School vs. Non-School Teams
How they are similar, yet very different, and if they can co-exist for today’s student-athletes

Leadership Conferences Growing
Ohio owns the nation’s largest student leadership conference, and regional conferences are now springing up

Amazing Grace
How Xenia Christian’s Grace Norman advanced to the Paralympic world stage and the podium at state track
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Cincinnati Northwest senior Myles Pringle clears the bar with room to spare during the Div. I high jump competition at the 2015 OHSAA state track and field tournament at Jesse Owens Memorial Stadium. Pringle placed third in the competition with a height of six feet, nine inches. The 2016 OHSAA state track tournament returns to JOMS June 3-4.
OHSAA 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.
- Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.

OHSAA 101

What is the Ohio High School Athletic Association? The following list identifies who makes up the OHSAA, how the OHSAA supports education-based athletics and how the OHSAA supports schools and carries out its mission.

MEMBERS, STAFF AND PARTNERS
- Schools are volunteer members - 822 High Schools, 900 Middle Schools
- 24 Sanctioned Sports
- 400,000 Student-Athletes in Grades 7-12
- Almost 17,000 Officials
- Approximately 65,000 Coaches
- Six District Athletic Boards (elected by the member schools in that district)
- State Board of Directors (rotation system per OHSAA constitution)
- Commissioner and State Office Staff (24 full-time employees)
- Ten Allied Organizations (Ohio Dept. of Education, Ohio Interscholastic Athletic Administrators Assoc., etc.)
- Partnered Coaches Associations for each sanctioned sport

TOURNAMENTS, ELIGIBILITY AND SERVICES
- Endeavor to conduct the best tournaments possible
- Enrollment data for tournament divisions comes from Ohio Dept. of Education
- Monitor eligibility of student-athletes
  1. Constitution and bylaws voted on by school principals
  2. Schools are the primary enforcer of bylaws and sports regulations. The OHSAA does not have full-time staff devoted to compliance or investigations
- Provide services to our member schools, such as:
  1. Coaches Education
  2. Sportsmanship and “Respect the Game” Programs
  4. Booster Education
  5. Safe-School Zone
  6. Service Week
  7. Sports Medicine Education
  8. Annual Leadership Conference (largest in the nation, 1,500 students)
- Focus on the life-lessons student athletes learn through their involvement with athletics

FINANCES
- OHSAA State Office Revenue Sources:
  1. Ticket Sales - 80%
  2. Officials Dues - 10%
  3. Sponsorships -10%
- No tax dollars
- No membership fees from schools
- No participation fees from schools
- Bonus returned to schools on ticket sales
- Reimbursement to schools of selected regional/state tournament expenses (OHSAA returned over 2.6 million to member schools last school year)
- OHSAA pays for catastrophic insurance coverage ($800,000 annual premium)

THE OHSAA

EDUCATE THROUGH SPORTS

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

Did you Know?

- The OHSAA is a private, not-for-profit organization and is audited by an independent firm every year.
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CAN SCHOOL SPORTS AND NON-SCHOOL SPORTS COEXIST?

Perhaps from the title above, one might expect my tone with this letter will be adversarial toward non-school sports teams that are outside the control and support of the OHSAA. However, that won’t be the case. The tone, rather, will actually be more of a plea to both school and non-school teams alike.

First, let me begin by saying that there are certainly some positive learning and playing experiences to be had by kids who compete on non-school teams. In fact, many of our excellent OHSAA coaches also coach non-school teams outside the school season. The competition, fun and travel of non-school teams can lead to growth and great experiences.

But during my years as a school superintendent, and now 12 years at the OHSAA, I’ve heard the following statement said by enough coaches that it’s clear there are issues to be discussed. The statement is almost always something like, “It takes me the first month of the season to undo the bad habits my kids picked up during their club season.”

That doesn’t apply to every non-school team, of course, and “bad habits” can mean quite a few different things.

But that’s an example of how club sports are different from school sports. Student-athletes who play for their school must be academically eligible, have good attendance and be good citizens and positive members of their community. Those kinds of traits aren’t always needed to compete for club teams, where the emphasis is often only on competition or to provide a showcase for those individuals.

Said another way, not only are school sports education based – where sports complement a student’s school experience – but when a student-athlete plays for his or her school, the name on the front of the jersey is more important than the name on the back of the jersey.

Another issue between school and non-school teams is competition for a young person’s time. I wish that every student played two or three sports for their school, but many times, student-athletes are pulled to a non-school team, of course, and “bad habits” can mean quite a few different things.

For our OHSAA-member coaches who also coach non-school teams, I encourage you to refrain from encouraging sport specialization and discouraging students from playing multiple sports for the school. Kids only have one chance to experience their high school years, and playing multiple sports is often a big part of that.

For coaches who aren’t associated with the OHSAA, my plea is that OHSAA regulations are respected and perhaps even incorporated into your own coaching philosophy. In addition, waiting to hold tryouts and practices until the student has completed his or her season is crucial so that they don’t become ineligible for their school team or cause forfeitures.

I believe that school and non-school sports can coexist, but it takes both sides to know and respect the other. Doing so will ultimately benefit student-athletes and their life experiences through sports.

Sincerely,

Daniel B. Ross

Dr. Dan Ross, Commissioner, Ohio High School Athletic Association
## OHSAA Allied Organizations

National Federation of State High School Associations
P.O. Box 890
Indianapolis, IN 46206
(317) 937-6500
Fax: (317) 822-5700
www.nfhs.org

Ohio Department of Education
25 South Front St.
Columbus, OH 43215-6482
(614) 794-9191
Fax: (614) 430-8315
education.ohio.gov

Ohio School Boards Association
8050 North High St., Suite 100
Columbus, OH 43235-6482
1-800-589-6722
Fax: (614) 846-4080
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.oessa.org

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

Ohio Association of Elementary School Administrators
900 Club Dr., Suite A
Westerville, OH 43081
(614) 794-9151
www.oaeas.org

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

Ohio Interscholastic Athletic Administrators Association
www.OAAA.org

## OHSAA Calendar

### SPRING 2016

<table>
<thead>
<tr>
<th>Practice</th>
<th>Scrimmages</th>
<th>Contest</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball</td>
<td>Feb. 22</td>
<td>*4 scrimmages after practice begins or 3 scrimmages/1 preview Mar. 26</td>
<td>June 2 – State Semis/Akon Firestone Stad. (Div. IV &amp; III)</td>
</tr>
<tr>
<td>Tennis (Boys)</td>
<td>Mar. 7</td>
<td>1 scrimmage prior to first match Mar. 25</td>
<td>May 27 – Lindner Family Tennis Ctr, Mason (1st &amp; 2nd rounds)</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Mar. 7</td>
<td>None Permitted Mar. 26</td>
<td>June 3-4/Ohio State Jesse Owens Stadium (Div. III &amp; II)</td>
</tr>
</tbody>
</table>

### FALL 2016

<table>
<thead>
<tr>
<th>Practice</th>
<th>Scrimmages</th>
<th>Contest</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Aug. 1</td>
<td>None Permitted Aug. 22</td>
<td>Nov. 5 – National Trail Raceway, Hebron Boys III, II &amp; I, Girls III, II &amp; I</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date) Aug. 20</td>
<td>Nov. 4 – State Semis, Upper Arlington H.S.</td>
</tr>
<tr>
<td>Football</td>
<td>Aug. 1</td>
<td>2 scrimmages or 1 scrimmage/1 preview plus 1 jamboree game between August 13 – August 24 Aug. 22</td>
<td>Nov. 4-5 – Regional Quarterfinals</td>
</tr>
<tr>
<td>Soccer</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date) Aug. 19</td>
<td>Nov. 8 (Girls) &amp; 9 (Boys) – State Semifinals</td>
</tr>
<tr>
<td>Tennis (Girls)</td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match Aug. 12</td>
<td>Oct. 21-22 – Lindner Family Tennis Center, Mason</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Aug. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (See Preview Date) Aug. 20</td>
<td>Nov. 10 – State Semis/WSU Nutter Center (Div. II &amp; I)</td>
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</tbody>
</table>

