Change of Season
A look inside the new regulations for off-season coaching, concussions, tournament finances and more

Team Noah
An amazing story of how a community and their rivals joined together to help a Hicksville eighth grader with cancer

Understanding Pain Pills
Addiction to prescription pain pills is an epidemic across Ohio. Learn the signs, precautions and prevention

Columbus Eastmoor Academy’s Sariah Rhodes, Cheyanne Carter, Aaliyah Barnes and Gianni Ross
HONOR | DUTY | COURAGE | PRIDE
Citizen-Soldiers

Programs and Benefits Subject to Change
The Ohio High School Athletic Association

does not seek to prepare student-athletes for the next level of competition, but for the next level of life.

350,000 Student-Athletes

1,601 Member Schools

823 high schools, 778 junior high schools

24 sports

1 Mission

OHSAA Magazine is published three times per year by the Ohio High School Athletic Association. It is mailed to superintendents, principals and athletic directors of all member schools. Annual subscriptions may be purchased for $20 and single copies are available for $7 by contacting Brandy Young, byoung@ohsaa.org or 614-267-2502.

On the Cover: Wheelersburg freshman pitcher Wade Martin took a 1-0 lead, and perfect game, into the seventh inning of the OHSAA 2012 Division III baseball state championship game against Lima Central Catholic. After surrendering a one-out triple, Martin was able to work out of the jam without allowing a run to lead the Pirates to their second state baseball championship.

Inset Photo: (L to R) Columbus Eastmoor Academy’s Sariah Rhodes, Cheyanne Carter, Aaliyah Barnes and Gianni Ross celebrate after setting a new state record in the 4x200 meter relay with a time of 1:39.37 during the 2012 OHSAA Division II girls state track and field meet. The 2013 OHSAA track and field state tournament returns to Jesse Owens Memorial Stadium at The Ohio State University June 7-8.

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Mission

The Ohio High School Athletic Association’s mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student’s educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

Commitment

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

We will:

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

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

NFHS Mission Statement

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

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

Did you Know?

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

Benefits

- No annual membership dues.
- No tournament entry fees.
- Reimbursement for some travel expenses to regional and state tournaments.
- No cost for catastrophic insurance coverage of all student-athletes.
- Opportunity to sell presale tickets to some regional and state tournament contests and keep a portion of the revenue.

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THE PATH TOWARD BALANCE

As always, the boys basketball state tournament was filled with great games, conversations with friends and colleagues, and several meetings with our board of directors, staff and media. This year, however, the weekend was filled with another event that could go down as a historic occasion in the landscape of high school sports in Ohio.

As you know, in November of 2012 a petition and proposal for a referendum vote was submitted to the OHSAA to place non-public schools into separate divisions for our postseason tournaments. This came after two competitive balance proposals created by an OHSAA Competitive Balance Committee were voted down by member schools in May of 2011 and 2012. All along, the OHSAA has taken the position that something needs to be done, but that separation is not the best answer.

Many times during February and March, OHSAA administrators and I met with the creators of the petition to see if there was an alternative proposal that could be placed onto the referendum ballot that would result in removal of the petition proposal. I applaud the petition originators for being willing to work with the OHSAA on this. The result was that the separation item was rescinded and now our member schools will vote on a new competitive balance proposal in May.

I implore you to read the new proposal to see how it would work. Is it perfect? No, but it is a start toward creating a more balanced divisional alignment system because it goes directly to the heart of the issue – from where do the students on a team’s roster come? In other words, do the kids come from within the school district boundaries, or do they come from a wide region? That issue is essentially what caused the petition for separation to be created in the first place.

There are far-reaching ramifications and unintended consequences that could occur if public and non-public schools are separated for postseason tournaments. I truly believe that this new proposal is the best concept yet for how our postseason tournaments should be set up. My hope is that after our member schools read the proposal, ask questions and discuss it openly, they, too, will see that this new proposal is the first step toward a balanced tournament series.

If this proposal does not pass, I know that we will be faced with another petition and proposal for separation. And the whole process that we went through this past winter will repeat itself.

Following the press conference to make the announcement during the boys basketball state tournament, I returned to my seat for the next game and had a chance to reflect. Months of work to avoid a possible public-private split vote had just come to fruition and now it was time to set about the work of informing our member schools about the details of this new competitive balance proposal. I believe that it is our best proposal so far and hope this effort jump starts our journey toward a more equitable competitive balance system in our great state.

Respectfully,

Dan Ross
Commissioner, Ohio High School Athletic Association
# OHSAA Ready Reference Sports Dates

## SPRING 2013

<table>
<thead>
<tr>
<th>Practice</th>
<th>Scrimmages</th>
<th>Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseball</strong></td>
<td>Feb. 25</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Mar. 30</td>
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<tr>
<td><strong>Softball</strong></td>
<td>Feb. 25</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Mar. 30</td>
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<tr>
<td><strong>Tennis (Boys)</strong></td>
<td>Mar. 11</td>
<td>One prior to first match</td>
<td>April 1</td>
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<td></td>
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<tr>
<td><strong>Track &amp; Field</strong></td>
<td>Mar. 11</td>
<td>None permitted</td>
<td>Mar. 30</td>
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## FALL 2013

<table>
<thead>
<tr>
<th>Practice</th>
<th>Scrimmages</th>
<th>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. 19</td>
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<tr>
<td><strong>Field Hockey</strong></td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 17</td>
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<tr>
<td><strong>Football</strong></td>
<td>Aug. 5</td>
<td>2 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 26</td>
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<tr>
<td><strong>Golf</strong></td>
<td>Aug. 1</td>
<td>1 scrimmage any time during season</td>
<td>Aug. 6</td>
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<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. 17</td>
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<tr>
<td><strong>Tennis (Girls)</strong></td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 12</td>
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<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. 17</td>
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## WINTER 2014

<table>
<thead>
<tr>
<th>Practice</th>
<th>Scrimmages</th>
<th>Contest</th>
<th>State Tournament/Site</th>
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<tbody>
<tr>
<td><strong>Basketball (Boys)</strong></td>
<td>Nov. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage)</td>
<td>Nov. 29</td>
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<tr>
<td><strong>Basketball (Girls)</strong></td>
<td>Oct. 25</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage)</td>
<td>Nov. 22</td>
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<tr>
<td><strong>Bowling</strong></td>
<td>Nov. 1</td>
<td>None permitted</td>
<td>Nov. 15</td>
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<tr>
<td><strong>Gymnastics</strong></td>
<td>Nov. 1</td>
<td>None permitted</td>
<td>Dec. 2</td>
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<tr>
<td><strong>Ice Hockey</strong></td>
<td>Nov. 1</td>
<td>4 scrimmages after practice begins plus 3 scrimmages/1 preview</td>
<td>Nov. 22</td>
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<tr>
<td><strong>Swimming/Diving</strong></td>
<td>Nov. 1</td>
<td>None permitted</td>
<td>Nov. 25</td>
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**NOTE:** Dates and locations are subject to change
TWO FINAL THOUGHTS

As the 2012-13 school year comes to an end and the current OHSAA Board of Directors has its last couple meetings, I would like to press upon you two final thoughts. One involves the upcoming referendum vote in May, while the other involves our coaches associations.

