Hillsboro – OHSAA Scholar-Athlete

East District (6)
Kim Dolce, New Carlisle – OHSAA Spirit of Sport
Samuel Wentworth, Sugarcreek Garaway – OHSAA Scholar-Athlete
Natalie Hart, Berne-Ferrystown – OHSAA Scholar-Athlete
Lucas Hertling, Stow-adapter – OHSAA Scholar-Athlete

Alex Millman, New Philadelphia Tuscarawas Central Catholic – OHSAA Ethnic Minority Scholar-Athlete
Brennan Cole, Berlin Hiland – OHSAA Scholar-Athlete

Southwest District (9)
Alexa Jennings, Centerville – OHSAA Spirit of Sport
Jackson Markowski, Cincinnati Madeira – OHSAA Scholar-Athlete
Kathleen McCarthy, Middletown Bishop Fenwick – OHSAA Scholar-Athlete
Benjamin Miller, Covington – OHSAA Scholar-Athlete
Grace Stimson, Cincinnati Indian Hill – OHSAA Scholar-Athlete
Trent Hagenbuch, Kettering Archbishop Alter – OHSAA Scholar-Athlete
Mark Hancher, Cincinnati Sayamore – OHSAA Scholar-Athlete
Mark Andrew, Middletown – OHSAA Scholar-Athlete
Deepak Indrakanti, Cincinnati Sycamore – OHSAA Ethnic Minority Scholar-Athlete

Northeast District (12)
Leah Vasaharyeli, Macedonia Nordonia – OHSAA Spirit of Sport
Aleah Hughes, Berlin Center Western Reserve – OHSAA Scholar-Athlete
Jessica Isler, Windham – OHSAA Scholar-Athlete
Sam Skiljan, Kirtland – OHSAA Scholar-Athlete
Jennifer Winiarski, Independence – OHSAA Scholar-Athlete
Parker Carmichael, Wooster Triway – OHSAA Scholar-Athlete
Victoria Glunt, Chardon Notre-Dame-Cathedral Latin – OHSAA Scholar-Athlete

Southwest District (9)
Tessa Murthy, Shaker Heights Hathaway Brown – OHSAA Scholar-Athlete

Central District (6)

Central District (6)

ANNUAL MEETINGS

• New Administrators Workshop (First Tuesday of August)
• Fall Regional Update Meetings (August)
• Spring Referendum Athletic Discussion Meetings (April)
• District Athletic Board Tournament Draw Meetings (seasonal)
• State Tournament Qualifiers Meetings (Seasonal)

OTHER MAILINGS

• Board Meeting Highlights (immediately following each Board meetings)
• 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 (high school and junior high – April 2015)
• Handbook (constitution, bylaws, sports regulations, history, calendars, About the OHSAA, etc.)
• Pocket Calendar and Wall Calendar
• OHSAA Magazine (September, February and May)
• Eligibility Brochure and Card
• School Directory
• Year in Review
• Working with the Media Brochure

Members of the Shaker Heights field hockey team hubbub before a 2014 OHSAA field hockey state semifinal. Shaker Heights went on to defeat Gahanna Columbus Academy 1-0 in the championship game to earn its second state title. The 2015 OHSAA field hockey state tournament will be Nov. 6-7, 2015, at Upper Arlington High School.
Heroism can be defined innumerable ways.

Is it the service person on the front line? No question.

Is it the defiant sole standing up for his or her beliefs, no matter the odds? For sure.

Is it the basketball player standing at the free throw line with no time remaining and making two free throws to win by one? In many ways, yes.

Is it Jackie Custer? Absolutely.

Jackie Custer has stared down death. The senior at Massillon Jackson High School has taken on everything that has been thrown at her — all the unfair, unpredictable and the downright rotten misfortune — and fought back with all the determination you can imagine. She has emerged as a study in courage, perseverance and good, old-fashioned guts.

Simply, Jacquelyn Marie Custer is a hero.

While her basketball teammates were fighting to win games during the 2014-15 season, Custer was fighting for her life. A little more than one year ago she was diagnosed with acute lymphocytic leukemia. After leading the junior varsity in scoring as a sophomore, the disease and its effects robbed Custer of her junior year.

It did not rob her of her spirit.

A few months later the disease and its complications caused Custer to suffer a stroke. A short time later a blood clot in her abdomen led to an infection. The effects of the stroke led to a partial — but temporary — paralysis and memory loss. One chemo treatment lasted 24 hours and required a three-day hospital recovery.

“Coach (Anthony) Butch came to see me in the hospital and I didn’t recognize him,” Custer said. “I couldn’t walk or talk. That was pretty scary, too.”

At one time Custer was taking up to 15 pills a day.

Throughout it all — through the disheartening diagnosis, the surgery, the lengthy and sometimes lonely hospital stays, the chemotherapy and its consequential terrifying effects — Custer refused to fold. With the help of her family and friends, she never gave in. She fought back with the same vigor she used to fight for a loose ball.

“When I was first diagnosed, I was scared and nervous,” she recalled. “But, I knew I had all kinds of support at home and from my friends. That kept me going. My friends don’t treat me like I’m the kid with cancer. They treat me the way they always have and that helps.”
And, she is winning. The fight is long from over. She will continue chemo treatments until September of 2016. Yet, she feels she has gained an upper hand and like a basketball team on a roll and has momentum on her side. She sees her oncologist once a month for the chemo treatment and check-up.

“I actually feel really good,” Custer said recently, her blue eyes sparkling under a head of blond hair that is growing back. “I’ve been given permission by my doctor to return to school. I am in the maintenance stage of my treatment and he said there are no cancer signs.”

Custer’s goal is to return to the team for her senior season. It could be for an entire season, a game, a half, a quarter or even just a minute. It does not matter. The prospect of putting on the uniform at least one more time can be a powerful force.