### WINTER 2017

<table>
<thead>
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<th>Practice</th>
<th>Scrimmages</th>
<th>Contest</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (Boys)</td>
<td>Nov. 4</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date) Dec. 1</td>
<td>Mar. 23 – State Semis/OSU Schottenstein Center (Div. II and IV)</td>
</tr>
<tr>
<td>Basketball (Girls)</td>
<td>Oct. 28</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date) Nov. 25</td>
<td>Mar. 16 – State Semis/OSU Schottenstein Center (Div. II and IV)</td>
</tr>
<tr>
<td>Bowling</td>
<td>Nov. 4</td>
<td>None Permitted Nov. 18</td>
<td>March 3-4 – Div. II; March 10-11 – Div. I</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Nov. 4</td>
<td>None Permitted Dec. 5</td>
<td>Mar. 3 – Team/Hillard Bradley H.S.</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Nov. 4</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date) Nov. 25</td>
<td>Mar. 9-12 – Nationwide Arena, Columbus</td>
</tr>
<tr>
<td>Swimming/ Diving</td>
<td>Nov. 4</td>
<td>None Permitted Nov. 28</td>
<td>Feb. 22-25 – Bralin Natatorium, Canton</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Nov. 11</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date) Dec. 2</td>
<td>Team Tournament: Feb. 11 – OSU St. John Arena Individual: Mar. 9-11 – OSU Schottenstein Center</td>
</tr>
</tbody>
</table>

**NOTE:** Dates and locations are subject to change.
SOUTHWESTERN OHIO CONFERENCE’S SCHOOLS UNITE TO TEACH SCHOLAR-ATHLETES TO BE LEADERS

By David Poole, OHSAA Magazine Contributor and former editor at the Columbus Dispatch

DAYTON, Ohio – Some older folks despair about the perceived lack of positive influences among America’s youth. The members of one Ohio athletic conference do something about it – together.

Athletic directors and about 85 selected non-senior scholar-athletes from the Southwestern Buckeye League gathered on March 4 at Wright State University’s Nutter Center to define and pursue positive leadership. The theme of the fifth annual event was “Leadership: Getting From ‘T’ to ‘We.’ “ The program aimed to accomplish that in a number of ways. Inspirational sayings looped on a screen: “We rise by lifting others”; “Teamwork divides the task and multiplies the success”; “Being positive in a negative situation isn’t naïve; it’s leadership.”

Longtime motivational speaker Harvey Alston, a former Columbus East coach, urged the youths to never stop being the best they can be. “If you can’t be a highway, be a trail … but be the best at whatever you are,” he implored. Alston reminded them of Wilma Rudolph, who overcame mild polio and a gawky frame to become the first female U.S. track athlete to win three gold medals in an Olympics; of actor James Earl Jones, who conquered a stuttering problem to become the booming voice of a generation; and of track legend Jesse Owens, who achieved Olympic greatness despite being asked by the NAACP not to go to Berlin for the 1936 Games hosted by Adolf Hitler (“Sometimes you have to fight people on NAACP”)

The student-athletes rotated through breakout sessions focused on “Positive Values and Perspective,” “Sportsmanship and Respect” and “Teamwork and Healthy Lifestyles.”

All got to try the “human knot exercise,” which begins by tangling the arms of the students and then having them figure out how to get untangled. Communication, teamwork and patience are crucial to the process. “How often have you heard a coach plead with you to talk with your teammates while competing? That should mean a little more to you now,” New Lebanon Dixie AD Kregg Creamer told the students after they completed the exercise.

One poignant question posed to the student-athletes involved ever-present social media. “You’re always building your brand with every tweet and retweet,” said Brian Bales, Franklin’s AD and boys basketball coach. “What does your social media profile say about you?” Also among the key issues was how to keep students from being drawn into drug and alcohol use. Waynesville High School became the first league member to institute drug testing for most extracurricular activities this year (about 22 percent of Ohio schools have some sort of student drug testing according to an OHSAA survey). All participants are tested at the beginning of the year, and then 15 randomly selected athletes are tested every two weeks. Athletes who test positive are placed in a counseling program, not banished.

“It helps give students an ‘out’ from peer pressure,” said Brandon Philpot, Waynesville football coach and athletic director. They can tell persistent alcohol or dope pushers that “I just can’t do that. There’s a chance I’ll be tested.”

Milton-Union athletic director Tom Koogler, the conference organizer, made sure every student and adult signed a banner bearing all the schools’ logos. “It will go to our good friends at Middletown Madison to display for a while,” he said, as a gesture of support and then will travel among the other schools.

Such goodwill among conference members is often hard to find, but the SWBL is cultivating it, and the leadership conference has played an important role. Said Creamer of New Lebanon Dixie: “The relationships on the floor within our league are better. Things don’t get as heated. (Athletes) make more connections with kids on the other teams. Sure, they put that aside when the ball goes up, … but there isn’t the animosity.”

The conference’s messages seemed to get through to the student-athletes.

“People who grow up with bad attitudes don’t get better; their habits get worse and worse,” said Brookville’s Blake Mullenix. “I’d like to become more of a go-getter, to see every opportunity you’re presented with as the best opportunity of your life.”

Photo by David Poole.
Student-athletes and fans of Ashville Teays Valley and Lebanon stand for the national anthem during the 2015 OHSAA Div. I softball state championship game at Firestone Stadium in Akron. Teays Valley defeated Lebanon 1-0 in eight innings on a walk-off home run to capture its first state title. The 2016 OHSAA softball state championships will be June 2-4 at Firestone Stadium.
Fans of Westerville Central and Cincinnati Archbishop Moeller cheered on as both teams competed during the 2015 OHSAA Div. I baseball state championship game at Huntington Park in downtown Columbus. Archbishop Moeller went on to defeat Westerville Central to earn its eighth state baseball championship in school history. The 2016 OHSAA baseball state tournament will be June 2-4 at Huntington Park.
HURON, Ohio – The players took the field through white smoke while the band played and the crowd cheered.

There were big touchdown runs, and cheerleaders getting the crowd fired up. During the early afternoon of Sept. 12, 2015, it was like any other football Saturday across the country at Memorial Stadium in Huron.

One night after both the Sandusky St. Mary Central Catholic and Huron football teams won their respective games, there was an even bigger victory to be had. For a second straight year, Victory Day was held with the SMCC and Huron football programs co-hosting the special event for children with severe learning and physical disabilities.

The event was well-attended, with the Huron band playing music, the cheerleading squads from both schools providing support, as well as the names of each of the participants being recognized over the loudspeakers.

Several members of area police, fire and rescue teams were also there, including officers from Sandusky, Perkins, Huron and the Erie County Sheriff’s Office.

Participants were guided through several drills under the careful watch of Panther and Tiger players, while at the east end of the field, they were able to score touchdowns and celebrate. One Huron player who definitely enjoyed himself was senior Grant Ferrell. But that was certainly for good reason.

