Quest for the New Title
For the first time, the OHSAA is conducting both team and individual tournaments in wrestling.

The Vote is Coming
Is separate tournaments for public and non-public schools the answer?

In Good Hands
Licensed athletic trainers are a crucial part of athletic contests. Here’s just one example why...
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
The OHSSA state swimming and diving finals will return to the C.T. Branin Natatorium in Canton on February 20-23, 2013. Branin, pictured above, has the largest seating capacity of any natatorium in the state (2,700) and has hosted the OHSSA state swimming and diving finals for the past 31 years.
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

In the 2012 OHSAA ice hockey state tournament at Nationwide Arena in Columbus, Sylvania Northview (in white) defeated Lewis Center Oientony, Orange and Lakewood St. Edward to win its first state ice hockey championship. The Wildcats outscored Orange 6-0 and St. Edward 5-2 in its two state tournament games. The 2013 ice hockey state tournament returns to Columbus March 8-9.
MUCH MORE THAN SEPARATE TOURNAMENTS AT STAKE

This coming May during the annual referendum voting period, our member schools will be faced once again with a decision that could change the landscape of interscholastic sports in Ohio. For the third time in our history, a petition has been submitted to the OHSAA that results in the member schools voting on a proposal that would create separate tournament divisions for public and non-public schools.

Previous votes on this topic, which came in 1978 and 1993, were overwhelmingly against such a measure. Now, almost 20 years since the last such vote, the decision must be made again.

The addition of this item on the referendum ballot has been several years in the making. It began in 2009 when a group of public school superintendents began surveying other public schools and shared data that showed the disproportionate numbers of championships won by non-public schools. In response, the OHSAA then created a Competitive Balance Committee, and placed on the referendum ballot in 2011 and 2012 a Competitive Balance Proposal, which the membership narrowly voted down both times.

Following the second defeat, the group of superintendents moved forward with collecting signatures to create their own referendum item, which Article 8 of the OHSAA constitution permits.

But let’s all be clear that much more is at stake than just creating separate divisions for public and non-public schools. This spring as we get closer to the vote, the OHSAA staff will explain the various ramifications that could occur from this issue. I ask you to keep an eye on our website for more details and I encourage you to attend an update meeting coming to your area in April on the referendum items.

I’m proud to say that I think we have some of the best-run tournaments in the nation, but we are not perfect. In 2011, a nationally-respected local company conducted a survey with over 300 member school principals. Over 65 percent of those principals said they believe the current system used to assign high schools to divisions for OHSAA tournaments needs changed “a little,” while 17 percent said the tournaments need changed “not at all,” 16 percent said the tournaments need changed “a lot” and one percent had no opinion. I agree with those people who want change, but is separation the answer?

As you are aware, the OHSAA – and interscholastic athletics in general – is about educational athletics, meaning that wins and losses are secondary to the life lessons learned through school sports and that the values that school sports teach are paramount. Should separation take place, does that message get lost?

Additionally, for almost 110 years the member schools have worked so hard to establish the bylaws and regulations that now govern how we conduct our athletic programs. Public and non-public schools have together crafted that structure. Is it really time to alter the structure that has worked well in Ohio for more than a century?

Based on the aforementioned survey and feedback we have received since last spring’s referendum vote, I believe we can continue to work on creating a more level playing field. Perhaps a better Competitive Balance Proposal can be created. Should the separation of tournaments proposal not pass in May, the staff and I will work with the Board of Directors to determine the appropriate next steps.

Without question, this is an important decision in which many issues need to be considered. Before casting your ballot in May, I encourage all school administrators to maintain objectivity, make your decision in a logical, thoughtful manner and try to remove emotion from the situation.

Respectfully,

Dan Ross
Commissioner, Ohio High School Athletic Association

Prior to becoming the commissioner of the OHSAA in August 2004, Dr. Dan Ross served as a school superintendent for 21 years at three districts, including Patrick Henry (1983-86), Pickerington (1986-97) and Avon Lake (1997-2004). He has more than 30 years in education, having served as a superintendent, principal, teacher, counselor, coach and official. Dr. Ross is a native of Portsmouth, Ohio, and graduated from Columbus St. Charles High School in 1967. He received degrees from Ohio Dominican, Xavier and Bowling Green. Dr. Ross was a registered OHSAA official for 20 years and was selected to work state finals games five times in boys basketball and twice in girl’s basketball while also being certified in volleyball and baseball.
## OHSAA Allied Organizations
### National Federation of State High School Associations
P.O. Box 690
Indianapolis, IN 46206
(317) 937-6900
Fax: (317) 822-5700
www.nfhs.org

### Ohio Department of Education
25 South Front St.
Columbus, OH 43215-4183
General Information: (614) 995-1545
General Fax: (614) 644-5960
www.ode.state.oh.us