“Even if it’s for just a minute or two, I want to get back on the floor,” she said. “That is my goal. That is what I am working toward. My endurance and strength aren’t there yet, but I am trying the best I can to get to play again.”

Her teammates marvel at her spirit and determination.

“No one should have to go through everything she’s been through,” said fellow senior Sarah Perrin.

The Jackie Custer story has taken on several twists. First, she gave a pre-game speech in the lockerroom late in the season. The Lady Polar Bears were struggling in the Federal League race but went on a six-game winning streak that brought home the school’s first Division I district championship in 37 years. She spoke for 15 minutes and her teammates felt it was the most important 15 minutes of the season. Graduated senior Abby Duffy, Perrin, senior Mary Davide, Caitlin Tytler and sophomore Taylor Mikesell all credit Custer for their late-season success.

“We had a number of speakers come in throughout the season to give us motivational talks,” said Duffy, who now attends the University of Dayton. “But her speech really hit home. Coming from Jackie, she said things we had never heard before. It was so powerful and she was able to do that for us. I think everyone in the room was fighting back the tears. I know I was.”

Here is Custer’s speech:

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it or work around it.” — Michael Jordan

When I think of obstacles, I automatically think of my cancer. Being diagnosed with cancer was the hardest thing I had to hear. But that really didn’t stop me from having a positive attitude through it all, and ever since that day, I haven’t stopped fighting.

Going down the road, I thought it was getting easier until the night I had the stroke. I couldn’t talk or move for days and I didn’t remember anything. (Coach Anthony) Butch came in and I didn’t even recognize him. That for me was really hard and I was about to give up. It was hard because I couldn’t express my feelings and I didn’t know what was going to happen.
A few days later, I started to talk and move again, and I knew I couldn’t give up. I had to continue fighting like I always have been. About a week later, I started to walk again, I knew it would only go uphill from there.

I was then told that, right after the stroke, they almost had to put me on ventilators because I had trouble breathing. Knowing that I went from having trouble breathing to walking again just amazed me and the people around me. That’s an example of not giving up.

For our basketball team, we have faced many obstacles, such as losing some pretty big games in the Federal League. Knowing that we lost those games shouldn’t make us get down on ourselves. We need to continue and fight like we always have been. We may not have won the Federal League, but there are some pretty big games coming up, even winning districts. But we shouldn’t even look that far because we need to take it one game at a time.

It’s somewhat ridiculous comparing cancer to basketball. You’re fighting for wins in a game and I’m fighting for my life. What you’re doing is a privilege. It’s a gift that’s been given to you. So every time you step on the court and play, every time you step on the court to practice or to run, it should be with 100 percent of everything you have. Like Sarah (Perrin) said the other day, there are some girls that would do anything to be on the court, and when you aren’t giving 100 percent every second, it really does affect the whole team.

With that being said, one of the biggest lessons I learned this season was to not take anything for granted. Last year, as most of you know, Coach (Jordan) Lindesmith, he always stressed that. I can honestly say I never really listened or understood what he said. I hated running more than anything and I complained about being sore and being tired all the time.

Where I am now, I’d literally do anything just to be able to physically run again. Most of you have seen me try to run and I just look like a hot mess. I always laugh at myself, but in my head, I just think about how far I have to go just to be able to run again. It’s not easy but nothing in life is ever easy.

Have you ever been hurt and couldn’t play and you just miss it? Well, I know that’s how I feel and I bet Mary (Davide) could say the same. We’ve been out for the whole season. We’d do anything to get on the court with you girls, to play one game with our seniors.

So when you complain or aren’t giving 100 percent all the time, think about the many people who would love to play but physically can’t. I know I never really understood this until I was put in the situation where I am right now. It’s definitely not something you think about every day, but never take anything for granted because your life can change in an instant.”

It was a speech from the heart about playing with heart and never giving up, no matter the odds. It was a speech about taking nothing for granted and playing every minute of every game the way it was meant to be played.

There’s also a giant upside to her story. Through “A Prom To Remember,” a program conducted by Akron Children’s Hospital for young cancer patients, Custer had a very special escort to a school prom in March in Cleveland Cavaliers guard Matthew Dellavedova. He was Custer’s darling long before he became the darling of Cavalier fans. The Australian point guard kept in touch with the Custer family and even provided tickets to several playoff games, an autographed jersey and an introduction to superstar LeBron James.

“’I really like his accent,” Custer said of Dellavedova. “He was so nice and so sweet. I like the way he gives 100% all the time. I told him I was a point guard and he got all excited. We talked basketball and that was cool.”

What’s really cool is Jackie Custer’s fight. Her determination. Her courage. Her attitude.
THE FAN GUIDE IS A FAN’S TICKET TO THE STATE TOURNAMENT

Located on the OHSAA website, the OHSAA Fan Guide provides fans with a resource of detailed information regarding state tournaments in our 24 varsity sports. The Fan Guide has eight categories, each containing information relevant to a state tournament. Whether you’re looking to buy tickets to an event, stay overnight, dine in the area or purchase team or game memorabilia, the OHSAA Fan Guide has it covered.

The directions page lists every regional and state tournament hosting site. With each site is a link to their website, providing information on traveling to the event. Once you’re at the event, the hotels page provides information on staying with one of OHSAA’s sponsor hotels. Links to each hotel’s website along with their address is listed. In addition to staying near a state championship, dining options near The Ohio State University, Nationwide Arena and Huntington Park are provided on the restaurants page.

The tickets page is a comprehensive guide to ticket prices for OHSAA tournament games. You can also search for available tickets. The gear page provides you with the opportunity to purchase OHSAA or state champion team apparel. Personalization is possible through clicking the customize option when selecting a piece of apparel.