“My best friend is Max Parell, and he was out there today,” Ferrell said. “I’ve grown up watching him and all he’s wanted to do is just play football. This Victory Day gave him and these other kids the chance to go out and be able to feel like they are the important ones. Everyone is cheering for them, not us. It’s just a great feeling.”

While talking about Parell and the other participants, Ferrell couldn’t contain his smile.

“Words can’t describe it, seeing these kids,” he said. “They just have a great time. It’s the honest truth, they just go out and have fun. And I’m glad that we could use football as a tool to instill some happiness in their lives.”

SMCC senior Trenton Zimmerman said the event was a feel-good one for everyone involved.

“It makes me smile and feel good about myself as a whole and the team,” Zimmerman said. “It’s about us coming together and making these kids smile and have fun. That’s what it’s about, giving them an opportunity to do something they haven’t done before. One of the kids couldn’t stop telling us how much fun he was having and that he had never gotten to do anything like this before. I think it’s a great experience and a great time.”

SMCC head coach Ryan Wikel looked on with pride watching each participant get acknowledged and given a medal around their necks.

“As a program, and I know Huron is the same way, we talk about giving back to the community,” Wikel said. “It’s great seeing some of the expressions on some of the participants faces, the positive comments that come in. Ultimately, it’s about giving that positive experience to someone else.

“The experience that we get to share every Friday or Saturday night ourselves, we get to share with people who maybe don’t have the opportunity we do,” he added. “It’s about putting yourself aside for a day, giving back to someone else and putting them in the spotlight. Taking a step back and watching someone enjoy a day is pretty special.”

Huron coach Tony Legando — who announced his retirement in December after 28 years of coaching at his alma mater — said Victory Day gives the high school kids a different perspective on competing.

“I’m just proud to be a part of it and thankful Ryan asked us to get involved,” he said. “It’s as good for our athletes as it is for the kids who get to participate. It’s just a good event and I was real happy to see the turnout today, we want to build on it.

“We had three times as many people this year, and then you got the police, fire and rescue staffs showing up to support the kids,” Legando added. “Just a great thing to be a part of. Why not get involved in a thing like this?”

Victory Day was founded in 2010 by Michigan native Aaron Segedi, and is a program designed to build character in future leaders through volunteerism and mentorship.
“For my kids, I just want them to have that feeling of doing more than playing football,” Legando said. “Using it as a tool outside the game, learning they can accomplish greater things off the field.”

Wikel hoped Saturday taught his kids to realize the gifts they have been given.

“And to be caring and compassionate to all people, and to just have pride in what they do,” he added. “Not everyone has the chance that they do every Friday and Saturday night.”

To learn more about the nationally-recognized program visit victoryfootball.com.
WARSAW, Ohio – If Kyle Daugherty, a senior at River View high school, wears jeans, anybody who doesn’t already know the always-positive golfer, will think he is a normal high school student.

And for the most part he is, he hangs out with his friends, cheers in student sections, plays the sport he loves and was even named homecoming king in September.

But underneath his right pants leg is something many people would say isn’t normal: a prosthetic leg.

It’s evidence of his most vivid childhood memory, the day that changed his life forever, the day that caused him as a younger child to ask what type of plan God had for him. That day, Nov. 26, 2004, made him the person he is today.

“You never hear him complain about anything. He has the right to complain with the things that have happened in his life, but you never hear him complain,” River View golf coach Chad Gress said.

“A lot of people would pout about (the accident), but not Kyle. He got used to it and adapted and he moved on with his life,” fellow senior and friend since the seventh grade Matt Brillhart said.

On that day, the day after Thanksgiving, Kyle’s parents were coaching basketball at River View high school, where their daughters, Kristin and Kari, played. Kyle went out to the family’s farm in Keene, Ohio, with his uncle Scott where they were combining corn.

Because of the stickiness of the corn, it stuck on the walls of the cart, so they went in and tried to knock it off. That’s when Kyle slipped on the corn and despite grabbing the ladder near him, his right leg went in the auger. The auger cut Kyle’s leg off from about six inches below his knee down.

“The doctor’s said that was so critical because with that extra (part of his leg) it’s a lot easier with the prosthetic. A lot of people lose it above the knee and it’s not as easy,” Kyle’s mom Caroline Daugherty said.

Scott pulled Kyle out of the auger and tied his leg up with the wet jeans to slow the bleeding. Caroline and her husband received a call at practice and an EMT was waiting for them outside to take them to the hospital, but still walking in neither of them knew what was going on.

“When we got there, of all places they took us to the chapel,” Caroline said. “I thought the worse. I thought, ‘Why would you take us to a chapel?’”

Then she saw a smile, the same smile that represents Kyle’s bright personality to this day.

“I walked in and I didn’t know if he was alive or anything,” Caroline said. “Just to see him alive and knowing that he was going to make it was just such a big relief to me. I feel like we had divine intervention because it could’ve turned out a lot worse than it did. We are just so thankful to my brother for saving Kyle’s life.”

The young Kyle’s life had been changed forever, even if he didn’t know it.

“I knew nothing would be the same, but I didn’t know how far, or to what extent it wouldn’t be,” Kyle said.

But even as a first grader Kyle was joking about his situation.

“When we were up at the hospital, I remember him telling them he was going to get a bionic leg and that he was going to be able to run faster than anybody,” Caroline said.

That joking personality has followed him even to this day. Kyle doesn’t hide from his accident.

“He is always the one to make jokes about it, nobody else,” Brillhart said. “He always has a good sense of humor when it comes to it. For me that’s an example of how strong he is.”
That strength of Kyle’s didn’t come without work and help from his family. His low moments came when he realized he couldn’t do things he could before, especially when it came to sports that he loved, like football and basketball.

“I remember I couldn’t shoot a left-handed layup because I couldn’t jump off my right leg,” Kyle said. “I struggled with that thinking ‘if I didn’t have this I would be able to shoot a left-handed layup.’ Just small things like that kind of got to me; I don’t think I ever had a real low.”

Kyle eventually had to stop playing football and basketball because his leg couldn’t take the pounding. Brillhart said one of his most vivid memories of Kyle is the day he told the basketball team he couldn’t play anymore.

“It was freshman year before basketball season started and he came into the locker room and told us all he couldn’t play and he just bust out into tears,” Brillhart said. “That right there got me through that year because I knew Kyle couldn’t play. That motivated me.”

That was a low point for Kyle, but the way he was raised kept him going.

“Growing up on a dairy farm, you learn you aren’t the most important thing in the world,” Kyle said. “Sometimes you have to put other things before yourself.”

In the Daugherty family, competitiveness is almost a genetic trait. Two of Kyle’s sisters won two basketball state championships in 2006 and 2007 and all three of them played or are currently playing basketball in college. Kyle’s accident didn’t affect his competitiveness.

“I’m a very competitive person, just like my family,” Kyle said. “I’m always trying to beat myself and get a better score in golf.”

In the fifth or sixth grade, his grandmother asked him and his cousin to play golf with her one day, which he admitted he wasn’t excited about at first, but he enjoyed it and has since made it an every weekend tradition to golf with his grandparents. He joined the River View team his freshman year with Brillhart and a few friends. Since then, Kyle has not only improved on the golf course, but he has taught his friends, teammates and even coaches life lessons.

“I’ve learned a lot from him himself. Just when things look down they can always be worse,” Gress said. “He is always positive. He is a tough kid.”

But it’s not just people who know him that learn from him. Kyle takes the time to talk to other people who have suffered similar injuries and shares his journey.