Competitive Balance
No doubt you have heard or read about the new competitive balance proposal that is on the referendum ballot that replaced the proposal to split public and non-public schools into separate tournaments. If not, please see the letter from Dr. Ross on page 3. I urge you to read the new proposal and talk about it with your peers.

The board of directors is fully behind this new concept because it gets directly to the center of the issue that the board of directors has talked about for several years. The issue is that in many cases, there is a vast difference between the geographic areas from which the players on schools’ team rosters come. For example, a baseball roster at one school might be comprised entirely of kids who live within a 10-mile radius of the school, while the baseball roster at another school in the same division might be made up of kids who come from a number of counties.

I know that the largest schools in the state will not be impacted by the proposal if it passes, but we are asking that all schools take a look at this item on the referendum ballot and cast their vote based on the following question: ‘Is this concept good for Ohio overall?’ If it does not pass, I know that we’ll be looking at another proposal on the table next year to separate. We have come to the realization that something needs to be done to change the current system, but I don’t believe that separation is the answer.

Stay in Touch with the Coaches Associations
On another topic, I would like to mention a situation that occurs several times each year during our board meetings which we have asked the OHSAA staff to help address. Each coaches association has the opportunity to bring proposals to the board for adjustments to sports regulations. For example, recent items passed by the board include expanding basketball regular seasons to 22 games, giving baseball and volleyball more days to play their allotted games and expanding girls soccer to three divisions.

However, oftentimes when a coaches association makes its proposal, there is minimal data presented that reflects what all the coaches in the state think about the proposal. This is a two-part process. First, we are asking that coaches association officers survey their membership before presenting their proposal to the board so that real data can be reviewed. Second, we are asking that coaches take time to respond to surveys with their input! In some cases, a proposal has been presented to us without any feedback from the coaches in Ohio. Responses from the majority of the coaches in Ohio will help the board determine if the coaches in the state support the proposal, or if it is just coming from the association officers.

Thank you for all that you have done – and continue to do – to serve, teach and mentor student-athletes in Ohio.

Sincerely,

Phil Stevens
President, Board of Directors
Ohio High School Athletic Association

OHSAA BOARD OF DIRECTORS

Phil Stevens, Board President
Ethnic Minority Representative, Northeast District
Athletic Administrator, Cleveland Heights Lutheran East High School

Troy McIntosh, Board Vice President
Class A Representative, Central District
Assistant Superintendent, Worthington Christian Schools

Bill Axe
Class AAA Representative, Northwest District
Assistant Principal/Athletic Administrator, Toledo Central Catholic High School

Ron Bond
Board 7th-8th Grade Representative, East District
Principal, Dover Middle School

Jim Borchik
Class AAA Representative, Northeast District
Assistant Principal/Athletic Administrator, Copley High School

Sarah Dove
Ex-Officio, Ohio Department of Education Representative

Tim Erickson
Ex-Officio, Ohio Interscholastic Athletic Administrators Association Representative
Athletic Administrator, Toledo Ottawa Hills High School

Beth Hill
Female Representative, Central District
Principal, Newark Catholic High School

Mark Hughes
Class AA Representative, Southwest District
Director of Athletics and Student Activities, Dayton Oakwood High School

Ron Hurst
Class A Representative, East District
Athletic Administrator, Strasburg-Franklin High School

Mark Knapp
Class AA Representative, Southeast District
Superintendent, Wheelersburg Local School District
Chillicothe Unioto’s Adrian Ross took an early lead over Versailles’ Samuel Prakel during the 2012 OHSAA boys Division II state tournament 1600 meter run, but Prakel eventually won the race with a time of 4:10.33, just two seconds off the state record. The Versailles junior also claimed the gold medal in the 3200 meter run to help lead his Tigers to a third place finish in the overall team competition.
Lexington senior Sami Stoner was the OHSAA’s nominee for the 2012-13 National High School Spirit of Sport Award. The Spirit of Sport Award recognizes those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based athletics. Stoner, who will be studying psychology at Otterbein University next fall, participated on Lexington’s Cross Country team for four years and received state and national recognition for being the first student-athlete to run with a guide dog (Chloe). She was honored at the 2011 OHSAA cross country state championships.
Fans who take in a football or basketball game at Louisville High School in northeast Ohio can be sure of a couple things. First, the locals will probably correct you if you mispronounce the name (it’s “LEWIS-ville” in case you’re from out of town). Second, joining you in the bleachers will be Marvel Dunbar. And it’s been that way for almost 75 years.

In February, Marvel celebrated her 103rd birthday. Born on February 6, 1910, she has missed only a handful of Leopards’ football and basketball home games since she moved to Louisville as a newlywed in 1941.

The mother of two boys who played sports at LHS (Jerry graduated in 1962 and Joel graduated in 1966), she was involved with the Louisville booster club for years. She sold tickets and coordinated the printed sports programs for many years.

“I was busy in the school all the time,” Marvel said recently from Athletic Director Rich Venuto’s office at Louisville. “I have always loved going to the games. Sports are interesting and I feel like I am a part of it.”

She is so much a part of it that when Louisville happened to have a home basketball game on her 102nd birthday in 2012, members of the team presented her with flowers and a packed gymnasium sang her ‘Happy Birthday.’ She was also honored at a recent sports banquet with an embroidered blanket.

“It was very special to see teenagers really get into honoring her,” Venuto said. “She means a lot to them and they love her dedication. It’s amazing to see how many people stop by and talk to her at the games. Everybody loves Marvel.”

Marvel was a volunteer reader for decades to the kids at Cedar Elementary School in Canton, where she had attended grammar school. Now she is a great grandmother and lives with her son, Jerry, who takes her to every game. Marvel says it is the games that help keep the spring in her step.

“You don’t grow old when you are around young people.”

Marvel Dunbar was honored at the Louisville High School winter sports banquet last year. She was accompanied by her son, Jerry (right), who takes her to every football and basketball game, and Louisville principal Steve Milano (left).
There have been many siblings who share the honor of being an OHSAA golf state qualifier. Perhaps unique, however, is a brother-sister duo in which both siblings were state qualifiers in the same year!