### Ohio School Boards Association
8050 North High St., Suite 100
Columbus, OH 43235-6482
1-800-589-8722
Fax: (614) 540-4100
www.osba-ohio.org

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

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

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

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

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

### Ohio Interscholastic Athletic Administrators Association
www.OIAAA.org

## OHSAA Ready Reference Sports Dates (Subject to Change)

### WINTER 2013
<table>
<thead>
<tr>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (Boys)</td>
<td>Nov. 2</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 30</td>
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<tr>
<td>Basketball (Girls)</td>
<td>Oct. 26</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 23</td>
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<tr>
<td>Bowling</td>
<td>Nov. 2</td>
<td>None Permitted</td>
<td>Nov. 16</td>
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<tr>
<td>Gymnastics</td>
<td>Nov. 2</td>
<td>None Permitted</td>
<td>Dec. 3</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Nov. 2</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Nov. 23</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Nov. 9</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Nov. 30</td>
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### SPRING 2013
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<tr>
<td>Baseball</td>
<td>Feb. 25</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Mar. 30</td>
</tr>
<tr>
<td>Softball</td>
<td>Feb. 25</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Mar. 30</td>
</tr>
<tr>
<td>Tennis (Boys)</td>
<td>Mar. 11</td>
<td>One prior to first match</td>
<td>April 1</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Mar. 11</td>
<td>None Permitted</td>
<td>Mar. 30</td>
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### FALL 2013
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<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
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<td>Cross Country</td>
<td>Aug. 1</td>
<td>None Permitted</td>
<td>Aug. 19</td>
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<tr>
<td>Field Hockey</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>Football</td>
<td>Aug. 5</td>
<td>2 scrimmages or 1 scrimmage/1 preview plus 1 Jamboree game between August 7-August 18</td>
<td>Aug. 26</td>
</tr>
<tr>
<td>Soccer</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 17</td>
</tr>
<tr>
<td>Tennis (Girls)</td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 12</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Aug. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 17</td>
</tr>
</tbody>
</table>

**NOTE:** Dates and locations are subject to change.
REFERENDUM VOTE MORE IMPORTANT THAN EVER

I have spent more than 30 years in education and I know the importance of the OHSAA’s annual referendum voting period. The referendum ballots cast by the member schools this coming May are more crucial than ever because, for the third year in a row, an issue is on the ballot that affects our organization and great tournament structure.

After two years of the narrowly-defeated Competitive Balance Proposal, this year the proposal is to create separate divisions in the tournaments for public and non-public schools. The Competitive Balance Proposal would have tweaked the system to craft a more equitable manner for placing schools in their assigned divisions. This new proposal would change the fundamental nature of school sports in our state.

I have worked and coached in public schools as well as non-public schools. I understand what issues exist – both in reality and in perception. There are no easy answers. While some folks say that separation is the only answer, many others will tell you that it is most definitely not and believe that the ripple effect of issues that would be created if separation occurs would be in motion for years.

Like all of you, I watched the last couple years as the OHSAA’s Competitive Balance Proposal took shape and came to a vote. By just more than a couple dozen votes, it did not pass, but I know that the OHSAA and the member schools learned a great deal during the process. Based on that – and knowing that a solution is needed on competitive balance – perhaps we can take what we learned from those two votes and create a proposal that the member schools will accept and that will start to address the issues that exist when it comes to tournament divisions for public and non-public schools.

As my two-year term on the Board of Directors comes to an end in June 2013, I know that I won’t be a part of the state board that would act on that in the near future, but the work we are doing now and the messages we generate will get that process started.

Different issues exist in different parts of the state. A problem in Youngstown may have no bearing in Piqua. A difficulty in Marietta may not exist in Mansfield. That is one of the challenges in fashioning the Competitive Balance Proposal – creating a solution that better serves the entire state regardless of an individual situation.

This spring, the OHSAA will explain the referendum items and the issues associated with split tournaments. This issue could have far-reaching effects beyond simply creating a new divisional structure. I invite you to be an active participant in the update meetings, conversations within your school and league, and elsewhere.

All schools – both public and non-public – must understand why the 2013 referendum voting period is one of the most important in the OHSAA’s history.

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

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
The Buzz

Members of the Brecksville-Broadview Heights' gymnastics team cheer on Michaela Romito as she sprints toward her vault. Romito finished sixth on the vault, as well as second in the all-around, to lead the Bees to their state-record ninth-consecutive state gymnastics crown.
HE SHOOTS, HE SCORES

Elida senior Reggie McAdams hoists a three-point shot over Dayton Dunbar junior Damarion Geter during the 2012 OHSAA Division II boys state basketball championship game in Ohio State’s Value City Arena at the Jerome Schottenstein Center. Dunbar defeated Elida to win the championship, 54-52, on a layup by senior Andre Yates with three seconds left in the game.
The 2012 OHSAA state wrestling tournament’s Parade of Champions is always a fan favorite during the three-day tournament every year. In 2013, wrestling fans have two opportunities to see the top wrestlers throughout the state (see page 16). The first team state tournament will be held Feb. 9 in St. John Arena on the campus of The Ohio State University in Columbus. Then, the 76th annual individual wrestling state tournament is Feb. 28-March 2 in Value City Arena at the Jerome Schottenstein Center.
How would a “Respect the Game Challenge” banner with yearly numerals look hanging in your school’s gymnasium? The message it sends to everyone in attendance at any athletic contest or assembly is powerful. That banner is now more attainable than ever before.