“You can see the energy in their eyes I think. They think that their life is over and nothing is going to be the same, but when they see me and hear what I’ve done they kind of get excited about things again,” Kyle said. “It’s not the end of the world. They have come a long way with prosthetics and they will keep getting better.”

It’s that upbeat and positive attitude that has his friends, coaches, family and people who see him play golf calling him an inspiration.

“He is an inspiration,” Caroline said. “To see somebody with the adversity he has and with the attitude to be able to come out and make the best of any situation you are in.”

Kyle became one of the leading golfers on the Black Bears team, but he doesn’t think of himself as an inspiration. He just thinks of himself as an everyday guy doing what he loves to do.

“It’s weird to think of, because I don’t think of myself as an inspiration. I always thought of my sisters – they were state championship girls and that was always something you would look up to,” he said. “I feel like a regular student at River View.”

It’s obvious to see that Kyle has since grown and matured from the young kid who struggled not knowing what God’s plan was for him. Now it’s becoming clear he said.

“As I grew older, people see me and they say I’m an inspiration,” Kyle said. “God’s plan is finally starting to show I think. That’s probably the biggest thing to me.”

Golf Photos by Cameron Teague Robinson, Coshocton Tribune
Not only one of the United States’ top Paralympic and Paratriathlon athletes, Xenia Christian’s Grace Norman has also helped inspire the growth of her school’s cross country and track programs.
By Tim Stried, OHSAA Director of Information Services

XENIA, Ohio – Most high school students can tell you that the cheetah is the fastest land animal. Ask Xenia Christian High School senior Grace Norman about a cheetah, though, and her first thought will be her prosthetic running leg that bears the same name. The two share a common trait—speed.

The state-of-the-art artificial leg, combined with unmatched work ethic and dedication, has not only helped take Grace all over the world as a Paralympic athlete, but also to the OHSAA cross country state championships in the fall and the awards podium at the OHSAA track and field state championships in the spring.

“Growing up, you name it and she did it,” said Robin Norman, Grace’s mother, who is also Xenia Christian’s head coach for cross country and track and field. “We just raised her as a normal kid. We’d throw her in the pool without thinking twice about it. She was always chasing her older sister and wanting to do whatever she was doing.”

Grace has gone from chasing, to being chased. She is not only the first amputee to qualify to the OHSAA cross country or track and field state tournaments, but she is believed to be the first amputee in the country to reach the awards podium at a high school track state championship event.

ALL IN THE FAMILY

Grace was born without a lower left leg due to amniotic bands. She received her first prosthetic leg when she was 13 months old.

“Grace’s attitude has always been—if you tell her she can’t do something, she will find a way to do it,” Robin said.

Robin is a full-time child psychiatrist, which means she has already had a busy day before she arrives at practice. Grace’s father, Tim, is a professor at Cedarville University. Both were collegiate student-athletes—Robin as a runner and Tim as a swimmer. Tim is Xenia Christian’s head swim coach.

Grace’s older sister, Bethany, was an All-Ohio runner in cross country and track for Xenia Christian and now competes for Cedarville University.

“I wanted to be like my sister,” Grace said. “And I wanted to prove that running with a prosthetic leg didn’t necessarily make you slower.”

Growing up, Grace played t-ball, soccer and basketball and also got involved in swimming, all against able-bodied kids. “She has never looked at herself as being any different,” Robin said.

If her accomplishments in cross country and track weren’t enough, Grace is also an outstanding swimmer, which is a sport that her younger sister, Danielle, also excels. During the winter, Grace usually completes two workouts per day—one in the water and another running or biking. One of those workouts is often done before school.

A HIGH PERFORMANCE ATHLETE WITH A HIGH PERFORMANCE LEG

“We never wanted the word ‘disability’ associated with Grace,” Robin said. Thanks to her cheetah leg, that word only appears in the technical definition of her Paralympic category. By United States Paralympic Committee definition, Grace is in the “T44” category, which is a lower leg deficiency in one leg. On the paratriathlon circuit, she is in the PT4 category, which is a below the knee or below the elbow amputee. She is currently ranked second in the world behind an athlete who competes with both legs.

Helping her set new records and reach world class status is her cheetah leg, which she got two days before the district cross country meet her freshman year.

“Up until junior high, I just ran with my normal prosthetic walking leg,” Grace said. “Then I got an ‘athletic leg,’ but when I got the cheetah, I took two and a half minutes off my cross country time in less than 48 hours.”

“Insurance doesn’t help with a high-performance leg,” Robin said. “But we, and Grace, were determined to get it. Being able to run with a normal stride changed her world.”

Grace has as many goals in swimming as she does in running. Among them are to set swimming records without using her prosthetic leg, which would put her at a distinct disadvantage against swimmers kicking with two legs.

Grace gets it done in the classroom, too. She is in the National Honor Society and carries a 3.75 grade point average. She was an Academic All-Ohio honoree in cross country and track & field last year and is also currently taking classes at Cedarville University.

AMERICAN RECORDS AND THE OLYMPIC DREAM

Grace’s first connection with Paralympic sports was in 2012 when her family stopped in Indianapolis to visit the trials for the London Olympic Games. There she met Paralympic star Blake Leeper, who encouraged her to get a cheetah running leg.

Once running with the cheetah, Grace quickly took the national Paralympic stage by storm. She already holds the American T44 records in the 400 meter, 800 meter, 1500 meter and the 3200 meter. Grace is the current T44 world record holder in the 800 meter and the 1500 meter. She took a bronze medal in the World Championships in Doha, Qatar last fall.

Grace started doing triathlons with her father in junior high and at age 15 she ran a time equal to the top American female in her category. She connected with Dare2tri, a paratriathlon club in Chicago, and was then contacted by Team USA for the paratriathlon. Last August she competed in the Olympic test event in Rio de Janeiro, Brazil, in the paratriathlon. Her silver medal finish provisionally qualified her to race the triathlon in the 2016 Rio Paralympics.

“As parents, we work with the Olympic Committee and remind them that Grace is a high school kid, too,” Robin said. “We don’t want her to miss her high school experience. If you miss that, you can’t get it back.”

BUILDING A PROGRAM

Jim Preston started the cross country and track programs at Xenia Christian in 1994 and he remains the boys coach in both sports. When Robin took over the

Continued on page 16
Continued from page 15

It doesn't stop there. Last year, a running program was started in the elementary school, where 25 kids are now involved. “Two trips to the state cross country championships have been great for the school,” Robin said.

With 110 kids in the entire high school, Xenia Christian doesn't have the numbers to guarantee a trip to regionals or the state tournament year after year. Each student-athlete has to give 100 percent to give the Ambassadors a chance to compete against larger schools. That applies equally to Grace.

“I get much more nervous for high school events than other events,” she said. “This is high school and I value it so much.”

Thanks to the current enthusiasm, the school has become a contender for postseason advancement. Grace finished 26th at the OHSAA Div. III state cross country championships last November and the team posted a seventh place finish.

“The only way we have sports teams at Xenia Christian is because our kids are willing to do anything and any event,” Robin said. “We tell them that we’ll find something they can do to contribute. Our kids have a lot of heart.”

ON THE PODIUM AT STATE

That kind of heart was apparent at the 2015 OHSAA state track meet when Grace sprinted down the home stretch of the 1,600 meter run to place eighth. She collapsed after crossing the finish line, but was all smiles on the awards podium.

Despite already competing on the national and world stage, it was that moment at Jesse Owens Memorial Stadium, next to her peers, which she ranks first on her list of accomplishments.