Stephanie and Jason Sawyer from Van Buren High School achieved that honor in 2011 when Stephanie was a senior and Jason was a junior at VBHS. Jason returned to the state tournament as a senior in 2012. Stephanie is currently at The Ohio State University studying business and pre-law, while Jason plans to attend the College of Mount St. Joseph in Cincinnati next year and study sports management.

Photos courtesy of the Sawyer family.
North Canton Hoover’s Caly Russo helped lead her Vikings to their second-consecutive Division I state championship during the 2012 OHSAA softball state tournament. Russo pitched Hoover to a 5-2 semifinal win over Medina before her teammate, Tara Thacker, led Hoover to a 2-0 win in the finals over Lebanon. Hoover finished the season 30-3. The 2013 OHSAA softball state tournaments return to Akron Firestone Stadium June 6-8.
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
In May, schools will receive camera-ready program ads that can be inserted into fall programs and other publications. In September, member schools will receive three copies of the OHSAA’s two new Respect the Game posters.

Public Service Announcements
The OHSAA has created many Public Service Announcements that promote Respect the Game and the purpose of interscholastic programs. 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:

www.OHSAA.org/RTG

Upper Arlington sophomore Jeffrey Merwin and junior William Schmit (in yellow) shake hands with North Canton Hoover senior Tyler Harver and sophomore Tim Bronn after a doubles match during the 2012 OHSAA Division I boys state tennis tournament at the OSU Outdoor Varsity Tennis Courts. The 2013 boys state tennis tournament returns to Ohio State May 31 & June 1.

Fall Start Dates Reminder
A reminder to member schools and coaches that practice for all 2013 fall sports except football begins on Thursday, August 1. Football practice begins on Monday, August 5, except for those schools that start school August 16 or earlier. Those schools may begin football practice on Thursday, August 1. Please see page 4 for the start dates and details for scrimmages and contests for the entire 2013-14 school year.

Congratulations Coach Petrocelli
Kettering Archbishop Alter’s run to the 2013 boys basketball state tournament gave Head Coach Joe Petrocelli a memorable end to his historic coaching career. Alter bowed out of the tournament in the state semifinals, but it marked the ninth time that Petrocelli had guided the Knights to the ‘final four’ in his illustrious 49-year career. During that time, his teams won 831-305, which marks the second-most wins in OHSAA boys basketball history. Under Petrocelli, Alter won 25 district championships and three state championships (1978, 1999 and 2001). He also coached boys tennis, producing state champions in 1976 and 1977.

Kettering Archbishop Alter head basketball Joe Petrocelli helped guide his team to the 2013 Division II state basketball tournament in his 49th and final year of coaching. The Knights lost to eventual state champion Columbus Bishop Watterson in the state semifinal game, 53-42. In his time as head coach at Alter, Petrocelli amassed an 831-305 record, nine state tournament appearances and three state championships (1978, 1999 and 2001).

Attention Middle Schools
The OHSAA’s 7th and 8th Grade Committee continues to meet and discuss issues that affect middle schools, along with sharing ideas for expanded opportunities for middle school student-athletes. The committee writes a quarterly update that is emailed to middle schools and is discussing a proposal to create a middle school cross country state tournament. The committee also reminds schools that groups like the Ohio Athletic Committee (OAC) are private, for-profit entities that are not sanctioned by the OHSAA. Member school coaches cannot coach in OAC events and student-athletes cannot wear their school uniforms.

Baseball and Volleyball Expand Contest Dates
In April, the board of directors approved a proposal from the volleyball coaches association to allow the 22 permitted regular-season contests to be held on no more than 22 dates. Previously, 22 contests on 20 dates were permitted. Last year, the board approved a similar proposal in baseball and softball to allow the 27 permitted regular-season contests to be played on no more than 27 dates.

Cleveland’s Harrison Dillard Enters National Hall of Fame
Cleveland native Harrison Dillard has been selected as a member of the next induction class into the National Federation of State High School Associations (NFHS) Hall of Fame. Dillard helped lead Cleveland East Technical High School to three state track championships. He is the only man to ever win gold medals in both the sprints and high hurdles and won four gold medals overall at the 1948 and 1952 Olympic Games. Dillard was a 2011 inductee into the OHSAA Circle of Champions. The 89-year-old, who lives in the Greater Cleveland area, will be inducted during the annual NFHS Summer Meeting June 27 in Denver.

School Sportsmanship Award Program Deadline is July 1
The deadline for schools to submit the applications for the OHSAA’s sportsmanship awards program is July 1, 2013. Winners will be announced in the fall of 2013. For more information, click on the “Respect the Game” logo at OHSAA.org. The Respect the Game Challenge form, Harold A. Meyer application and sample PowerPoint presentations, among other details, are posted there.

The OHSAA’s three-tiered school sportsmanship program is in its third year. The first part of the program is the “Respect the Game Challenge,” which requires schools to complete a form that confirms they have emphasized sportsmanship, ethics and integrity within their school. Schools that complete the form will receive a “Respect the Game Challenge” sportsmanship banner. Repeat winners will receive numerals signifying the year that can be applied to the banner. The second tier of the program is the Harold A. Meyer Award, which requires schools to verify through a PowerPoint presentation that they completed an eight-part sportsmanship, ethics and integrity program within their school. An additional banner specifically for the Harold A. Meyer Award is sent to those schools that complete the second tier. The third and final tier is the Commissioner’s Award for Exceptional Sportsmanship. An OHSAA-sponsored committee will select the top Harold A. Meyer Award winners for this distinction.
DALTON'S SENIOR GOLFER OVERCOMES OBSTACLES TO MAKE LINEUP FOR CHAMPS

BY ANDREW VOGEL, WOOSTER DAILY RECORD SPORTS WRITER

Photo by Mike Schenk, Wooster Daily Record

DALTON – Assistant golf coach Bob Grimm tells his Dalton players every year that the true test for a golfer isn’t what he shoots on a difficult hole — it’s what he does on the next one.

“A lot of people have a bad hole and that’s what holds them back,” said Grimm. “If you have a bad hole, you can’t just go out there and quit.”

Last fall, Cody Shannon, who had the fourth-best scoring average for the Bulldogs despite playing on two prosthetic legs, acknowledges that his fiercely competitive nature is still a work in progress. The first-year varsity player is the first to admit that he still spends too much time dwelling on holes that have tripped him up.

After losing both his legs in a mowing accident when he was three years old, though, Shannon has navigated one of the most challenging roughs any golfer could imagine to become an integral part of the lineup for the two-time Wayne County Athletic League champions.