Purchasing a program from the OHSAA is possible for any sport from current and some past years on the programs page. Prices and program covers for the current school year are listed, as well as contact information for purchase requests. You can also stay informed by watching past state tournament games by purchasing DVDs. Purchase requests and available DVDs are listed. Finally, if you’re looking to capture a specific moment from a state tournament, the photos page connects you to the official photographer of the OHSAA, Impact Action Sports Photography.
Jeff Cassella is entering his eighth year as athletic director at Mentor High School, a public high school in Northeast Ohio with a male enrollment of 987 students and a female enrollment of 1,011 students. The Cardinhs compete in the Greater Cleveland Conference.

Jeff is a graduate of Perry High School (Lake County) and played varsity basketball and baseball. He is also a graduate of Bowling Green State University and Cleveland State University. Jeff has worked at Mentor for the last 24 years, spending 17 years working as head athletic trainer and as a health and physical education teacher. His experience as an athletic trainer prior to becoming athletic director gave him a unique perspective on the position.

“Through my experience as being head athletic trainer, I basically had my hands in every sport,” Cassella said. “I was able to see how different teams were run, how different coaches were organized and see different personalities. I never imagined when I started my career that I’d be doing this job. I really liked the medical aspect of athletic training, but when the opportunity presented itself within the school district, it just seemed like a great fit.”

In addition to his experiences at Mentor prior to being named athletic director, Jeff’s father served as the athletic director at Perry High School for over 30 years, giving Jeff exposure to the world of high school athletics growing up. “I grew up the kid on the back of the cart setting up the football pylons and the scoreboard. I don’t know if I’ve ever not been at a football game on a Friday night. I can’t think of too many games that I’ve missed.”

Jeff feels that the greatest challenges facing athletic directors are time management and maintaining the mission of the athletic department. “Sometimes it’s easy to maintain the daily routine yet lose sight of what we’re really doing this for, which is to keep the mission and goals of interscholastic athletics in mind.”

Jeff’s advice to other athletic directors is to surround yourself with great people, find an organizational system that works for you and maintain a close relationship with the school administration. “Make your principal your best friend,” says Cassella. “The athletic director, principal and superintendent need to be on the same page.”

Overall, the motivation for Jeff lies in what high school sports represents to him. “High school athletics is pure,” says Cassella. “It’s kids playing a game to represent their school, their community and to have fun with their friends. It’s a time in the kids’ lives that hopefully, with a good, positive experience, they will remember forever.”

By Aaron McPherson, OHSAA Sports Information Intern

2015-16 OHSAA STATE BOARD OF DIRECTORS AND STAFF
First Row (left to right): Jeff Snyder (Board Class AA Rep., Northwest District), Jeremy Marks (Board Ex-Officio, Ohio Department of Education Rep.), Tom Martin (Board 7h/8th Grade Rep.), Scott Reeves (Board Class AAA Rep., Central District), Brenda Frankart (Board Vice President, Female Rep.), Steve Stim (Board President, Class AA Rep., Southeast District), Dr. Bill Nye Jr. (Board Class A Rep., Northeast District), Walt Skaggs (Board Class AA Rep., East District), Andy Bixler (Board Class A Rep., Southwest District), Bruce Brown (Board Ex-Officio, Ohio Interscholastic Athletic Administrators Association Rep.), Barry Gullen (Board Ethic-Minority Rep., East District). Second Row: Tim Stilley (Director of Information Services), Roxanne Price (Assistant Commissioner), Jeff Jordan (Chief Financial Officer), Bob Golding (Associate Commissioner), Dr. Dan Ross (Commissioner), Dr. Deborah Moore (Associate Commissioner), Bea Rugg (Assistant Commissioner), Jerry Snodgrass (Assistant Commissioner), Steve Neil (Assistant Commissioner). Third Row: Kristin Ronai (Program Coordinator), Ben Ferree (Officials Registrar), Molly Downard (Executive Administrative Assistant), Andrea Reich (Assistant Comptroller), Andrea Heberger (Receptionist), Brenda Murray (Administrative Associate), Jenn Close (Program Coordinator), Jacki Windon (Program Coordinator), Todd Boehm (Comptroller), Emily Gates (Program Coordinator), Tyler Brooks (Program Coordinator), Chris Walker (Production Supervisor), Lauren Prochaska (Program Coordinator). Not pictured, Angie Lawler (program coordinator, officiating)

UPCOMING TOURNAMENT DRAW DATES
FALL SPORTS - 2015

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DRAW/SEEDING MEETING DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf</td>
<td>Sept. 20</td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>Sept. 20</td>
</tr>
<tr>
<td>Soccer</td>
<td>Oct. 11</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Oct. 11</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Oct. 11</td>
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<tr>
<td>Cross Country</td>
<td>Oct. 11</td>
</tr>
<tr>
<td>Football</td>
<td>Final Computer Ratings</td>
</tr>
<tr>
<td></td>
<td>Released Nov. 1</td>
</tr>
</tbody>
</table>

TOURNAMENT REGULATIONS
Tournamen regulations are available online at OHSAA.org by going to the individual sport home-page, under ‘Tournament Info,’ on the left side of the webpage. Tournament regulations are posted and updated once a tournament draw has occurred.
KNOW THE REGULATION FOR PARTICIPATION ON NON-SCHOOL TEAMS IN THE OFF-SEASON

OHSAA General Sports Regulation 7.3 addresses the question of when, and how many, student-athletes can participate on a non-school team during that sport’s “off-season.” It is important to note that this doesn’t cover the summer period (June 1 to July 31).