“Standing on the podium at state track has been my proudest moment,” Grace said. “That was my dream.”

And the dream isn’t over. The state track championships return June 3 and 4, 2016, and Grace Norman plans to be there.
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.

OHSAA ON THE WEB

Frequently used items on the ‘School Resources’ page at OHSAA.org

In addition to sections on the OHSAA website for each sport, there are sections for member school resources, eligibility, news and media, sports medicine and officiating. Below are the most-used pages ‘School Resources’ page.

- Preseason Meeting Materials and Presentation
- Referendum Voting Information
- Posting Boards for Open Dates, Job Vacancies and Equipment Classifieds
- myOHSAA Manual and Participation Card Instructions
- Officials Rating and Voting Instructions
- Divisional Breakdowns and School Enrollment Figures
- Game Management Documents
- Updates and Information from the NFHS, NCAA and NAIA
- Booster Summit Presentation

OHSAA GOLDEN MEGAPHONE COMPLETES SECOND SEASON

The OHSAA introduced the Battle for the Golden Megaphone during the 2014-15 school year to promote sportsmanship and positive school spirit from student sections during basketball games. More than 50 schools have participated in the challenge over the last two school years, with finalists being introduced and recognized during the boys basketball state tournament in March. During the 2015-16 school year, Delaware Buckeye Valley and Navarre Fairless were named co-champions for the 2016 Golden Megaphone. The OHSAA encourages all member schools to get involved during the 2016-17 school year.

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VINCE CLARNO
Columbus City Schools’ Director of Student Activities

By Aaron McPherson, OHSAA Sports Information

Vince Clarno serves as the Director of Student Activities for Columbus City Schools and possesses over 15 years of educational service and experience in the school district. Clarno is responsible for leading and directing the athletic departments and athletic opportunities for middle and high school students in Columbus City Schools.

Clarno is a graduate of Columbus Walnut Ridge High School, where he was an honor student while also playing varsity basketball. He earned a bachelor’s in education at Duquesne University while also playing on the basketball team. After college, Clarno earned his master’s degree in Policy and Leadership from The Ohio State University and returned to Columbus City Schools, where he has served as a teacher, coach and building administrator, in addition to working as the director of student activities.

“Having been a teacher, coach and a building administrator, all of those different things have led me to being able to see the importance of athletics and see the importance of how we offer opportunities to kids through the platform of athletics,” Clarno said. “Being able to see it from a lot of different angles - as a student athlete, as a colleague athlete who saw what happens next after you move on, and then coming back as a coach, as a building administrator, as a teacher, all of those things helped me lead up to being able to make sure that we’re providing a great opportunity for kids.”

Clarno feels that the biggest change facing high school athletics today is how society views athletic opportunities. “School administrators must stay abreast of all of the changes that happen at every level of sports to make sure they are providing an appropriate opportunity for high school student-athletes.”

One piece of advice Clarno gives to new athletic administrators is to stay flexible and adaptable. “This work requires a lot of flexibility,” Clarno said. “You have to be flexible with your hours, you have to be flexible with what you can bring to the table for each individual kid, coach, family or parent.”

In addition to being flexible, Clarno feels it is crucial for young and new administrators to find a mentor. “As a young person starting out, it’s very wise to tap into a mentor. Be very open to working with a mentor and learning from someone who’s walked the path before you.”

Clarno treasures the ability to make a positive impact in the lives of young people in Columbus City Schools. “As leaders, as coaches, as athletic directors, we get to have this role at a very unique time in a young person’s life. I think at no other point in a young person’s life are they more impressionable than during those adolescent years of middle school and high school.”

To Clarno, the fulfillment of seeing the growth in his students at a crucial point in their lives provides the daily motivation in his work. “Anyone who really understands this work has to have their feet grounded in helping young people and seeing them grow, so I think the most rewarding part is seeing all walks of life of young people making a decision to get involved with athletics. When you see kids of different races and different backgrounds all coming together for that common cause of competition, growth, sportsmanship, that’s easily the most rewarding thing for me.”

Be a Part of the OHSAA’s Fall Cross Country Events

The Fifth Annual OHSAA High School Preseason Cross Country Invitational at National Trail Raceway will be held on Saturday, Aug. 20, 2016. The preseason event is a chance for runners to kick off their season by running on the state championships course. No other OHSAA sanctioned meets are on that date. There are four sections based on school size, with each section having an open 3,200, an open 5,000 and a team 5,000. There are team and individual awards for all races.

The Fourth Annual OHSAA Junior High Postseason Cross Country Invitational at OU-Lancaster will be held on Saturday, Oct. 22, 2016, featuring two mile races of team and open competition among junior high schools of similar size. There are team and individual awards for all races.
OHSAA’S COMPETITIVE BALANCE PLAN TO COMMENCE WITH NEW ENROLLMENT CYCLE IN 2017-18

Roster data in affected sports to be collected during 2016-17 school year to apply to following season

The Ohio High School Athletic Association’s Competitive Balance Plan, which member schools passed through referendum vote in May 2014, will begin during the 2017-18 school year. Activating the plan in the fall of 2017 will coincide with the start of the OHSAA’s next two-year enrollment cycle, and will also allow for additional time to test the roster data collection software.

Roster data in the OHSAA’s six multiple-division team sports (soccer, volleyball, football, basketball, baseball and softball) will be entered online into the ArbiterSports system by schools during the 2016-17 school year and will be used when schools are placed into divisions for the 2017-18 school year using enrollment data from the Ohio Department of Education.

Initially, the OHSAA planned to collect roster data during the current 2015-16 school year and begin the plan during the 2016-17 school year.

"Waiting to implement competitive balance with the next two-year cycle makes sense and will give us more time to test the software and train our schools," Ross said. "We are very close to finishing the software and starting to test it. As we have said all along since the first competitive balance plan was proposed in 2011, this is a journey and we are all learning as we go. And this isn’t just a software project. The different ways that kids make their way onto school sports teams is constantly changing and we have to keep up with that while building the roster software at the same time."

Historically, the size of a school’s enrollment was the only factor in determining its tournament division. The Competitive Balance Plan, which will affect all schools (public and non-public) in those selected sports, will add additional modifying factors to enrollment counts based on each sport-specific roster and is dependent upon where the student’s parents reside for public school students and/or the educational system history for non-public school students.

The OHSAA’s Competitive Balance Committee was formed in 2010 in response to a growing number of public schools that believed many non-public schools had an unfair advantage in postseason tournaments due to the larger geographic area from which non-public schools draw and the concern that the number of state championships won by non-public schools is much higher than the percentage of non-public schools within the OHSAA membership. The OHSAA believes that public and non-public schools should participate in tournaments together and that non-public schools should not be placed into separate divisions or tournaments. That position was affirmed by the majority of member school principals in the 2014 referendum vote.

DEBORAH MOORE
Dr. Deborah Moore joined the OHSAA as an assistant commissioner in June of 1989 and was promoted to Associate Commissioner for Eligibility in August of 2008. A native of Newark, Ohio, she owns degrees from Kent State and Ohio State and spent 15 years as a teacher and professor before joining the OHSAA. Dr. Moore also serves as the OHSAA’s administrator for the sports of field hockey, volleyball, swimming & diving and gymnastics.

ROXANNE PRICE
After 20 years in inter-collegiate athletics, Roxanne Price came to the OHSAA in February of 2006 and was promoted to assistant commissioner in August of 2007. After graduating from Fremont Ross High School and Ohio State, she worked at the University of Virginia, Akron, Ohio State and Columbus State in the areas of student support services and athletics administration. The author of three children’s books, Roxanne works with student-athlete eligibility and oversees the sports of tennis, bowling and softball in addition to the OHSAA’s sportsmanship program.