Dalton entered the WCAL championship as the top team in the league and finished second at the tournament, held at Mohican Hills, to win the regular season title for the second year in a row. Before the season, the biggest question for Head Coach Mike Weaver was who would step up behind three returning letterwinners.

The answer turned out to be Shannon, who was on the junior varsity squad for three seasons. What makes Shannon’s contributions even more remarkable is the fact that he didn’t pick up a set of clubs for the first time until he was a freshman.

“I was messing around with my friends,” said Shannon. “I started hitting a couple balls and I was already better than my friend who’d been playing a couple years. I’d never swung a club before. I thought it’d be something I could jump into and pass the time. I didn’t think it’d turn into playing varsity at Dalton.”

Shortly after Shannon started, Grimm referred him to the Edwin Shaw Rehabilitation Institute in Akron, where specialists worked with Shannon to modify his swing.

“I had no idea what I was doing,” said Shannon. “I didn’t have my hands right. I was just swinging and they taught me the fundamentals. There’s some stuff I can’t do because of my (prosthetic) legs and they’ve dealt with that before.”

For golfers, the ability to generate power by rotating their hips and swinging through the ball is crucial, yet this is one of the biggest challenges that Shannon’s disability presents.

“I can’t rotate as well as other people and I have to use more of my upper body to swing,” he said. “They said I had enough upper body strength that it wouldn’t matter as much.”

Grimm said the only thing that separates Cody from any other golfer is that he drives to every hole. Since the beginning of his career, Cody has always carried a special clearance from the OHSAA with him, which allows him to use a cart during matches.

“Golf is a game where you have to have your balance, and he’s conquered that very well.”
HICKSVILLE, Ohio – Just like the sparkling new buildings where he and other students in Hicksville attend school every day, Noah Karacson today moves within his own new formation. For Noah, it’s in his bones. Literally.

Up until August 2, 2012, Noah was your typical eighth-grader enjoying the last few days of summer with his friends and thinking about the upcoming football season. But weight loss and nagging lower back pain led his parents to seek a doctor’s appointment and MRI scan. One day later, he was on a helicopter being life-flighted to Indianapolis for emergency surgery.

A tumor was wrapped around the nerves in Noah’s lower back and there were small tumors growing throughout his body. He was diagnosed with an advanced form of Ewing sarcoma, a rare bone cancer.

Continued on page 15
Several bones were removed from his back and proton radiation treatments began within days.

“One of the questions we were scared to ask was, ‘will he have a normal life,’” said Noah’s father, John Karacson.

After undergoing a gauntlet of initial surgeries to stabilize Noah’s condition, the Karacson family began the recovery process. Little did Noah and his family realize at the time, however, that they were not alone. In this small community in the northwest corner of Ohio, ‘Team Noah’ was about to commence.

“Everyone said they were praying for me and they were thinking of me all the time,” Noah said in January from Hicksville Head Football Coach Lucas Smith’s classroom. “But I didn’t realize everything that people were doing.”

‘Team Noah’ began when Autumn Contreras and Kim Sholl, members of the Hicksville Football Moms Club, contacted a local T-shirt vendor and placed an order for a couple hundred shirts to sell and help raise money for the family. Hicksville designated their first home game of the 2012 season as ‘Team Noah’ night.

“At first, they just hoped they would sell out of the t-shirts in the school,” said Smith, who teaches special education. “But by the end of December, they had sold more than 2,200 shirts, sweatshirts and hats.”

Those totals are due in part to the compassion and efforts during the 2012 season from many schools surrounding Hicksville. It began during the fourth week of the season when the Aces were scheduled to take on Green Meadows Conference rival Fairview High School.

“Like usual, Fairview Head Coach Dave Robinson and I met early in the week to exchange game film and I happened to mention Noah during the conversation,” said Smith. “Ten minutes after we left, he called me and said, ‘We have to do something.’

continued on page 16
Fairview bought 80 'Team Noah' T-shirts and the football team wore them on the field for their walk-through before the game and under their pads during the game.

“I didn’t think they would wear them during the game,” said Smith. “I was just blown away. Here’s your rival, fighting for playoff points, and to show that kind of selflessness is amazing.”

It didn’t stop there. Donations and shirt orders also came from Antwerp, Ayersville, Edgerton, Holgate and Wayne Trace.

“So many people have helped us,” said Noah’s father. “It would be impossible to thank everyone enough.”

In Hicksville, the community held a reverse raffle, a golf outing and the fire department took a leading role in raising money. In the middle school cafeteria, friends created ‘Nickels for Noah’ cans at the end of the check-out line that began collecting spare change.

“The outpouring of support has been amazing,” Smith said. “This area isn’t among the strongest socioeconomic areas of Ohio, but when it comes down to someone needing something, I have never seen a community so giving. So many people from so many towns reached out to help.”

That included Defiance Crescent-News sportswriter Jason Stein and his sons, Lucas (6) and Logan (3). Stein covered the Hicksville vs. Fairview game for the newspaper and when he told Lucas about Noah, Lucas went straight to his piggy bank and emptied the contents to begin raising money for Noah. When he was done counting his own change and the money he collected from family and friends, the 6-year-old made a $400 donation to ‘Team Noah.’

Noah will end up missing the entire 2012-13 school year due to surgeries, chemotherapy and recovery time. He spent four weeks at Riley Hospital for Children in Indianapolis and then underwent six weeks of proton radiation treatments at Indiana University Medical Center in Bloomington, Indiana.

Noah remembers vividly the flight that took him to Indianapolis and the start of his tribulation.

“I was surprised when they told me what I had and I was kind of scared,” Noah said. “I just tried to stay calm and let them do what they do.”

“They explained to Noah and to us the fight that he was in for,” said John Karacson. “But Noah has never backed down.”

On the backside of the ‘Team Noah’ T-shirts, it reads “No One Fights Alone.”

“The T-shirts are my strength,” Noah said.

And today, thanks to those T-shirts and this determined eighth-grader’s spirit, Noah is cancer-free.
OHSAA DISTRICTS

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

UPCOMING TOURNAMENT DRAW DATES

SPRING SPORTS - 2013

<table>
<thead>
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<tr>
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TOURNAMENT REGULATIONS

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

SUSAN FELVER
ATHLETIC DIRECTOR
By Paul Seiter
OHSAA Sports Information Assistant

In her first year as Sylvania Southview’s Athletic Director, Susan Felver is building relationships within the school community while working on ways to improve athletic facilities and programs.

A Lima native and graduate of Shawnee High School and Miami (OH) University, Felver began her career at Sandusky High School as a teacher and soccer coach. Her transition to athletic administration arose from an opportunity to become the assistant athletic director at Sandusky in 2006.