The OHSAA’s three-tiered school sportsmanship program is in its third year and schools are encouraged to apply for the awards. 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. Besides developing an educational program on sportsmanship, the form reminds schools to create campaigns for student-athletes, coaches, the student body, public address announcers, parents and fans.

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. Winning schools must also not have had any ejections during the previous year and must submit an article written by a student describing their sportsmanship program.

The deadline to submit the application 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.

Westlake senior Colton Buffington and Liberty Township Lakota East senior Zach Mueck congratulate one another after competing in the 2012 OHSAA Division I boys singles state tennis championship match. Buffington finished his career with a 6-2, 6-3 win over Mueck to bring home Westlake’s first state tennis title. Mueck finished as the Division I singles runner-up for the third consecutive year.

Photos courtesy of Johnstown-Monroe High School

MEMBERS OF THE JOHNSTOWN-MONROE HIGH SCHOOL STUDENT BODY PROUDLY DISPLAY THE TWO “RESPECT THE GAME” BANNERS THAT HANG IN THEIR GYMNASIUM.
FULL COURT PRESS UNDERWAY IN OHIO TO COMBAT PRESCRIPTION DRUG OVERDOSE EPIDEMIC

Outreach through school sports will address the problem that has eclipsed motor vehicle crashes

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

The word “epidemic” is often used to describe anything that has taken on excessive proportions. Overused as the word is, when an actual epidemic exists, people might not pay close attention. But in the case of the incidence of prescription drug overdose in Ohio, there is no other word. Between 1999 and 2010, deaths from drug overdose in the state increased 372 percent – the equivalent of one Ohioan dying every 6 hours for a year.

In 2007, for the first time on record, drug overdose became the number one cause of injury death in Ohio, surpassing motor vehicle crashes, the leading cause for more than 50 years. As early as 1997, opiate painkillers began to infiltrate Ohio communities. Potent pain medication that had previously been restricted to hospital use became more available in the community at large, and the amount of prescription opioids distributed statewide to retail pharmacies started to increase dramatically.

Not surprisingly, there has been a direct relationship between the increases in sales of prescription opioids and fatal unintentional drug overdose rates. And although the media has focused on drug overdose deaths from heroin and crack cocaine, in reality, prescription drugs taken primarily by mouth have led to a far greater incidence of fatal overdose than illicit drugs ever have.

The epidemic is particularly pronounced among middle-aged adults, with men between the ages of 45-54 most dramatically affected, accounting for about two-thirds of all deaths. However, females represent the fastest growing at-risk group, and the trend is growing among 25-34-year olds.

This would be concern enough, but research from the Ohio Youth Behavioral Risk Factor Surveillance Survey shows that now teenagers are also at risk, with more than 25 percent of Ohio high school students having reported using a prescription drug they had not been prescribed at least once.

(Continued on page 27)

Cincinnati Archbishop Moeller celebrates its sixth OHSAA Division I baseball state championship in 2012. The Crusaders defeated Westlake 6-5 in the championship game at Huntington Park in Columbus to finish the season with a 26-5 record.
IN THE PROPER HANDS

North Union High School wrestler Brandon Frey learned first-hand why licensed athletic trainers are so important at an athletic event

By Tim Stried, OHSAA Director of Information Services

When a serious sports injury occurs, having a licensed athletic trainer on site is crucial. Every second counts. Just ask North Union High School senior Brandon Frey.

On December 30, 2011, during a wrestling meet at Lima Central Catholic High School, Brandon suffered a knee injury that to the untrained person might have resulted in a bag of ice and a long wait for the bus ride home. Had that been the diagnosis for Brandon that afternoon, he might not be with us today.

“When I got to the mat, I knew right away this was serious,” said Aron Downey, the athletic trainer who was working the competition. “I called over the doctor right away and took off Brandon’s shoe to check for a pulse, but there was none. I said we have to get him to the hospital right now. Luckily, we had an emergency squad on site and within about 10 minutes of Brandon sustaining the injury, we were out the door and on our way to the hospital.”

Not only had Brandon torn ligaments in his knee and dislocated his knee cap, he had severed a main artery that carries blood below his knee.

“I didn’t know how serious it was,” Brandon recently said from his school, which is located in Richwood, near Marysville in Union County. “The trainer kept talking to me and calming me down. I knew I was going into surgery as soon as I got to the hospital.”