ELIGIBILITY RESOURCES AVAILABLE ONLINE
Due to the many questions surrounding the OHSAA Bylaws concerning eligibility, the OHSAA website has a section dedicated solely to helping people understand what matters have an effect on a student-athlete’s eligibility. In addition to the complete text of OHSAA Bylaws, the online eligibility resource center contains an Eligibility Guide for Student-Athletes, an Eligibility Checklist, an Eligibility Guide for Guidance Counselors, a list of Bylaw situations requiring the Commissioner’s Approval and a Transfer Bylaw Resource Center. Additionally, the eligibility resource center also contains various eligibility forms like the Pre-Participation Physical Exam Form, the Residential Transfer - Exception 9 Form, and the Affidavit for Bona Fide Residence Form, along with many others. All this information can be found at http://www.ohsaa.org/eligibility.

SCHOOLS ASKED TO AID OHSAA PROCESS OF COMMUNICATING WITH COACHES
The OHSAA reminds athletic administrators that it is vitally important to enter all names and contact information (especially email addresses) for their coaches into the Association’s myOHSAA online system. This will aid the OHSAA greatly in its communication efforts with coaches . . . providing coaches directly with more information and allowing coaches to engage in functions such as surveys. Please also make sure the names and contact information is entered each time a change takes place within your coaching staff.
PUPIL ACTIVITY PROGRAM/COACHING PERMIT INCLUDES CPR, FUNDAMENTALS OF COACHING AND CONCUSSION COURSE

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

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

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

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

For more information and to locate the form, log on to the OHSAA’s Sports Medicine page for the direct link to the ODE permit section.
On the day of the 2015 Masters Tournament, among two hundred people in attendance at Arrowhead Golf Course, the Wildcats and community presented Dean with a Solo-Rider golf cart. The Solo-Rider will allow Dean to play golf and stay on the job and will continue to do so for longer than expected since being diagnosed two years ago. Dean said “Last spring I decided with my wife that I’m done. I can’t swing anymore, so I was done playing. But then three weeks later they gave me the golf cart. It was a total surprise.”

“Dean is very proud of ‘his course,’” Ahrns said, “and if you asked him if it is a difficult job he would probably say, ‘no it has been a labor of love.’ He does not talk much about his condition. His spirits are as high he keeps the roughs at Arrowhead!”

Today, Dean continues the work and game that he loves with the help of his adaptive golf cart. He says, “The most fun about having it is being able to golf with my friends. I can’t keep up with them anymore but I’m going to use the cart to ride along and watch them play.”

The Wildcats were able to use that spark to change the life of someone that is fighting for his. “The Midwest Athletic Conference athletes do not just do what they can to win on the course, but they do all they can to make a difference off the course,” Ahrens said. “They have been and will continue to be winners in life.”

This same spark was ignited in Dean himself, when he decided that anyone who might need the cart can use it. “Another member [at Arrowhead] has a spinal cord disease, so I told him he could use it,” Dean said. “Anybody that has a weakness can use it. I know it could help a lot of people.”
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 baseball scrimmage games 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

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Duane Warns

OHSAA Services

The story of Stephen Gussler – a coach, teacher, husband and father – transcends any individual label he may have had. To those who knew him, he was an inspiration. After passing away from cancer in May 2014, the former teacher and head baseball coach at Thomas Worthington High School left a lasting legacy throughout the community that continues to pay testament to the motivational attitude he brought every day.

“He was an amazing father, husband and community leader,” said Dan Girard, former Thomas Worthington athletic director. “He was passionate about kids, passionate about baseball and passionate about teaching kids life lessons. He truly cared about kids, no matter what walk of life.”

A graduate of Columbus Eastmoor Academy in 1989 and The Ohio State University in 1993, Gussler took over as head coach of the Thomas Worthington baseball team in the spring of 1998. Historically a strong program, Gussler’s positive impact was immediately felt by the team.

“I think it was pretty clear that things improved pretty quickly,” Anthony Leahy, assistant coach and a 2000 TWHS grad, said. “He changed the direction of the program and people were excited to have some new blood in there and get someone who was passionate.”

Gussler finished his coaching career with a record of 262-184. In 2013, he was named the Ohio Division I Coach of the Year after the team finished with a 24-7 record. In the final two years of his coaching tenure, the Cardinals went a combined 46-14 en route to winning consecutive Ohio Capital Conference Central Division championships and district tournament titles.

“He was a really respected teacher in the building for lots of students, not necessarily just baseball players,” Leahy said. “He had a personality that people tended to gravitate towards.

“Nothing was ever really easy for him,” Leahy said. “He always took the extra time to talk to me throughout the day.”

Gussler stepped down from his coaching duties in 2014, and in May of that year passed away at the age of 43, leaving behind his wife Angela and four children. Though not there physically, his spirit and passion live on throughout the Worthington community and beyond with help from multiple community initiatives, including the GussStrong campaign, an effort and organization founded before Gussler’s passing designed to benefit not only the Gussler family, but also other Worthington families impacted by cancer.

“When I look back, it was pretty incredible how many people were affected by the GussStrong campaign,” Lanter said. “As a student at OSU, I see someone different with a GussStrong shirt or sweatshirt walking on campus daily.”

In addition, the baseball field at TWHS was renamed as Frank Welling Field at Gussler Park and a yearly golf outing continues to be held in his honor.

In the end, it was never just about baseball for Gussler. It just so happened baseball was the catalyst for making a positive impact.

“There were so many people who respected what he had done and what he stood for,” Leahy said, “and watching how he went about his business, you saw that it is more than just a competition on the field, which obviously is important, but that one person can bring all that together. That’s really what he was.”

As a coach and a teacher, he made the most of his opportunity and it continues to resonate with those around him.

“He was truthful with people and was a good person to his core,” Lanter said. “He was a person whose story spread throughout Columbus because he lived life the right way.”

Thomas Worthington High School and community remember former TWHS Teacher and Head Coach

By David Cath, OHSAA Sports Information Intern
### BOARD REPORT 2015-16 OHSAA BUDGET

**OHSAA State Office Revenue**

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<th>Sports Tournament</th>
<th>Estimated Revenue</th>
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**OHSAA State Office Expenses**

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<td>Salaries, Taxes &amp; Benefits</td>
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<td>$1,649,975</td>
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<tr>
<td>Operating Expenses</td>
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<td>Reserve Fund</td>
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<td>Capital Improvements and Fixed Assets</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$6,205,847</strong></td>
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**District Athletic Board Revenue**

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<thead>
<tr>
<th>Sports Tournament</th>
<th>Estimated Revenue</th>
<th>Estimated Expenses</th>
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<tr>
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**OHSAA Structure**

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

Jeff Jordan 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.

**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 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.
THE FIVE W’S OF INTERSCHOLASTIC ATHLETICS

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

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

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

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

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

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

Having mental toughness in sports is typically seen as a desirable quality, but can athletes sometimes develop a level of mental toughness that actually becomes a hindrance, rather than an asset? In other words, is there a threshold to where an athlete's mental strength moves beyond being facilitative toward athletic success, and instead leads to problems? Being mentally strong is great for playing well in the clutch, but not a healthy mindset when it comes to an injured athlete refusing to come out of a game, or not taking the time needed to adequately recover from a serious injury.