7.3.1) Selected Team Sports – A member of a school program or team in the team sports of baseball, basketball, field hockey, ice hockey, soccer, softball and volleyball may participate with a non-school program or team in contests, tryouts, training and/or practices prior to and after the school team’s season under the following condition:

a) The number of team members on the non-school team who came from the same school or who participated in that sport as a team member at another school in the preceding season is limited to a maximum of 50 percent of the members of a team as defined in the playing rules of the sport. The 50 percent team limit is as follows:

50% Limitation on Sport Number of Squad Members

<table>
<thead>
<tr>
<th>Sport</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>4</td>
</tr>
<tr>
<td>Basketball</td>
<td>2</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>5</td>
</tr>
<tr>
<td>Soccer</td>
<td>5</td>
</tr>
<tr>
<td>Softball</td>
<td>4</td>
</tr>
<tr>
<td>Volleyball</td>
<td>3</td>
</tr>
</tbody>
</table>

Exceptions:

a.) The team members limit for the sport of ice hockey shall be five (5).

b.) The 50 percent team limit is not in effect for the sports of basketball, field hockey, ice hockey, soccer and volleyball from June 1 through July 31.

c.) The 50 percent team limit is not in effect for the sports of baseball and softball from the Friday before Memorial Day through July 31 provided the members of the school team have completed their school team’s season.

d.) A member of a school team may continue to participate with a non-school team in a national qualifying tournament after July 31 until the team is eliminated from the tournament but no later than Labor Day.

e.) Graduating seniors may participate on a non-school team if their final school contest has been completed in the same sport and are exempt from the 50 percent participation limitation.

f.) These regulations do not apply if the “members” of the non-interscholastic squad are all siblings (by blood or adoption) and no other player from the same interscholastic squad is a participant on behalf of the non-interscholastic squad.

7.3.2) Selected Individual Sports – A member of a school team in the individual sports of bowling, golf, gymnastics, swimming & diving and tennis may participate with a non-school program or team in contests, tryouts, training and/or practices prior to and after the school season with no restriction when coached by either a school coach or a non-school coach.

7.3.3) Other Individual Sports – A member of a school team in the individual sports of cross country, track & field and wrestling may participate with a non-school team in contests, tryouts, training and/or practices prior to and after the school’s season with no restriction when coached by a non-school coach.

Note: Students from school teams shall not be required to attend the coaching/instruction. A paid or unpaid school (interscholastic) coach employed by a Board of Education or other governing board violates this regulation when he/she suggests or implies that a student’s chance to be selected for a school (interscholastic) team is contingent upon this participation. If a student-athlete quits or is dropped from a school team and joins a non-school team during the school team’s season, he/she may not rejoin that school team for the remainder of the season.
TOURNAMENTS ARE ABOUT REPRESENTATION, NOT BEST-OF-THE-BEST

By Jerry Snodgrass, Assistant Commissioner, and Tim Stried, OHSAA Director of Information Services

When OHSAA state championship trophies are hoisted on the final day of the season, there is usually little doubt that the team smiling is one of the best in the state in that division. But did you know that OHSAA postseason tournaments are designed to be about “representation,” not “best-of-the-best?”

Conducting tournaments based on representation means that preliminary tournaments in a defined geographic area of the state produce winners that move onto larger tournaments in a larger geographic area, and so on, all the way up to the state tournament. If, by chance, the state’s best two teams in the same division are 10 miles apart from each other, there is a good chance that they will meet in a district tournament instead of the “final four.”

It’s slightly different for those sports in which student-athletes can advance through the tournaments as an individual, such as cross country, swimming and track. In those sports, a student-athlete doesn’t have to place first, necessarily, just high enough to advance to the next level of the tournament.

A critical part of the equation is the important role each of the OHSAA’s six District Athletic Boards play in those sports that have sectional and district tournaments. Since the early days of the OHSAA, the state has been divided into six districts, and the task of funneling six districts into four regionals has been one that includes formulas, ratios and many days of organization and preparation.

The six district athletic boards handle most of the coordination for the sectional and district tournaments. The OHSAA state office handles the regional and state tournaments. However, the tournament regulations that are created by the state office and approved by the board of directors govern all levels of the tournament.

In most of the team sports, such as soccer and basketball, a common question is how can four regional qualifiers come from six districts? The answer is found by determining a ratio that represents the number of teams in that division within that district compared to the rest of the state, with the key ingredient being the number 16, which marks the total number of regional qualifiers in each division. Four of those teams will win their regional to advance to the state tournament – also known as the “Final Four.”

Many years ago, a formula was developed for determining representation and it has stood the test of time. The first step is to know how many teams are in each division statewide, then divide that number by 16 to get the ratio. Then, in each of the six districts, the number of teams in each division is divided by the ratio. The result is how many regional qualifiers will come from that district.

For example, if there are 185 Division I boys soccer teams in Ohio, the ratio is 11.5625 (185/16). Then, the number of Division I boys soccer teams in each district is divided by 11.5625. If the Northwest District has 19 Division I boys soccer teams and the Northeast District has 72, then obviously the Northeast District will receive more regional qualifiers. Using that example, in the Northeast District, those 72 Division I teams are divided by 11.5625, which equals 6.23. Therefore, there must be six Division I boys soccer district tournaments in the Northeast District, which will produce six district champions and regional qualifiers.

Since four teams comprise a regional tournament, the district champions are grouped geographically as best as possible, knowing that some district champions among multiple districts must be combined into one regional. Using the Division I boys soccer example, four of those district champions will comprise a regional tournament in the Northeast, while two of the district champions will be combined with district champions from another district (usually the Northwest District).

There are several “tie-breaking” rules in place for various scenarios, and in some cases when the number of teams in a particular division don’t result in one qualifier, that district must combine with another district to produce a regional qualifier (this often happens in the East and Southeast Districts, which have fewer schools).

Of note, the sports of football, field hockey, dual team wrestling and ice hockey are coordinated entirely out of the OHSAA state office, with no involvement from the district athletic boards. Advancing through the tournaments in the individual tournaments are based on how many qualifiers can advance to the next level.