Not only was Brandon bleeding internally into the lower part of his leg, some areas were beginning to clot. His leg was entering into muscle compartment syndrome, which is caused by blood clotting. Areas of his leg were dying. It was quickly becoming a life-threatening situation.

“They had to cut muscle to relieve the pressure and they had to cut the main nerve that goes down into my foot,” Brandon said. “There are six compartments in your leg and they had to remove four of them. As they cleaned out debris, a lot of muscle came out, too.”

Brandon spent 40 days in St. Rita’s Medical Center in Lima and underwent 18 surgeries. He has had three additional surgeries since then, including a skin graph. He spent more time during 2012 with pain specialists and physical therapists than his friends.

But thanks to the staff at St. Rita’s and the doctors from the Orthopaedic Institute of Ohio (OIO), Brandon is walking again.

“I knew I only had a short time to get Brandon into the proper hands,” Downey said of that day. “We can only do so much and I knew it was above my domain of health care. The quicker I got him to the hospital, the better off he would be.”
Among those with the proper hands were Dr. Michael Wieser and Dr. Steve Haman from the OIO. Dr. Wieser made the initial assessment on the mat with Downey and was a part of several surgeries, including the first. On their way to the hospital that Friday afternoon, Dr. Haman was called and was also a part of the first surgery and many others.

Downey is one of 15 athletic trainers employed by St. Rita’s. As a part of St. Rita’s sports medicine’s outreach services, the athletic trainers cover home athletic events for 17 high schools in the Lima area and the University of Northwestern Ohio.

“Lucky for us, Dr. Wieser was there at the wrestling meet,” Downey said. “Having that close-knit relationship with the Orthopaedic Institute of Ohio and St. Rita’s is very valuable. Head and neck injuries are very serious, of course, but the kind of injury sustained by Brandon is extremely rare. It was one of the most serious injuries I have seen.”

Wrestling was a big part of Brandon’s life and, although he will not wrestle again, his injury has helped convince him to pursue a career as a physical therapist. He praised his own physical therapist, Craig DeVine in Marysville, as a huge influence on him getting back on track to walk.

“I love helping people,” said Brandon, who has also seen the medical profession through his father, who is a nurse. “After being in the hospital for so long and being in so much pain, I decided I wanted to do something hands-on and help people recover. And I can’t thank the doctors enough. They went out of their way to help me.”

Someday soon, people will be saying the same thing about Brandon.
OHSAA SEeks MISSING VIDEOS AND HANDBOOKS

The OHSAA Production Department has been archiving and converting state tournament films/videos to DVDs. In the process, many films/videos have been noted as missing. You may visit our website, www.ohsaa.org, and click on FAN GUIDE on the home page. Then, click on the DVDs button. Please notify Chris Walker, OHSAA Production Supervisor, at cwalker@ohsaa.org if you have a videotape to loan the OHSAA for conversion to DVD.

Below is just a partial listing of missing footage that we would like to obtain for our archives. If anyone has a copy of any of these games and is willing to loan it to the OHSAA, we will convert it and place it in the archives for our records and make it available to the public for purchase.

2005 - all basketball semifinals
2005 - all girls basketball semifinals AND finals
2003 - Division I boys soccer finals
2004 - all boys basketball finals
2004 - all girls basketball finals
2002 - Division I boys soccer finals
2000 - Division II boys soccer finals
2001 - Division III boys basketball finals
2002 - Track & Field - all divisions finals
2001 - Track & Field - all divisions finals
2000 - Track & Field - all divisions finals
1999 - Track & Field - all divisions finals

OHSAA SEeks MISSING HANDBOOKS

The OHSAA is in need of three editions of the OHSAA Handbook for its files. If you have a copy of the 1983-84, 1984-85 and/or 1985-86 OHSAA Handbook in your possession and are willing to donante the book(s) back to our office, please send the Handbook(s) to: Bob Goldring, Associate Commissioner, OHSAA, 4080 Roselea Place, Columbus, OH 43214. Thank you!

TEAM WRESTLING STATE TOURNAMENT IS NEWEST OHSAA POSTSEASON ADDITION

For the first time, the OHSAA will sponsor and conduct a team wrestling tournament beginning with the 2012-13 season.

All OHSAA member schools that sponsor wrestling and have a minimum of eight weight classes filled may enter. The team tournament will be conducted several weeks prior to the individual state tournament and the state finals will be held in St. John Arena on the campus of The Ohio State University.

The tournament will be a single elimination format and divided into Divisions I, II and III.

The highest seeded teams will have an opportunity to host regional rounds. Seeding and drawing procedures were established by the OHSAA, approved by the Board of Directors and were in accordance with Rule 10 of the National Federation Wrestling Rule Book. The OHSAA made final adjustments to the schools that are assigned to each Regional Tournament in early January and rosters and team information were due no later than January 8.