The unseen complexities of “mental toughness”
Sports can be tough, and athletes often pride themselves on fighting through pain and giving it everything they have on the field (the generally accepted motto "No pain, no gain") is a great example of expectations commonly witnessed in sports). While there are countless examples of how pushing to the brink of exhaustion is a quality of success, there are many lesser known stories where this same mindset has also led to unforeseen problems. Student-athletes regularly witness stories of success tied to extreme levels of mental toughness (there are countless Disney sports movies that depict these accounts), but don’t always become aware of the negative consequences of being too headstrong, especially as this applies to serious injuries that only become worse because the athlete was too proud to report the injury.

Coaches can also unknowingly contribute to the problem, especially when they miss signals that an athlete is injured but deliberately concealing his pain. When these scenarios occur the result is often more pain, further injury and even long-term cognitive and physical damage. It is for these reasons that student-athletes, coaches and parents take pause to revisit the idea of “mental toughness,” and how this mindset can be healthy and effective in some scenarios, but also a cause of health issues and problems that might be prevented if not for being too headstrong.

A practical example
Arguably the most discussed health risk in contact sports today are concussions and related head injuries. Currently, leagues from the NFL down to youth football are emphasizing to error on the side of caution applies to injuries. Developing mental toughness is time more explicitly include “knowing when to say when” as it more directly and effectively includes when dealing with potential concussions. Coaches and medical personnel are trained and instructed to immediately remove the athlete from the game and follow specific protocols to assess the magnitude of the injury. While this is a vastly improved means of addressing head injuries when compared to protocols and safety measures of the past, a certain degree of the current assessment relies on the candor and honesty of the athlete when questioned about his or her symptoms, and herein lies the problem: What do you do when an athlete's “mental toughness” prevents him or her from being honest when it is known that the athlete will be taken out of the game if injured? Without the athlete being honest and forthright, the chances for long-term brain damage to occur increases dramatically.

The culture needs to change
We rarely make decisions in life without the circumstances around us having an impact. In sports, there are many additional variables that contribute to an athlete ascribing to an unhealthy level of mental toughness. Some of these conditions include being perceived as a weak team member, letting the team down, and coaches know about their injuries because of the fear of losing their spot. Be sure to examine your coaching philosophy and see if your position is helping or hurting kids when it comes to reporting injuries.

In the end, maybe developing mental toughness should be more explicitly included in our youth sports programming, as we become more aware of the dangers of pushing too hard, and instead lead to problems. Some of these conditions include being perceived as a weak team member, letting the team down, and coaches know about their injuries because of the fear of losing their spot. Be sure to examine your coaching philosophy and see if your position is helping or hurting kids when it comes to reporting injuries.

Tips to help
• Prioritize healthy training and competing over wins and losses. If you are a coach, make it clear to your players (and parents) that long-term health is your #1 priority. Developing policies for kids to self-report injuries without negative consequences and working in tandem with school officials and medical staff members to regularly provide the latest information on safe equipment and training procedures will strengthen this coaching approach.
• Use positive reinforcement when kids are honest about injuries. Remember, it’s not always easy for student-athletes to acknowledge when they are hurt, and even fewer kids will speak directly to a coach about the need to be removed from the game because of an injury. It is for these reasons that coaches need to regularly remind kids of the dangers of playing hurt, and use positive reinforcement when kids step up and self-report aches and pains they are concerned about.
• Don’t take playing time away because of injury. In the old days, athletes never used to lose their starting position because of an injury, but some coaches in recent years have moved away from this philosophy. One unfortunate result of this changing attitude by coaches is the increasing number of kids who refuse to tell coaches know about their injuries because of the fear of losing their spot. Be sure to examine your coaching philosophy and see if your position is helping or hurting kids when it comes to reporting injuries.

Dr. Chris Stankovich
Dr. Chris Stankovich is professional athletic counselor, media personality, and author in the field of sport performance science. His doctorate degree is from The Ohio State University, with an emphasis in sport and health psychology. Known as “The Sports Doc” for his work on NBC 4 Columbus, he has developed an entire life skills product line designed to help student athletes excel on and off the field. To learn more 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
• Sport retirement
• Performance supplements
• Sport specialization
• Playing time
• Travel leagues
• Quitting
• Handling cuts
• Social media
• Pre-season meetings
• Playing your best
• PLUS MUCH MORE!

Visit www.sportsuccess360.com to learn how your school can get started today!
American Dairy Association
The OHSAA and its corporate sponsor, the American Dairy Association Mideast, would like student athletes to “Fuel up with Chocolate Milk!” It’s a DELICIOUS way to put something good in your body. Nutrient-rich chocolate milk is packed with carbs for energy, protein for muscle growth, electrolytes to rehydrate and vitamins and minerals to build strong bones! Enjoying low fat chocolate milk is an easy way to help get the three servings of dairy needed every day!

The OHSAA recognizes that being active and enjoying great tasting healthy foods, like nutrient-rich chocolate milk, can help student athletes feel their best and be at the top of their game.

For more information about the health benefits of chocolate milk, please visit https://www.drink-milk.com

Wells Fargo
Looking for tools and tips to help students with campus visits, career planning and budgeting for college? OHSAA corporate partner Wells Fargo can help! Wells Fargo can also help students connect with others on the journey to college. Visit Wells Fargo’s online forums to join the conversation with other students and parents.

For more information and to get started, please visit https://www.wellsfargo.com/collegeguidance

Steve Neil
Steve Neil joined the OHSAA as assistant commissioner in August of 2005. He earned a pair of degrees from Miami University, where he also played baseball and worked in the athletic department for eight years. Steve works with the OHSAA’s corporate partners and serves as the administrator for ice hockey.
The statistics are impressive. With an estimated 25 million scholastic, and another 20 million organized, community-based youth programs in the United States, there is an increased opportunity for sports-related injury.

This is why sports injuries are the second leading cause of emergency room visits for children and adolescents, and the second leading cause of injuries in school. Approximately three million student-athletes are seen in hospital emergency rooms for sports-related injuries and another five million student-athletes are seen by their primary care physician or a sports medicine clinic for injuries. And these numbers leave out the injuries not seen by a physician.

**THE NEED IS GREATER THAN EVER.**
Participation in high school athletics has reached an all-time high, with more than seven million student-athletes participating in an organized school sport. Ohio ranks 5th in the nation for participation, with almost 320,000 high school students participating in school-sponsored sports (NFHS participation survey, 2014-2015, nfhs.org).

When you increase that age group to include kids ages 6 though 18, the number of participants increases to more than 60 million kids involved in an organized sport. And when these athletes play two or more sports that predominantly use the same body part (volleyball and softball, for example) – or participate in the same sport year-round – it can lead to an increased risk of overuse injury.

**OVERUSE INJURIES ARE ON THE RISE.**
There are several factors contributing to overuse injuries in adolescent athletes:

*Intense, repetitive training during periods of rapid growth*
Physical activity is important to athletic development and overall health, but growing bodies also need rest! Intense training over long periods of time without appropriate periods of rest can put a large amount of stress on growth plates, bones, and joints.

*Strength and flexibility imbalances*
Imbalances can cause abnormal movement patterns to develop, and can contribute to a wide variety of overuse injuries.
PREVENTION TIPS
There are many ways to help prevent overuse injuries:

• **Engage in a well-rounded strength and conditioning program.** Mobility and stability training can help to counterbalance the effects of poor movement patterns created by repetitive motions. And learning proper training techniques will reduce the chance of injury during training and competition.