The math will never be perfect when six districts must feed into four regionals, but sponsoring a “tournament of representation” means that each area of the state has an equal opportunity to advance in the tournament based on how many teams are in each division in that district.
2014-15 SCHOOL EJECTION TOTALS (PLAYERS OR COACHES)

The schools listed below had three or more ejections (players or coaches) during the 2014-15 school year for unsportsman behavior or a flagrant foul. An ejection results in suspension from contests the remainder of that day and from coaching or playing at any level in that sport until two regular-season/tournament contests (one in football) are played at the same level as the ejection. 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 within 30 days. A student who is ejected twice in the same season shall be suspended for the remainder of the season in that sport.

<table>
<thead>
<tr>
<th>School</th>
<th>Total Ejections</th>
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<tbody>
<tr>
<td>Lyndhurst Brush</td>
<td>11</td>
</tr>
<tr>
<td>Warren G. Harding</td>
<td>8</td>
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<tr>
<td>Bay Village Bay</td>
<td>7</td>
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<tr>
<td>Dublin Coffman</td>
<td>7</td>
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<tr>
<td>Canton GlenOak</td>
<td>7</td>
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<tr>
<td>Chagrin Falls Kenston</td>
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<tr>
<td>Galena</td>
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<tr>
<td>Lewis Center Olentangy</td>
<td>7</td>
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<tr>
<td>Aurora</td>
<td>6</td>
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<tr>
<td>Dayton Carroll</td>
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<tr>
<td>Campbell Memorial</td>
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<td>Mentor</td>
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<td>Miamiusburg</td>
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<tr>
<td>Westerville South</td>
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<tr>
<td>Canton McKinley</td>
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<tr>
<td>Dublin Scioto</td>
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<td>Garfield Heights</td>
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<tr>
<td>Grove City</td>
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Sylvania Northview 4
Oxford Talawanda 4
Trotwood-Madison 4
Wickliffe 4
Cincinnati Withrow 4
Thomas Worthington 4
Cincinnati Clark Montessori 4
Whitehouse Anthony Wayne 3
Ashtabula Lakeside 3
Lima Bath 3
Columbus Beechcroft 3
Cleveland Benedictine 3
Brecksville-Broadview Heights 3
Columbus Brigs 3
Canal Winchester 3
Grove City Central Crossing 3
Dayton Chaminade Julienne 3
Oregon Clay 3
Lorain Clearview 3
Copley 3
Cuyahoga Falls 3
Eaton 3
Akron Ellet 3
Euclid 3
Cincinnati Finneytown 3
Oberlin Firelands 3
Geneva 3
St. Paris Graham Local 3
Harrison 3
Medina Highland 3
Akron Archbishop Hoban 3
West Chester Lakota West 3
Youngstown Liberty 3
Liberty Center 3
Martins Ferry 3
Marysville 3
Macedonia Nordsia 3
Dayton Northridge 3
Canal Fulton Northwest 3
Oak Harbor 3
Richmond Heights 3
Cincinnati St. Xavier 3
Columbus South 3
Urbana 3
Youngstown Ursuline 3
Van Wert 3
Apple Creek Waynedale 3
West Carrollton 3
Westerville Central 3
Castile Heights Lutheran East 3
North Royalton 3
Orville 3
Pickerington Central 3
Reynoldsburg 3
New Phila. Tuscarawas Cen. Cath. 3

**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.

**OHSAA DIRECTORS OF 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 Fick
Swimming & Diving – Ken Gipe
Track & Field – Dale Gabor
Volleyball – Diane Plas
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.
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. 6 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
Steve Stirn
Amy Taylor-Sheldon
Rock Van Fossen
Duane Warns
## District Athletic Board Revenue

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<th>Sports Tournament</th>
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## District Athletic Board Expenses

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## OHSAA State Office Revenue

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<tr>
<td>Total</td>
<td>$6,205,847</td>
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</tbody>
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## DID YOU KNOW?

**MEMBER FINANCIAL BENEFITS**

1. No annual membership dues
2. No tournament entry fees
3. Reimbursement for some regional and state team tournament travel expenses
4. Keep a portion of presale tickets 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 (80 percent), officials dues (10 percent) and corporate partners (10 percent).

Annually, an average of **$2.6 million** is distributed to schools in the form of **travel reimbursements and ticket bonuses.**
HOW YOU ACT AS A FAN IN THE STANDS MAKES A BIG DIFFERENCE FOR KIDS ON THE FIELD

By Christopher Stankovich, Ph.D. | www.drstankovich.com

Attending sporting events can be quite the human experience – especially when going through the roller coaster of emotions while watching your child compete. In one moment you might find yourself jumping with excitement after a great play, and in the next moment filled with sadness and frustration following a costly mistake.

Interestingly, sports are one of the few life experiences where we can feel a variety of emotions ranging from excitement and pride to anger and frustration – and all within just a couple minutes. It is our spontaneous, negative outbursts that are the most concerning, especially when we take into account how kids feel competing when they look in the stands and see inappropriate fan behavior.

While it might at times be challenging to refrain from negative outbursts, it is imperative what we do if we want kids to fully enjoy the athletic experience. Of course, shouting profanities and threats are never warranted, but there are many less obvious things adults do from the stands that can also be damaging. Some of these fan behaviors include:

• Riding coaches with insults. In some cases adult fans get caught up in the moment and verbally assault the opposing coach, and in other situations it’s the home team coach. In either case it’s never a good idea to yell at coaches and can lead to an ejection from the game or even an arrest if threats are made.
• Berating officials. Similar to fans riding coaches, officials have also been targets for lewd comments and insults. Again, this type of behavior can lead to a number of problems, and is found to be terribly embarrassing to the kids on the field competing.
• Taunting the other team. There is a fine line between cheering on your team in healthy ways versus inappropriate taunting/disrespecting the opposing team. Keeping a positive, healthy enthusiasm toward your team is always welcomed, but riding the other team can lead to negative outcomes, including ejections, fights and even game suspensions if officials believe the environment has become unsafe.
• Being disruptive in the stands. Again, being a good fan doesn’t mean you can’t cheer from the stands, but it does require that you use good judgment with how you show your support. Holding up signs designed to embarrass, denigrate or humiliate athletes is never appropriate, nor does it display good sportsmanship by purposely doing things to throw off the other team (i.e. like engaging in a chant that is in poor taste).
• Body language. While body language is usually more discrete than verbal outbursts, it can still be devastating – especially to the child of the parent displaying the negative body language. Be sure to think about how you are being perceived and ask if your mannerisms are helping or hurting your child play to his full potential?
• Sarcastic cheering. Engaging in purposeful, sarcastic cheering (like cheering an official after an obvious missed call) is another example of poor fan behavior to be avoided at all times.