The OHSAA collected all information for seeding purposes between January 9-11. On January 12-13, head coaches seeded all teams in the regional subdivision of their regional tournament via an online seeding procedure hosted on the OHSAA website. Coaches are not permitted to vote for their own teams. Seeding criteria included the number of returning district individual qualifiers, number of returning state individual qualifiers, the team’s dual record and the team’s success in regular season tournaments.

2013 OHSAA Team Tournament Schedule

Regional Quarterfinals - 1/23/2013
Regional Semifinals - 1/30/2013
Regional Finals - 2/6/2013
State Quarterfinals, Semifinals & Finals - 2/9/2013

Apple Creek Waynedale won its first OHSAA wrestling team title in 2012. The Golden Bears placed six wrestlers on the podium, totaling 104 points, to defeat runner-up Troy Christian (61.5 points). 2013 marks the first year for separate team and individual tournaments. The OHSAA team tournament will be held Feb. 9 and the individual tournament Feb. 28-March 2 at the Ohio State University in Columbus.

OHSAA STATE TOURNAMENT TIMELINE

The first meeting of the OHSAA Board of Control was held in Columbus on Nov. 9, 1907. On May 23, 1908, the first state track and field tournament sponsored by the OHSAA was held at Denison University in Granville. Since Title IX became law on June 23, 1972, the OHSAA adopted 12 girls sports and an additional four boys sports, bringing the total for each respective gender to 12.

With the addition of a team wrestling tournament, the OHSAA now sponsors 25 state tournaments for its member schools. Below is the year of inauguration for each tournament:

- Boys Track & Field - 1908
- Boys Tennis - 1920
- Boys Basketball - 1923
- Boys Golf - 1927
- Boys Swimming & Diving - 1928
- Boys Baseball - 1928
- Boys Cross Country - 1928
- Boys Wrestling (Individual) - 1938
- Boys Football - 1972
- Girls Track & Field - 1975
- Girls Volleyball - 1975
- Girls Basketball - 1976
- Girls Tennis - 1976
- Boys Soccer - 1976
- Girls Swimming & Diving - 1977
- Girls Gymnastics - 1977
- Boys Ice Hockey - 1978
- Girls Softball - 1978
- Girls Cross Country - 1978
- Girls Field Hockey - 1979
- Girls Soccer - 1985
- Girls Golf - 1993
- Girls Bowling - 2007
- Boys Bowling - 2007
- Boys Team Wrestling - 2013
Eight years ago Jolinda Miller listened to a collegiate women’s basketball player complain about a free pair of Nike shoes she had received. Three days later, Miller started a new job that included her raising money to buy shoes for kids who really needed them.

Miller, the eight-year athletic administrator at Cincinnati Hughes STEM High School in Cincinnati, has taken her experience at the collegiate level, both as a player and administrator, and applied it at Hughes, where her stance on athletics is clearly outlined on the athletic website she maintains: “Our Motto: No Excuses!” For Miller’s efforts, she has been awarded with the 2013 OHSAA Ethics and Integrity Award.

Like most athletic directors, Miller faces the growing challenge of finding enough dollars to make sense of financing the nine OHSAA sanctioned sports Hughes offers.

“Funding is an issue for everyone,” Miller explained, “but I have to fund things that most people don’t think about.”

Based on the 2010-11 state report card, Hughes lists 77.2 percent of its students as “economically disadvantaged” and, because the school doesn’t offer busing, 100 percent of its students rely on the city bus system or another family member to get home. There are several occasions every season where Miller drives a student-athlete home after a game because their bus route is already gone and they have no other way home.

“It’s $1.25 to ride the bus so that’s $2.50 every day,” Miller said. “It may not seem like a lot to some schools, but with as many students as we have on free and reduced lunches, those numbers add up.”

Miller also faces a unique scheduling challenge. She has two gymnasiums to schedule practices and games for seven teams, a familiar situation for many athletic administrators but foreign to those who have the luxury of athletes with cars or parents who are able to pick up their child after a late practice. Miller has to ensure all practices end in time for kids to safely catch their bus route home afterwards.

“Everyone is fighting for championships,” she explained, “but in the Cincinnati Public School System, we’re fighting to change lives too.”

Miller is currently working on her biggest fundraising project to date, raising $25,000 to fill one of the Cincinnati Recreation Commission’s old swimming pools with rock and concrete. She’s named the project, “We All Rock,” and hopes to add another gym and include a section of indoor field turf where the football, baseball and softball teams can practice on-site.
CHECK YOUR OUT-OF-STATE TRAVEL SCHEDULE!

OHSAA Bylaws permit teams to travel out of state to a non-bordering state one time during the course of a sports season. However, no school can be missed during the travel to and from OR during the contest. With out of state competition becoming more and more popular, better be safe than sorry. The consequences? No participation in the OHSAA tournament for the season in which the violation occurred.