“I really never had any intention of leaving the classroom,” Felver said. She believed she would continue doing what she loved as an English teacher and coach. She cites her two years as the assistant athletic director as the driving force that prompted the transition from the classroom to administration.

Felver, who earned a master’s degree in administration from Bowling Green State University in 2007, moved into the athletic director position at Sandusky in 2008 when Dale Sartor retired.

In her four years as athletic director at Sandusky, Felver spearheaded efforts to fundraise for projects to maintain and upgrade athletic facilities. The results were new field turf for the football facility, Strobel Field a grant from Major League Baseball for upgrades to the baseball field, along with regular upkeep and maintenance of other facilities.

“Schools really have to be creative in finding ways to keep athletic facilities up to par,” Felver said. She noted that the process of grant writing, along with reaching out into the community for support, was a new experience for her.

Now closing in on the end of year number one at Southview, Felver is really enjoying building new relationships with the kids and the school community. She is focusing on open dialogue with students and parents, something she finds extremely important. Despite being at Southview for just a year, Felver has her sights set on upgrading the Cougars’ athletic facilities, just as she did at Sandusky.

When asked what her main goal is as an athletic director, Felver’s answer was both thoughtful and insightful.

“I want to maintain a level of consistency in all sports, not just the ‘key’ sports – all sports,” she explained, “Consistency in athletes, coaches, budgets, discipline and expectations.”
In December 2012, Ohio Governor John Kasich signed into law House Bill 143, which Ohio’s 129th General Assembly created to legislate concussion prevention, recognition and management in youth sports. It includes many of the same policies that the OHSAA has mandated since 2010. The law, which went into effect April 26, 2013, adds several aspects to previous OHSAA regulations. To be fully compliant with the law, modifications have been made to the OHSAA’s concussion policy.

As always, it is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further, both students and parents have responsibilities in this area as well.

Among the regulation changes is that no student who exhibits symptoms of a concussion shall be permitted to return to play or practice on the same day he/she was removed. (Previously, an authorized medical professional could approve a student to return to play on the same day if it was deemed that no concussion was sustained.)

A student-athlete cannot return to play until he/she has been assessed by a physician or any other licensed health care provider that the school district board of education (or other governing authority of a chartered or non-chartered nonpublic school) authorizes to assess the student who has been removed from practice or competition. The student must receive written authorization.

Another change involves an addition to the mandatory Pupil Activity Program/Coaching Permit issued by the Ohio Department of Education, which is required for all coaches per OHSAA General Sports Regulation 3. After April 26, 2013, coaches must have completed one of the two approved concussion courses before applying for a new permit or applying to renew their permit. Both the permit and the course are valid for three years. In addition, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course.

Finally, all students and their parents or legal guardians shall review and sign the “Concussion Information Sheet” which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form.

Important Links:
www.ohsaa.org/medicine/Concussions/ConcussionRegulations.pdf
www.ohsaa.org/medicine/sportssafety.htm
NEW OHSAA OFF-SEASON COACHING REGULATION GOES INTO EFFECT SEPTEMBER 3

Expanded opportunities for individual instruction in team sports approved by board of directors in February

For almost 100 years, coaches at OHSAA member schools were permitted to coach their student-athletes from the start of practice until the end of their season. Then in the early 1990s, a monumental shift took place that allowed a few days of coaching in the summer period (now 10 days of coaching from June 1 to July 31).

In February 2013, another monumental shift took place when the OHSAA Board of Directors approved a proposal from an OHSAA committee which allows school coaches to provide opportunities for individual instruction outside the season of play. The new regulation goes into effect Sept. 3, 2013.

“This answers the proposals that the coaches associations have made to offer that instruction,” Jerry Snodgrass, OHSAA assistant commissioner and chair of the committee, said. “This allows individual instruction for up to four students at any time outside the season except during no-contact periods. The maximum number of students (four) includes at any one time in all combined facilities.”

Schools will determine and enforce any time limits that their coaches can engage in instruction permitted by the new regulation.

Individual instruction is defined as no more than four individuals present at any one time in all combined facilities where instruction is taking place. Team sports included in the new regulation are cross country, soccer, volleyball, field hockey, football, ice hockey, basketball, wrestling, softball, baseball and track & field. Note that ‘no-contact periods’ and the summer coaching period (10 days of team coaching permitted from June 1-July 31) will continue to exist and that out-of-season instruction is already permitted in individual sports (golf, tennis, swimming & diving, gymnastics and bowling).

“In our surveys, there wasn’t 100 percent support for this, so it will be important for administrators to determine how it will be handled at their school,” Snodgrass said. “There will be a lot of challenges with this early on, but they’ll settle out and then we’ll get to individual instruction. For years we have heard that ‘shot doctors,’ ‘dribbling experts’ and so on, have gained control and are very expensive. Our kids have been forced to go to those people if they want further instruction. Our coaches said, ‘Give us that opportunity and we’ll do it for free.’”

The OHSAA will soon post additional guidelines on the new regulation at OHSAA.org.

Preliminary details of the new regulation are posted at:

Head Coach Chad Cody (gray jacket) talks to his Sylvania Southview boys soccer team prior to the 2012 OHSAA boys Division I state championship game at Crew Stadium in Columbus. Coach Cody helped lead the Cougars to their first state tournament and championship game appearance and left as state runners-up, falling to Powell Olentangy Liberty 2-0 in the final.
Central Ohio’s Bill Estes excelling on the court for the game he loves

The officials working the boys varsity basketball game at Hamilton Township High School on Saturday, Jan. 5, 2013, probably experienced a game that was much like most other games played around Ohio that night. But the experience for one of the officials was like a dream come true.

For official Bill Estes, it marked his first varsity basketball assignment. While every official’s first varsity contest is special, it was particularly memorable for Estes, who achieved the varsity level without the ability to hear. Estes is deaf.

“I never dreamed of becoming a varsity official,” Estes said. “I was happy officiating middle school, freshman and junior varsity games. I was not trying to prove to someone that deaf people can officiate basketball games. I am doing it because I love the sport of basketball as I played and coached basketball for more than 25 years. Some officials encouraged me to get licensed. When I officiated my first varsity game I was really excited but very nervous at the same time. After I made some calls, I became relaxed and realized that it was another day in the office.”

Paul Melcher, a veteran central Ohio official and umpire, is a part of the officiating crew that has mentored Estes on his journey to the varsity level. Melcher’s crew includes Jeff Weiss and Chris Nelson and is a part of the larger Central Ohio Basketball Officials Association Mentoring Program.