• **Proper nutrition and hydration are crucial for fueling active, growing bodies.** Nutritious meals and snacks not only help with athletic performance, but also help the body recover and repair itself. Staying hydrated improves performance, helps to prevent heat illness, and slows the onset of fatigue, which is often when injuries occur.

• **Never underestimate the power of rest.** By building rest and recovery techniques into the daily, weekly and yearly training plan, athletes can help reduce mental and physical fatigue. In addition, athletes should take a break from organized sports during one season each year.

• **Playing multiple sports.** Playing multiple sports (one per season) that emphasize different body parts not only helps to prevent overuse injuries, but also increases overall athletic development. (Example: playing soccer, then wrestling, then track or baseball.)

• **Avoid sport specialization before age 14-16.** Current research shows that delaying sports specialization until 14-16 years old does not compromise opportunities to play at the collegiate level. It may produce a savvier athlete who can “read the game better” through skill transfer and it greatly lowers the risk of burnout. Early specialization, or only playing one sport on multiple teams year round, can lead to fatigue and burnout, which can contribute to overuse injuries. This is why most pediatric and adolescent sports medicine experts, including the National Athletic Trainers’ Association and the American Academy of Pediatrics, agree that no athlete should specialize in a sport before the age of 14-16.

WE ARE THE NATIONAL LEADERS IN SPORTS MEDICINE FOR STUDENT-ATHLETES.
Nationwide Children’s Hospital Sports Medicine is the only provider in central Ohio that specializes in injury diagnosis, treatment, prevention and research related to student-athletes. We emphasize the importance of early injury recognition and treatment, in order to prevent recurring injuries. Our specialists work with each patient, family, athletic trainer, coach and primary care physician to develop a treatment plan and return-to-play protocol that provides comprehensive, specialized care for each athlete.

For more information on our services, or to access our library of resources, visit NationwideChildrens.org/Sports-Medicine.
SPORTSTMIE 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 2016 baseball finals (on TWC) and the 2016 softball finals (on STO).

Fox Sports Ohio, STO and TWC provide fans across Ohio with exceptional regional sports programming. STO and TWC’s coverage includes the Cleveland Indians, 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 entire softball and baseball state tournaments. There is no fee to carry network programming, and stations that carry network programming can have their own regional and state tournament rights fees 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. Through April 2016, 74 stations have carried OHSAA Radio Network programming.

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.

2016 OHSAA SPRING STATE TOURNAMENT PREVIEWS

By Aaron McPherson, OHSAA sports information

BOYS TENNIS

WHEN: May 27 & 28
WHERE: Lindner Family Tennis Center, Mason

The OHSAA boys tennis state tournament will be held at the Lindner Family Tennis Center for the first time, as 96 competitors will travel to Mason May 27-28 for the 97th edition of the tournament. Divisions I and II singles and doubles first and second round competition will take place Friday, with semifinal and final round matches taking place Saturday. Competition will begin both days at 9 a.m. The Lindner Family Tennis Center hosted the 2015 OHSAA girls tennis state tournament this past fall.

In 2015, Massillon Jackson junior Joey Thomas captured the Div. I singles state championship to earn the second boys tennis singles state title in school history. Cincinnati Sycamore doubles pair Nakul Narendran and Mustafa Ahmad took home Div. I doubles state championship to win the sixth doubles state title for Sycamore, ranking third all-time for doubles state championships by school.

In Div. II, Lexington senior Mason Dragos earned the Div. II singles state championship to bring home the school’s first singles state title. Cincinnati Summit Country Day’s Shaheel Mitra and Vishaal Nalagatta captured the school’s fifth doubles state championship, tied for third all-time.

BASEBALL

WHEN: June 2, 3 & 4
WHERE: Huntington Park, Columbus

The 89th OHSAA baseball state tournament will take place at Huntington Park, home of the Columbus Clippers, June 2-4. State semifinals in Divisions II and I will be played Thursday, Divisions III and IV will be Friday, and four state championship games are scheduled for Saturday. Order of play for the state championship games will be Divisions II, I, III then IV.

In 2015, Cincinnati Archbishop Moeller defeated Westerville Central 16-0 in the Div. I state championship to earn its eighth baseball state title in school history. The Crusaders finished 31-3 on the year and topped Aurora 6-1 in the state semifinals. Defiance topped Poland Seminary 5-3 in the Div. II state final to capture its third state championship overall and its second in the last four years. Defiance finished the season 28-5 and defeated Sunbury Big Walnut 8-1 in the state semifinals.

In Div. III, Canton Central Catholic held off a late push by Cincinnati Summit Country Day to win its third state championship overall, also winning state titles in 2008 and 2011. CCC finished with a final record of 26-7 and earned its way to the state championship game by defeating No. 8 Wheelersburg (25-1) 3-0 in the state semifinals. Newark Catholic defeated Berlin Center Western Reserve 6-0 in the Div. IV state championship to earn its eighth state title, tied for second all-time. The Green Wave defeated Fort Recovery 4-0 in the state semifinals, winning its two state tournament games by a combined margin of 10-0.

SOFTBALL

WHEN: June 2, 3 & 4
WHERE: Firestone Stadium, Akron

Akron Firestone Stadium will host the OHSAA softball state tournament for the ninth-consecutive year June 2-4. The tournament is in its 39th year overall and will welcome 16 teams across four divisions. Divisions IV and III state semifinals are Thursday, while state semifinals in Divisions II and I are Friday. The four state championships are Saturday, with the game order being Divisions IV, III, II then I.

In 2015, Ashville Teays Valley hit a walk-off home run in the bottom of the eighth inning to defeat Lebanon 1-0 in the Div. I state championship to earn the first state championship in school history. Teays Valley defeated Holland Springfield 4-1 in the state semifinals. In Div. II, Granville defeated Hebron Lakewood 2-1 to win its first softball state championship in the third meeting between the two teams, which are separated by just 10 miles, during the 2015 season. Granville edged Jefferson Area 1-0 in the state semifinals.

Warren Champion knocked off Bloom-Carroll 4-0 in the Div. III state championship to earn its sixth softball state title, ranking fifth all-time. Champion defeated Richwood North Union 6-3 in the state semifinals. In Div. IV, Shadyside defeated North Lewisburg Triad 1-0 in eight innings on a walk-off squeeze bunt to earn the school’s first state title. Shadyside also won its state semifinal game in eight innings, defeating New Riegel 6-5.

TRACK AND FIELD

WHEN: June 3 & 4
WHERE: Jesse Owens Memorial Stadium, The Ohio State University, Columbus

The 109th annual boys and 42nd annual girls state track and field tournament will take center stage at Jesse Owens Memorial Stadium at The Ohio State University on Friday, June 3 and Saturday, June 4. Seated athletes will compete for the fourth-consecutive year as student athletes will compete in 42 events across three divisions.

In 2015, Pickerington North won its first boys track and field state title and Cincinnati Withrow and Gahanna Lincoln both captured girls track and field state champion honors in Div. I. In Div. II, Dayton Dunbar earned the boys state championship, marking the ninth state title for Dunbar’s boys, tied for third all-time. Also in Div. II boys, Chagaga Falls CVCA senior Ryan Adams set the state record and Jesse Owens Memorial Stadium record in the boys 1600 meter run with a time of 4:07.12, which was the longest standing Ohio high school track and field state record, set in 1985 by Sandusky Perkins’ Scott Fry (4:08.03). Findlay Liberty-Benton took home Div. II girls state champion honors. Warren John. F. Kennedy captured its first boys track and field state title in Div. III, and Louisville St. Thomas Aquinas earned the Div. III girls state championship.
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