Bylaw 9, Section 2. Contests with Out-Of-State Schools

9-2-1 - Schools may travel out of state to compete in contests in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time. “School time” is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise nonschool day(s) becomes a school day(s) in order to make-up for the missed school day(s), the school may compete in a contest(s) outside the state of Ohio provided:

1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
2) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.

9-2-2 - School-sponsored teams and individuals may not travel out of state for practice purposes.

EXCEPTION 1: If the school’s normal practice and/or competitive facility is located out of state, the school shall be permitted to practice/compete at that facility. Note: In all other cases, the Commissioner may grant permission to practice out of state in rare or limited circumstances. The principal shall request this permission from the Commissioner’s office in writing.

EXCEPTION 2: If the school is traveling outside the boundaries of the states/Provinces contiguous to Ohio for the one-time per season competition opportunity, the school squad may also practice during that journey. This provision is made provided there is no loss of school time and provided the squad is engaged in allowable competition as stipulated in that sport’s regulations.

9-2-3 - Schools must secure sanction through the National Federation of State High School Associations of competition by a member school in any of the following contests:

(a) Any interstate tournament or meet in which four or more schools participate;
(b) Any interstate competition which involves schools from three or more state high school associations. In (a) and (b) above, no sanction is required from the National Federation if all competing schools are from states which border the host state. However, schools must secure from each state association sanction for such events.

9-2-4 - The OHSAA must receive approval of competition from the National Federation of State High School Associations for a member school in an activity under the OHSAA jurisdiction to compete against a school from a foreign country, except for two-school and three-school competition with a school or schools from Canada which necessitates a round trip of less than 600 miles.

9-2-5 - In all interstate contests each participating school shall follow the contest rules of the host state.
# UPDATES FROM THE COACHES CORNER

## ODE Coaching Permit Reminder

The Ohio Department of Education (ODE) requires all persons who coach student-athletes to have a Pupil Activity/Coaching Permit (PACP), which is issued by the ODE. Most tournament entry forms in myOHSAA collect the permit number and expiration date of the head coach, although school administration is required to collect the certification of all coaches, both paid and volunteer.

Note that the ODE refers to the PACP number as the License Number or State I.D. Number and it usually begins with two letters. (Also note that the “FORM NO.” on the certificate is not the PACP number.)

It is possible to go to the ODE’s website (www.ode.state.oh.us) to look up coaches’ PACP information. Click on the “Educator Profile” link under the “Educators” section and type in the coach’s name. When the name appears, click on “Credentials” in the box to the left and write down the State I.D. Number that is listed.

OHSAA bylaw 6-1-2 addresses this requirement for all coaches in Ohio. It is the intention of the OHSAA to perform random audits of these permits throughout the school year and to fine schools that have not complied with the bylaw in the amount of $250 per coach.

## Coach Education Update

The OHSAA took the lead in 2008 by collaborating with the Ohio Department of Education and the Ohio Interscholastic Athletic Administrators Association in developing new standards for Ohio interscholastic coaches. Added to pre-existing background checks and sports medicine training was the requirement for all 7th through 12th grade coaches to complete a coach education course which met established criteria.

Continuous improvement of interscholastic coaches, both teacher-certified and non-certified coaching staff members, is an objective of the OHSAA Coach Education program. As such, OHSAA encourages and provides multiple resources to assist coach training and development. In cooperation with the NFHS, there are many courses available online to Ohio interscholastic coaches.

The NFHS has several Coach Education resources posted on YouTube, as well. Check out their dedicated page at: www.YouTube.com/NFHSCoachEducation

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Members of the St. Henry boys cross country team receive one final pep talk from their coach, Mike Eynik, before the 2012 OHSAA boys Division III state cross country race. 2012 marked the second consecutive year the race was held at National Trail Raceway in Hebron after moving from its former home at Scioto Downs.

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Columbus St. Francis DeSales junior Kenya Cason avoids the block of Cleveland Heights Beaumont’s Nell Nornhorst (Jr.) in the second 2012 OHSAA Division II state semi-final match. Despite their valiant effort, the Stallions lost to the Blue Streaks in four sets, 25-19, 25-14, 17-25, 25-14. Beaumont went on to win the Division II state final later that weekend, its first in school history.
**NEW OUT-OF-STATE TRAVEL DISTANCE FOR SCHOOL CONVEYANCE**

**By Pete Japikse, Senior Transportation Consultant, Ohio School Boards Association**

Recently the legislature enacted a change in Ohio Revised Code (ORC) 3327.15 that extends the distance schools may travel out of state by school conveyance. School buses, school vans and any vehicles leased or operated by the district for pupil transportation are covered by this statute.