“Bill’s persistence and development into an excellent basketball official is an inspiration to our entire crew,” Melcher said. “Regardless of the fact that Bill is deaf, he is an outstanding communicator. He is able to use lip reading, sign language and sometimes even pad/paper to effectively communicate with partners and manage a basketball contest.”

Estes, 50, has been a registered basketball official for seven years and officiates in the Central Catholic League, Ohio Capital Conference, Mid-State League, Columbus City League and the Mid-Ohio Athletic Conference.

“The world is not made for deaf people: unable to hear the whistles and unable to talk to coaches, players and other officials during the games,” Estes said. “I know I have to compensate for that by working very hard in other areas that don’t require hearing. I have to know the rules, use my mechanics the right way and communicate with everyone involved by giving very clear signals during the games and writing down notes with other officials and coaches. The biggest obstacle for me is communication. I was fortunate enough to work with some great officials who understood and respected my deafness. I always make sure I made my deafness known by letting the coaches and scorebook keeper/ timer know before the game starts so we can communicate effectively throughout the games.”

Estes had some good advice for other people who have disabilities but are interested in officiating.

“Know your rules and do well in mechanics,” Estes said. “Continue to work hard and be very patient. If you have doubts about other things, you doubt yourself and lose confidence. Believe in yourself and do your job. For new officials with disabilities, take great advantage of a mentoring program like the one that helped me so much. I am really grateful for the program.”
TOURNAMENT FINANCIAL PROCEDURES MOVING TOWARD TURNKEY IMPLEMENTATION

“Best practices” document and turnkey program beginning to be utilized

Financial reports from hosting OHSAA tournament contests can be a complicated process. Rental fees, paying workers and covering many other expenses often involve detailed accounting procedures. Many of the same issues exist at regular-season contests, too.

The winter issue of OHSAA Magazine included an explanation of new financial procedures for OHSAA tournament contests and why many of those procedures can be used during regular-season contests. For more than a year, school treasurers, athletic directors, school administrators and the OHSAA have been working together to develop these new procedures for handling funds at athletic events and provide information on the proper classification of employees or independent contractors.

Due to a number of cases of abuse of tournament accounts, many school districts have eliminated tournament accounts and brought them in-house to be controlled by the district treasurer. That scenario is included among the “best practices” document that has been sent to all member schools regarding revenue from athletic contests. The “best practices” document has also been determined to fall in line with current IRS standards.

Another new concept – the OHSAA’s turnkey program for hosting tournament contests – was implemented for the new team wrestling regionals last winter.

“We piloted the flat rate concept, also called turnkey, at the team wrestling regional tournaments and received a lot of positive feedback,” Jeff Jordan, OHSAA chief financial officer, said. “The amount is all-inclusive to host an event at that site, including rent, ticket takers, ushers, etc. Our intention is to convert more postseason tournaments to the turnkey process.”

Jordan cited examples of vastly different facility rental charges between similar venues as one of the reasons why the turnkey process was created.

“For the last year, I have traveled the state and have done lots of presentations to educational professionals in schools to help people work through adopting best practices,” Jordan said. “During that time we trained over 600 school treasurers and athletic directors on the new best practices. The Ohio Association of School Business Officials and the Ohio Interscholastic Athletic Administrators Association have both been partners in rolling this information out to their members. Because of this work, we have helped schools start the transition to the new accountability system.”

CENTRAL OFFICE

EXPENSES

- Services & Other Support: $2,014,395
- Operating Expenses: $4,033,395

REVENUE

- Sports Tournaments: $6,077,500

DISTRICT ATHLETIC BOARDS

EXPENSES

- Services & Other Support: $234,926
- Operating Expenses: $666,849

REVENUE

- Sports Tournaments: $1,913,913

JEFF JORDAN

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

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

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

DID YOU KNOW?

MEMBER FINANCIAL BENEFITS

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

1. No annual membership dues
2. No tournament entry fees
3. Reimbursement for some regional and state team tournament travel expenses
4. Keep a portion of presale tickets to regional and state team tournament travel expenses
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 regional and state tournaments (78 percent), officials dues (11 percent) and corporate partners (11 percent).
OHIO ATTORNEY GENERAL REACHING OUT TO STUDENT-ATHLETES AND FAMILIES

By Mike DeWine, Ohio Attorney General

The life of 20-year-old Robby Brandt of Olmsted Falls ended abruptly on October 21, 2011, from an overdose of heroin. Robby was first introduced to opiates at the age of 15 when his wisdom teeth were extracted and he was prescribed medication for the pain. Five years later, Robby was addicted to opiates, an addiction that started with prescription drugs and then progressed to heroin, another form of opiate.

Robby’s transition from opiate-based pain medications to heroin represents a descent into drug addiction that’s become all too common in Ohio. Young people like Robby are legitimately prescribed painkillers for surgery or to help in their recovery from sports injuries, and then become addicted.

When Robby’s parents, Rob and Carla Brandt, faced the deep emotional pain of so many other families whose loved ones lost their lives to opiate addiction, they harnessed their grief and created “Robby’s Voice.” The mission of “Robby’s Voice” is to help prevent other families from experiencing the devastation they endured through outreach and education for parents, teenagers and young adults.

As Attorney General, I am committed to protecting Ohio’s families. To help in the fight against opiate abuse, I’ve assigned Jennifer Biddinger of my staff to work with “grass-roots” efforts like “Robby’s Voice” to assist with outreach and education. She is meeting this objective in part by helping create and produce videos that show the devastating impact of opiate addiction on those affected and their families and friends on a local level. Over the past year she has worked with groups to create videos in Fairfield and Hocking counties; two additional videos are in production in Scioto and Clark counties. These videos are presented to parents and children across the state to raise awareness of opiate addiction.

My office has also fought against the opiate epidemic by assigning special prosecutors to focus specifically on prescription drug diversion; offering classes about opiates to law enforcement through the Ohio Peace Officer Training Academy; collaborating with law enforcement to shut down pill mills; prosecuting doctors who improperly prescribe or dispense prescription drugs, and seizing more than 58,000 prescription pills since 2011.

In addition, our crime lab at the Bureau of Criminal Investigation (BCI), which accepts forensic cases from all Ohio law enforcement agencies, assisted in 13,324 forensic drug cases in 2011, fully half of which involved prescription drugs.

In partnership with the Ohio Department of Health, the Drug Free Action Alliance and the Ohio Department of Alcohol and Drug Addiction Services, we’ve provided more than 60 prescription drug drop boxes to law enforcement agencies in Southern Ohio. Through these boxes we’ve collected 688.81 pounds of outdated or unusable prescription drugs, thereby diverting them from possibly being consumed or abused illegally.