Kids play sports to have fun, but sports quickly become a lot less fun when adult fans don’t keep their emotions in check. Do your part by having a positive attitude, cheering for effort and displaying sportsmanship to both teams. By adopting this approach to being a fan, not only will the kids competing appreciate your efforts, but you’ll also have a better time at the game too.

www.drstankovich.com

DR. CHRIS STANKOVICH

Dr. Chris Stankovich is a professional athletic counselor, media spokesperson and author in the field of sport performance science. His doctorate degree is from The Ohio State University, with an emphasis of study in sport and health psychology. Known as “The Sports Doc” for his weekly television segment on Ohio News Network, he is also a featured national columnist for The Examiner. To learn more about Dr. Stankovich, including products and services, please visit www.drstankovich.com.

Twitter: @drstankovich

Sport Success 360 – immediate professional sport education curricula for your school. Sport Success 360 includes 24/7 easy access to key information for student athletes, coaches, and parents and includes downloadable books, sport performance assessments, videos, and more, including help with:

• Youth sports burnout
• Quitting
• Sport retirement
• Handling cuts
• Performance supplements
• Social media
• Sport specialization
• Pre-season meetings
• Playing time
• Travel leagues
• Playing your best
• PLUS MUCH MORE!

Visit www.sportsuccess360.com to learn how your school can get started today!
HOW DOES YOUR ATHLETIC DEPARTMENT MEASURE UP TO THE "STANDARD OF CARE?"

In 2013, PRIVIT agreed to help the Ohio High School Athletic Association (OHSAA) simplify the rollout of the Pre-participation Physical Evaluation (PPE) process and to help mitigate risks related to the "standard of care" provided to student-athletes participating in interscholastic sport programs. PRIVIT's goals were simple: the company wanted to help high schools better execute and monitor the PPE process, eliminate redundancy for parents and provide mobility and organization for the questionnaire, medical releases and documents in the process.

The success of any athletic program rests on many factors, but none as important as the health and safety of your student-athletes. As the new school year approaches and practices start up, are you finding your athletic department scrambling to verify if all your student-athletes' paperwork is completed for sport participation?

Over the past year, PRIVIT has actively listened to athletic administrators and parents who were early adopters for using Privit Profile™ in their school's athletic programs. The company is excited to share it has made many enhancements to Privit Profile™ to better assist the PPE procedure and to help your staff and parents through the process.

PRIVIT also participated in multiple mass physicals around the state and was able to observe and speak with parents, student-athletes, athletic administrators, trainers and physicians. Many of the comments PRIVIT heard focused on the ease of completing their student-athlete's questionnaire using Privit Profile™. Parents who completed the questionnaire for the first time commented on what they liked and what they didn't like. Parents using the process for the second time all said the same thing: 'this is so easy, now that I did it last year.' Some parents of seniors commented about how they wished the transition happened sooner. As PRIVIT helped you transition to using the new standard for increasing compliance with the PPE process, the company learned a lot about the system for collecting the required information, mass physicals and clearing student-athletes for play.

"ONE OF THE GREAT THINGS ABOUT PRIVIT PROFILE FOR US IS THAT IT PUTS EVERYTHING AT YOUR FINGERTIPS."

ANDY CARDINAL | ATHLETIC DIRECTOR FOR CARDINAL HIGH SCHOOL

In addition, PRIVIT participated in several athletic administrator meetings and OHSAA regional meetings across the state to answer any questions you may have had regarding Privit Profile™. As OHSAA and PRIVIT continue this partnership, you are encouraged to reach out to the PRIVIT Client Services Team with any questions or assistance you may need.

Unlike traditional PPEs, Privit Profile™ exceeds the capability of paper-based records with its ability to monitor the entire process for completeness by guiding people through a workflow, so users don’t accidentally or purposefully skip or miss a step. With Privit Profile™, athletic administrators are easily able to view which student-athletes have completed their PPE information, which student-athletes are cleared to play, team lists and physical expiration dates. Parents only have to upload their student-athlete’s medical information once. Then in the future, if a new medical condition emerges, this information can be easily updated.

“The profile can be used in subsequent years as a baseline to make changes, which greatly reduces the burden and redundancy on the parents as well as on athletic administrators. It also helps coaches and athletic trainers to change the way they perform pre-conditioning on athletes and provide better training programs,” explained Jeffrey Sopp, CEO, PRIVIT.

OHSAA offers all member athletic departments Privit Profile™ at no cost to provide Ohio schools with more control and workflow to ensure student-athletes, parents, administrators and coaches don’t accidentally or purposefully skip or miss a step in executing the PPE process.

Deborah B. Moore, Ph.D., associate commissioner for the Ohio High School Athletic Association states, “Privit Profile™ is our standard for high school student-athletes wanting to participate in interscholastic sports and we hope you will consider taking advantage of this benefit as we believe that to do otherwise places your students at greater risk.”

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“THANKS SO MUCH FOR YOUR HELP! I SANG YOUR PRAISES LAST WEEK AT THE LACROSSE PARENTS MEETING WHEN THE TOPIC OF PRIVIT CAME UP! :)

CLAUDIA SEXTON  |  LACROSSE MOM

PRIVIT’s dedicated implementation services team and support team have worked closely with many of you and your athletic trainers, coaches, parents and physicians to implement Privit ProfileTM. PRIVIT wants to help your athletic departments spend more time focusing on student-athletes and less time on shuffling paperwork.