The exact text of the law, which became effective 9/28/2012, is as follows: ORC 3327.15 [Effective 9/28/2012] Use of vehicles outside state. The board of education of any school district that owns and operates motor vehicles for transporting pupils may permit such vehicles to be used outside this state for any lawful purpose provided the entire distance traveled outside this state on any trip does not exceed one thousand miles.

There is corresponding language in Ohio Administrative Code (OAC) 3301-83-16 (E) that limits travel distance to 240 miles, based upon the previous version of the Revised Code. This section of administrative code is now outdated and will have to be amended by the Ohio Department of Education (ODE) and the State Board of Education to match the Revised Code. In the interim, the 240 mile limit is not applicable; RC 3327.15 takes precedence.

School officials responsible for travel planning and logistics should carefully consider their options if travel out of the state is being considered. While at first appearance it might seem reasonable to use a school conveyance for extended travel out of Ohio, a number of factors should be considered, including the following:

1) The legal limit on mileage includes all miles driven outside of the state. In essence, when the vehicle crosses the border into another state it must cross back into Ohio within 1,000 miles. It is common to think of this as "round-trip" mileage, however any side trips, destinations or other incidental uses of the vehicle at any point along the trip will also be included in the 1,000-mile limit.

2) Legal limit on driving hours: While school-operated transportation is not subject to the very restrictive federal hours-of-service regulations, Ohio does have hours-of-service rules for school bus and school van drivers. In Ohio, drivers are not permitted to operate a bus or van for more than 10 hours in any one 24-hour period. This limit has a more practical implication - the potential for continued safe operation of any vehicle diminishes with the length of time that the driver is operating the vehicle. To this end, using a single driver to operate a large vehicle over extended distances has an element of risk. One way to mitigate this risk is to send backup drivers along on a trip, either as riders on the vehicle or by sending them in advance and meeting the vehicle. However, this also will increase the cost of the trip.

**Know the OHSAA's Out-of-State Travel Regulation**

Please see page 18 to read OHSAA Bylaw 9, Section 2, which pertains to out-of-state travel.

**Millersburg West Holmes' Rachel Nelson (facing camera) congratulates Columbus St. Francis DeSales My Lihn Li after being defeated 6-4, 6-4 in the 2012 OHSAA girls Division II state semifinal match. Nelson, the 2012 state champion, won the consolation match to finish her career with a third place finish and Li finished as the 2012 runner-up after a 6-0, 6-2 loss to Columbus Bishop Hartley's Rachael Morales.**
3) Comfort and convenience: School buses are designed for a unique purpose - to transport students safely to and from educational programs. While they have the best safety record in the country when used for this purpose, they are not comfortable or practical vehicles for extended travel and are best used for local transportation. In larger states such as Texas, where teams and groups routinely travel extended distances in-state for school events, the education community has long accepted that the most appropriate travel for these trips is done on commercial motor vehicles that are much larger, equipped with extensive storage compartments, are heavy enough for passengers to be able to move about and are equipped with restroom facilities. The other benefit of commercial vehicles is that they have better climate controls for the passengers – including effective heat and air conditioning.

4) Mechanical appropriateness: From a vehicle design perspective, the engines and transmissions that are incorporated in school buses are designed for stop and go operations and shorter trips. They are not designed to operate with minimal mechanical malfunctions at higher speeds over extended distances. This also carries over into fuel economy – school buses will consume more fuel over these long distance trips than will a commercial highway coach.

5) Contingency planning: One consideration that must be taken into account in any trip away from your home service area is the resources available to assist in the event of a mechanical breakdown, accident, illness or other interruption to the trip. Properly licensed commercial transport companies have resources in the areas where they operate that allow them to obtain the assistance needed to minimize travel interruptions. They are able to arrange for substitute vehicles in the event of a mechanical or performance issue, and can contact their company dispatch office or a local business agent for assistance when other assistance is needed. This is a very significant advantage and is not available to schools that are using their own conveyances such as school buses and operating out of their normal service area.

6) Availability of vehicle: Few school districts have spare school buses available to devote to extended out-of-state travel. Even when there are buses available, typically the newest buses in the best condition are devoted to daily school routes and are not available for field trips, leaving older and typically less reliable vehicles for the extended trips.

7) Cost: It is not uncommon that schools consider only cost when deciding whether to use a school bus or a commercial carrier for extended travel. However, cost is not as easy to assess as it might appear. If the planner is comparing just the mileage or hourly rate for a school bus operation to the fees charged by a commercial carrier, clearly the school bus is less costly. However, it is important to consider the fully allocated cost for the school bus - and not just the direct operating cost. Additional costs include additional drivers as necessary for the safe and legal operation of the vehicle, housing and meals for the driver, wear and tear on the vehicle, contingency costs in the event of mechanical breakdown in a remote location and the cost of obtaining alternate vehicles for trip continuation should those be needed. The most significant cost of all might be that a school bus simply is not available for the trip since the primary use of school buses is to transport students to and from school on a daily basis.