We’ve made progress in our battle against the opiate epidemic in our state, but we need even more parents, teachers, coaches and students to join the fight.

I urge you to do your part to help in the fight against opiates. Here are some things that parents, coaches and teachers can do: consider working with local organizations like “Robby’s Voice;” empty your medicine cabinets of old prescription medications and properly dispose of them; and talk to your kids about the dangers of drugs or show them some of the videos posted at www.ohioattorneygeneral.gov/Individuals-and-Families/Victims/Drug-Diversion.

If you need additional information, please contact my office at 1-800-282-0515.
**LEADERSHIP**

**National Federation of State High School Associations** (NFHS) – the governing body of interscholastic athletics in the United States, which writes the playing rules for most sports.

**Member Schools** – are voluntary members of the OHSAA and agree to follow the bylaws and constitution, which can only be modified through the annual referendum voting process.

**District Athletic Boards** – elected from the membership in each of the six established DABs in Ohio (Northeast, East, Southeast, Southwest, Northwest and Central) and serve six-year terms.

**State Board of Directors** – comprised of nine voting members (plus two appointed non-voting members) from each of the six District Athletic Boards and serve two-year terms.

**Commissioner** – appointed by the State Board of Directors.

**OHSAA Administrative Staff** – selected by the Commissioner and approved by the State Board of Directors.

**OHSAA Support Staff** – selected by the Commissioner.

**GOVERNING PUBLICATIONS AND RESOURCES**

**Handbook** – published annually and contains the Constitution, Bylaws, General Sports Regulations, Sport-Specific Regulations, Mission Statement and Philosophy, OHSAA Board and Staff biographies and Calendars.

**Sport Manuals** – produced annually for each sport and mailed to member school athletic administrators and contest officials to explain important information about the sport season, regulations, points of emphasis, etc.

**OHSAA.org** – the official website of the OHSAA, which contains news and announcements, member school resources, sports medicine information, officiating information, calendars and media information.

**myOHSAA** – the online database management website for game contracts, schedules, school directory information and many school administrative tools.

**Catastrophic Insurance Policy** – paid for by OHSAA.


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**GET TO KNOW: ORGANIZATIONAL STRUCTURE OF THE OHSAA**

**BOB GOLDRING**

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

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**Avon Lake** sophomore Nikolette Schroeder shot 75-72 over two days on the par 70 Gray Course at The Ohio State University Golf Club in Columbus during the 2012 girls Division I golf state championships. Schroeder finished as the individual state runner-up behind senior Jessica Porvasnik of Medina Highland.

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The Perrysburg defense and senior goalkeeper Chloe Bushler held Mason at bay for all 80 minutes of the 2012 OHSAA girls Division I state soccer championship game at Crew Stadium in Columbus. Bushler tallied nine saves as the Yellow Jackets blanked the Comets 1-0 winning their first girls soccer championship in as many visits to the state tournament. Perrysburg finished the season with a perfect record of 23-0-0.
EXAMINING THE RESPONSIBILITIES WITH BEING A GREAT COACH

Chris Stankovich, Ph.D., OHSAA Magazine Contributor
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Being an interscholastic sports coach can be an incredibly fun and rewarding experience, but with the privilege of being a coach also comes a lot of responsibility. As youth sports continue to evolve, coaches are often faced with new and sometimes complex issues to address. How coaches resolve the issues they experience has a direct impact on the kids they coach, for better or worse.

Because of the excitement that is inherent in coaching, it is not uncommon for coaches to sometimes succumb to emotional, heat-of-the-moment decisions rather than having the time or opportunity to logically think through situations. Examples of emotionally charged behaviors some coaches have demonstrated include shouting a profanity toward an official after a bad call or making a rude gesture toward a rowdy fan in the crowd. Unfortunately, these behaviors not only negatively impact the game on the field, but also leave a lasting impression on kids that teach poor communication skills, problem-solving methods and sometimes even intimidation and physical assault threats.

THE IMPACT OF SOCIAL LEARNING

Sport psychologists often point to social learning theory when reminding coaches about the importance of engaging in positive, responsible, pro-social behaviors when working with kids. Social learning theory applied to sports reminds us that kids often learn a lot of their ways of thinking and behaving by simply watching coaches - for better or worse. When you show good sportsmanship by doing things like congratulating the winning team or helping an injured opponent off the field, kids learn how to responsibly handle situations. Unfortunately, kids also learn from coaches when they see them use profanity, throw tantrums and use physical aggression to settle disputes.

While the majority of coaches embrace their responsibilities, there have been countless stories in the news about coaches who have harassed, humiliated and even physically assaulted student athletes. In worst-case situations coaches have been fired or arrested, but even in cases where neither of those outcomes occur kids have still learned by how the coach handled a situation.

BURST-STRESS

Coaches, unlike many other occupations, experience burst-stress, a unique type of human stress that is often immediately experienced and without warning. Responding to unpredictable things like tough referees, belligerent fans, difficult student athletes and pushy parents all contribute to burst-stress vulnerability and in these moments what coaches do (and don’t do) serve as vivid examples for student athletes.

WHAT YOU DO - AND DON'T DO - COUNTS

Not only must coaches make responsible decisions when it comes to actively addressing problems as they arise, they must also think about the things they overlook – which also serve as examples for kids. For example, when coaches clearly hear student athletes using profanity or discriminatory remarks in the locker room and don’t react, not only does this impact the culture of the team, it also displays a tolerance level by the coach that could lead to future problems.

Being a good coach doesn’t mean you have to refrain from getting excited, but it does suggest that being a good role model for kids comes about by making responsible decisions. Like the old saying goes, “the apple doesn’t fall far from the tree,” an idiom that reminds us about how our actions will rub off and teach the kids we coach to react to future situations similarly. When you make healthy decisions, the kids you coach will not only more fully enjoy the sport experience, but they will also learn important life lessons.
Former Drug Addict, Runner Wishes Someone Had Intervened

Pills Robbed Her Of Interests Until Her Arrest

By Judi Moseley, Program Consultant, Violence & Injury Prevention Program (VIPP), Ohio Department of Health

No one grows up wanting to be a drug addict. But for Lyndsay Kulp, addiction was almost inevitable.

Raised in a home where family members drank and took pain pills, drugs were practically idolized.

“My family urged me to take pills whenever I was unhappy or didn’t feel well,” Kulp said. “They made me feel like pills could take care of anything.”

Kulp was only 13 when she started drinking alcohol. Marijuana was next, and she was 16 when she began taking pills – becoming one of the 2,700 teens in the United States each day who abuse prescription drugs for the first time.