To help your high schools get started with Privit Profile™, PRIVIT offers training sessions, provides documentation for you to share with parents and student-athletes, has a robust help center and provides live support. In addition, PRIVIT offers support to your parents and student-athletes so you don’t have to troubleshoot questions about Privit Profile™ functionality.

Over the past year, PRIVIT has added several enhancements to Privit Profile™ including: a new mobile design, document management, dual electronic signatures and the ability to track physical expiration dates. These are only a few of the items PRIVIT made changes to. For a full list of enhancements, please visit http://privit.com/category/release-notes. PRIVIT continues to receive feedback from athletic administrators to assist in the future enhancements of the product. Although PRIVIT cannot guarantee all recommendations will be accommodated, the company strives to make as many improvements it can that will benefit all of its users. In addition, PRIVIT continues to work hard trying to educate the medical community about the new forms they will be seeing during the physical exam, and about how Privit Profile™ helps parents provide more information about their student-athlete for the physical exam in a more legible format. In addition, the PRIVIT Client Services Team continues to reach out to high schools to follow up on implementation, answer questions and ask for feedback. Client satisfaction is one of PRIVIT’s core values, and everyone in the company makes every effort to provide a great user experience for its user base.

As the world continues to adapt and grow in a digital world, more and more high schools are adopting the use of digital tools to better manage student information. As the No. 1 software provider for automated PPE, PRIVIT is working with 22 states across the United States and six provinces in Canada in deploying Privit Profile™. Within the past year, the use of Privit Profile™ in Ohio, Minnesota and Georgia has been astonishing and it is a testament to the progressive leadership these state high school associations have for improving the health and safety of student-athletes starting with the PPE process.

With Privit Profile™ becoming more widely accepted throughout the United States, PRIVIT is in discussions with numerous application software solutions exploring integration opportunities. When technology integrates with other internal systems, you are able to reduce errors and simplify workflow. In all cases, PRIVIT is making sure the data is secure and private by using its double encryption methodologies and patented technologies.

If your school isn’t already providing the “standard of care” for the PPE process, contact PRIVIT today at info@privit.com or 844.234.4357 and the Implementation and Client Services team will help you get started with Privit Profile™. If you would like to register for training, please register here: https://support.privit.com/hc/en-us/articles/201991606-WebEx-Training-Schedule.

PRIVIT SUPPORT
WHAT PARENTS ARE SAYING

“Satisfied is a complete understatement. The rep was kind, responsive and quick to handle my issue. I couldn’t have asked for a better experience. His service was nothing short of AWESOME!!! You’re the best!”
Student-Athlete Health Information When You Need It

The success of your athletic department rests on many factors, but none as important as the health and safety of your student-athletes.

Privit Profile™ is the #1 software solution for securely managing health information typically required for sport participation. It is revolutionizing how athletic departments mitigate risks related to the “standard of care” provided to their student-athletes.

Privit.com | 855.977.4848 | info@privit.com
2015 OHSAA FALL
STATE TOURNAMENT PREVIEWS
By Aaron McPherson, OHSAA Sports Information Intern

SPORTTIME OHIO AND TIME WARNER CABLE
SportsTime Ohio (STO) and Time Warner Cable (TWC) are the official television partners of the OHSAA and provide exclusive coverage of many OHSAA state championship events, including the 2015 football state finals (on STO), the 2015 field hockey state championship game (on TWC), the 2015 volleyball state finals (on STO) and the 2015 soccer state finals (on TWC). In addition, STO and TWC will televise several football playoff games every weekend in November.

STO and TWC provide fans across Ohio with exceptional regional sports programming, beginning with quality coverage of the Cleveland Indians. Their programming expands beyond the Indians and the OHSAA with coverage of the Cleveland Browns, Ohio State, the Mid-American Conference, Cleveland State, golf and outdoors programming. In addition, Fox Sports Ohio, which owns STO, carries the Cincinnati Reds, Cleveland Cavaliers, Columbus Blue Jackets and the Columbus Crew.

OHSAA RADIO NETWORK
The OHSAA Radio Network will again provide live play-by-play coverage of the football state championship games. Stations that carry network programming can have their own regional and state tournament rights fees reduced or waived. Created in the spring of 2010, the OHSAA Radio Network provides commercial-split broadcasts of the football state championship games, the girls and boys basketball state tournaments, the softball state tournament and the baseball state tournament. The OHSAA selects veteran broadcasters and will utilize about half of the commercial time for its public service announcements and promotion of its corporate partners. For more information, contact Tim Stried at tstried@ohsaa.org.

STATE TOURNAMENT DVDS FOR SALE
Check out the OHSAA’s online “Fan Guide” to purchase DVDs of state tournament contests back to 1950. Log on to www.ohsaa.org/FanGuide. The Fan Guide also features driving directions, hotel information, souvenir program order forms, apparel links, dining information and the OHSAA’s official photographer, Impact Action Sports Photography.

BOYS GOLF
WHEN: OCTOBER 16-17 (DIV. II & III) AND OCTOBER 23-24 (DIV. I)
WHERE: THE OHO STATE UNIVERSITY SCARLET GOLF COURSE, COLUMBUS (DIV. I & II) AND NORTHSTAR GOLF CLUB, SUNBURY (DIV. II)
The 90th annual OHSAA boys golf state tournament will span two weekends and two courses as over 200 student-athletes across three divisions will compete for state championship honors.