“My life changed dramatically and I began to lie and cheat,” she said. “Before I took pills, I liked going to school and studying cosmetology. After I started using, I no longer wanted to be there; I wanted to chase my next buzz instead.”

Kulp’s pill supply ran out quickly and she had to beg or steal drugs from others. Her grades plummeted and she spent many hours in after-school detention.

Her athletic performance suffered, too. She successfully ran track in middle school and her high school coach encouraged her to become a distance runner. She followed his advice and finished sixth in the district.

Her interest in running, however, soon waned and one day she walked off the field during practice and never returned.

“I didn’t want to be there,” she said. “I didn’t care anymore.”

A week before graduation, Kulp was caught with pills in the school parking lot. Her grandmother was a teacher and Kulp had never been in trouble before, so school officials let the incident slide.

“They could have taken me to the sheriff’s office or kept me from graduating,” Kulp said. “But, they didn’t.”

She earned a high school diploma and a cosmetology license. She used neither, preferring to invest her time getting high.

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Kulp graduated in May 2010, and in January 2012, she started using meth when pills became scarce. She was on meth three months before her arrest for drug abuse.

“I was sitting in jail that night when I realized I needed to turn my life around,” she recalled.

The following morning, the judge offered her a choice — either go for treatment or go to prison.

“He told me only three percent of drug addicts have the chance he was giving me,” she said.

Kulp accepted the judge’s offer and began 67 days of rehabilitation followed by six months of relapse-prevention counseling. A recovered addict for more than a year, Kulp admits rehabilitation was not easy; every day she was tempted to use.

She learned much during therapy, like the fact that addiction is a progressive disease. She also learned that she took pills to numb herself to life events.

“My brother took pills and was sent to prison for robbing a convenience store when he was 18. I handled his arrest by taking drugs.”

Kulp now works at a local counseling center and participates in a court-sponsored drug program that will remove her arrest from her record if she remains drug-free. Looking back, she said she wishes she had gotten into trouble sooner, which may have halted her pattern of addiction.

“The people in my life had to know I was using,” she said. “I wish someone would have intervened.”

She encourages adults who witness dramatic changes in young people to take action. She warns teenagers to never take that first pill.

“Some people can take pills and continue to function,” she said. “But you may take one and become addicted. Stay away from pills – they can take everything from you in the blink of an eye.”

Kulp volunteers with SOLACE (Surviving Our Loss and Continuing Everyday) and other groups to help end drug abuse. She hopes to someday attend college and become a counselor so she can help others.

*Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

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2013 OHSAA SPRING STATE TOURNAMENT PREVIEWS

By Paul Seiter, OHSAA Sports Information Assistant

BOYS TENNIS

The 94th edition of the boys state tennis tournament kicks off the 2013 OHSAA spring sports state tournament season. Played over two days, May 31 and June 1, the tournament will feature over 100 tennis players from around the state in two divisions. Competitors and fans will travel from all around the state to The Ohio State University in Columbus and the OSU Outdoor Varsity Tennis Courts complex to see who will become the newest champions.

The 2012 state tournament saw new champions in Division I singles and doubles, with Westlake senior Colton Bunting-ton taking the singles title and Mason’s Miguel Cepeda (Jr.) and Luke Tsai (So.) winning the doubles title. Both champi-onship efforts were also firsts for their respective schools in boys tennis.

The Division II singles winner was junior Maksim Kan from Pepper Pike Orange who in his run through the state tournament amassed a 36-5 game advantage over his opponents en route to his state title. The doubles title was won by senior Daniel Lubarsky and sophomore Siddarth Ahuja from Gates Mills Hawken.

SOFTBALL

Historic Akron Firestone Stadium is set to host the 2013 OHSAA state softball tournament. In its 36th year, the softball tournament will feature four teams in four divisions all competing for the right to be a state champion. The three-day tournament is slated to begin on June 6, with the championship games being played Saturday June 8.


LaGrange Keystone won its third Division II state title, defeating defending champion Poland Seminary in its semifinal game and Greenville in the championship, capping off a 32-0 season.

The Division III championship trophy was hoisted by Warren Champion for the second straight year and fifth time overall in program history.

After finishing as Division IV runner-up to Strasburg-Franklin in 2011, Convoy Crestview defeated the Lady Tigers, 8-7, in a state semifinal and went on to win the 2012 title, defeating Vienna Mathews 6-2 in the final for the Knights’ second state championship in softball.

BASEBALL

Huntington Park in Columbus has hosted the OHSAA baseball state tournament since opening in 2009. The 86th annual baseball state tournament returns to the park in 2013 for three days, June 6-8, to determine four division champions.

Cincinnati Archbishop Moeller returned to the Division I championship game for the sixth time in 2012 and left as state champions, defeating Westlake 9-6. The Crusaders have now won the title in all six of their championship game appearances, 1972, ’89, ’93, 2004, ’09 and ’12.

The Division II championship game saw Columbus St. Francis DeSales win its second title in as many years and third overall. The Stallions defeated Wapakoneta 3-2 in the championship game. DeSales’ first title came in 1979, with 32 years passing before winning back-to-back titles.

Wheelersburg returned to the state tournament for the third year in a row and left as state champions for the second time in school history. The Pirates finished as runners-up in 2010 and lost in the semifinal in 2011 but would not be denied a championship in 2012, defeating Lima Central Catholic 1-0. Wheelersburg’s previous title came in 1996.

In walk-off fashion, Minster won its second state baseball championship in two years, defeating Cuyahoga Heights 5-4. The Wildcats led the 2012 title game 4-0 until surrendering four runs in the top of the seventh inning. Minster rallied in the bottom of the inning, scoring the winning run on a base hit to left field. In three state tournament appearances, the Wildcats own two championships and a runner-up trophy.

TRACK & FIELD

The OHSAA track and field state tournament returns to Jesse Owens Memorial Stadium on the campus of The Ohio State University on June 7 and 8. The 106th edition for boys and 39th for girls brings over 1,900 athletes from 698 schools to Columbus to compete for a state championship in 34 events.

New in 2013 will be the addition of eight new events to the previous total of 34. Those eight events will be for student-athletes competing in wheelchairs, who will participate in the state championships for the first time.

The 2012 Div. I state tournament was highlighted by the Reynoldburg girls team winning its fourth straight title, while Lakewood St. Edward won its first boys track and field title.

The Division II girls champion was Akron St. Vincent-St. Mary, which won its first title in track and field. The Irish nearly pulled off the sweep but Dayton Dunbar edged SVSM to win the boys Division II title, 49-46.

In Division III, the Versailles girls team improved upon its runner-up showing the year before to claim its second state championship, while the boys team from Gahanna Columbus Academy won its third state championship.
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

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