In 2014, Cincinnati Archbishop Moeller won the Division I state championship to capture its first boys golf state title. Canton Central Catholic captured the Division II state championship, its third overall, and Gahanna Columbus Academy claimed the Division III state title to earn its seventh boys golf state championship. Medalist honors went to Toledo St. John’s Jesuit senior Jack Manzelli in Division I (score of 145), Chardon Notre Dame-Cathedral Latin freshman Charlie Toman in Division II (153), and Warren John F. Kennedy senior Ryan Fowler in Division III (143).

GIRLS GOLF
WHEN: OCTOBER 16-17 (DIV. II & III) AND OCTOBER 23-24 (DIV. I)
WHERE: THE OHIO STATE UNIVERSITY GRAY GOLF COURSE, COLUMBUS
The 23rd annual OHSAA girls Division I golf and eighth annual girls Division II golf state championships both will be played at The Ohio State University Grey Golf Course. The girls golf state tournament will span two weekends, with the Division II state championships held October 16-17 and the Division I state championships held October 23-24.

Dublin Jerome (Div. I) earned its fourth-consecutive girls golf state championship and Dover claimed its first state golf title in 2014. Medalists for the tournament were Avon Lake senior Nicolette Schroeder in Division I (score of 145) and Leavittsburg LaBrae senior Haylee Harford (141).

GIRLS TENNIS
WHEN: OCTOBER 16 & 17
WHERE: LINDEIN FAMILY TENNIS CENTER, MASON
The 40th annual OHSAA girls tennis state tournament moves to the Lindner Family Tennis Center in Mason for the first time. The facility in Mason is home to the annual professional tennis Western and Southern Open and features four tennis stadiums with 16 total courts. A total of 96 student-athletes will have the opportunity to compete for state championships in this impressive facility. State champions will be crowned in Division I singles, Division I doubles, Division II singles and Division II doubles.

FIELD HOCKEY
WHEN: NOVEMBER 6-7
WHERE: UPPER ARLINGTON HIGH SCHOOL
The 37th annual OHSAA field hockey state tournament will feature four teams playing in state semifinal games on Friday, Nov. 6, with the winners competing for a state championship on Saturday, Nov. 7, at Upper Arlington High School. Shaker Heights captured its second OHSAA field hockey state championship and its first since 1991 last season, defeating Gahanna Columbus Academy, 1-0.

CROSS COUNTRY
WHEN: NOVEMBER 7
WHERE: NATIONAL TRAIL RACEWAY, HEBRON
The 57th annual boys and girls OHSAA cross country state championships return to National Trail Raceway Nov. 7. The order of competition is Division III girls, Division II girls, Division I girls, Division III boys, Division II boys and Division I boys.

In 2014, Mason earned the Division I boys state championship, its second overall. The Mason girls cross country team won state titles in 2012 and 2013 and finished as state runner-up last season. Centerville claimed its first girls cross country state title, winning the Division I girls competition. The 2014 Division II boys team state champion was Tipp City Tippecanoe and the Division II girls state title went to Granville. Cordiant Maplewood earned its sixth boys cross country state championship by winning the Division III boys competition, while McDonald won the Division II girls state championship and earned its first girls cross country state title.

BOYS & GIRLS SOCCER
WHEN: NOVEMBER 13-14
WHERE: MAFFRE STADIUM, COLUMBUS
The 40th annual boys and 31st annual girls OHSAA soccer state championships will be played on Friday, Nov. 13, and Saturday, Nov. 14, at the newly named MAPFRE Stadium (previously Crew Stadium) in Columbus. MAPFRE Stadium is home to the MLS franchise. Columbus Crew SC and once again will host the OHSAA boys and girls soccer state championships in each of the three divisions will be played on Saturday, Nov. 14. The 2014 girls soccer state championships included the following: Cuyahoga Falls Walsh Jesuit (Div. I), Cincinnati Archbishop Moeller (Div. II) and Hamilton Badin (Div. III). Boys soccer state champions in 2014 were Cleveland St. Ignatius (Div. I), Columbus St. Francis DeSales (Div. II) and Mansfield Christian (Div. III).

VOLLEYBALL
WHEN: NOVEMBER 12-14
WHERE: ERVIN J. NUTTER CENTER, DAYTON
The 41st annual OHSAA volleyball state tournament will once again return to the Ervin J. Nutter Center at Wright State University. Sixteen teams across four divisions will travel to Dayton with the hopes of becoming a state champion. State semifinal games in Divisions III and II will be played on Thursday, Nov. 12, state semifinals in Divisions I and IV will be on Friday, Nov. 13, and the four state championship games will be played on Saturday, Nov. 14. The divisional order for the state championship games on Saturday will be Division II, I, III and IV.

State champions in 2014 were Cincinnati Mt. Notre Dame (Div. I), Chardon Notre Dame-Cathedral Latin (Div. II), Huron (Div. III) and Fort Loramie (Div. IV).

FOOTBALL
WHEN: DECEMBER 3-5
WHERE: OHIO STATE UNIVERSITY, COLUMBUS
For the second-consecutive year, the OHSAA football state championships will be played at Ohio Stadium in Columbus. The OHSAA announced in early August that Ohio Stadium will also be the host site for the 2016 football state championships. Three state championship games will be played Thursday, Dec. 3, and three state championships will be played on both Friday, Dec. 4, and Saturday, Dec. 5. Dates and times of state championship games for each of the seven divisions will be announced following the conclusion of state semifinals.

State champions in 2014 included Lakewood St. Edward (Div. I), Cincinnati La Salle (Div. II), Toled0 Central Catholic (Div. III), Cleveland Benedictine (Div. IV), Coldwater (Div. V), Minster (Div. VI) and Maria Stein Marion Local (Div. VII). The latter three champions gave the MidWest Athletic Conference the honor of being the first conference to claim three football state championships in the same season.
GET A FULL TANK OF FREEDOM

Marathon Proudly Supports OHSAA
YOU’VE TRAINED, YOU’VE PRACTICED, YOU’VE PLAYED.
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