In summary, regardless of a legal limit for travel out of state by school conveyance, travel planners should carefully consider the safest and most effective way of providing transportation services for the students and staff traveling on extended trips. In many cases the best mode of travel may be found through the use of commercial transporters who specialize in interstate travel.
TRAVELING A NEW ROAD –
An Update on Changing Accountability for Tournament and Regular Season Athletic Events

By Jeff Jordan, OHSAA Chief Financial Officer

Over the last year, school treasurers, athletic directors, school administrators and the OHSAA have been working together to develop new procedures for handling funds at athletic events for both regular season and tournament events, as well as provide information on the proper classification of employees or independent contractors.

Since beginning this process, many presentations have been made around the state to school treasurers and athletic directors to explain the new best practices endorsed for Ohio’s school events. This process has been a great partnership between those professionals who are most interested in the proper accountability of educationally-based athletics and events. Some of the important provisions of this work are listed below:

• Treasurers, athletic directors and school administrators must be a partner to ensure good accountability is maintained. Treasurers have a primary responsibility for the funds collected and disbursed but athletic directors and principals have a key role in making sure the operations are appropriately conducted.
• School treasurers must help athletic directors in determining the risks of handling money and the best ways to reduce or eliminate those risks.
• Treasurers must assist athletic directors in developing procedures and policies to help school employees and volunteers with collecting and disbursing funds.
• Tickets should be used for events and reconciled at the end of the night to the cash collected.
• More than one person should count the cash and reconcile the amount of money collected for all events.
• Deposits at the end of the night should be secured in the school’s safe or in the bank using a night deposit. Money should not be secured in an unlocked desk drawer, automobile or at a person’s home overnight.
• Disbursements for events should be done under the care of the school treasurer through either a petty cash account established per school district policy or through the school treasurer’s existing expenditure controls.
• Care should be taken to review the IRS 20-point test to determine if a person is an independent contractor or an employee of the school and then conduct the appropriate transaction on the school’s records.
• No person should be paid from cash collected at the event.

Bellevue makes its entrance onto the field for the 2012 OHSAA Division III football state championship game at Fawcett Stadium in Canton. The Redmen, appearing in their first state championship game, were defeated by Akron St. Vincent-St. Mary 41-21 and finished the season as state runner-up with a 13-2 record.

At the summit, the presenters emphasized several strategies to put booster clubs in a better position to support school-based athletics. The best practices discussed:

• Reviewing legal documents, such as business and trademark filings with the Ohio Secretary of State, and Internal Revenue Service (IRS) tax exempt status and 990 financial return filings;
• Examining internal controls over fund collection and disbursement to ensure segregations of duties are maintained;
• Sharing fundraising and volunteering tips to engage community members to support the programs offered by the school.

Of course, the summit was just the beginning of these important conversations. We encourage schools and boosters to discuss ways to support school-based athletics and access the information from the booster summit at www.ohsaa.org under the heading ‘School Resources.’
• Effective training should be conducted of all persons involved in the event on an annual basis so those persons know what is expected of them when working. This training should include completing necessary paperwork and explaining the controls put in place to protect the worker from false accusations.

During the last year, there have been numerous news articles and media reports concerning the handling of school and tournament funds around the state. The result of this scrutiny has led to many school employees and community members being accused of wrongdoing with regular season and tournament funds. For each community that has gone through this process, there have been questions and conversations about how money is handled in their schools. Fortunately for everyone, the numbers of districts that have had these issues come up is small, but nonetheless, it creates issues where none should exist.

Today, the OHSAA and the school community are working together to make our events more accountable. The process is one that will take a long time to implement, but starting January 1, 2013, schools and the OHSAA took the first step in this process across the entire state. Knowing this is a complicated transition, the treasurer’s liaison group and the OHSAA understands that this will take some time to fully implement. Over the course of the next year, we will be learning of issues and revising processes to make the system even more compliant and accountable for those we serve.

Organized interscholastic athletics under the OHSAA began in 1907 and during the intervening years, we have seen tremendous growth and opportunities for the state’s youth. Our neighbors and leaders are better citizens today because of the opportunities provided to them through the provision of interscholastic activities in the past. They are the people we want to have live next to us, drive our trucks, teach our children and innovate through business opportunities. They learned these traits through active participation in interscholastic activities. Now that we are the leaders in Ohio, we owe it to the next generation to find ways to protect and manage those activities in a fair, equitable and accountable way moving forward and to ensure we are teaching important citizenship lessons.

Gahanna Columbus Academy celebrated its state-record ninth state title after defeating Columbus Bishop Watterson 2-1 in double overtime in the 2012 OHSAA field hockey state championship game. The Vikings were led by seniors Megan Deena, Anjali Kanwar and Megan Neubig (pictured left to right) and finished the season 19-0-1.

Sandusky Perkins senior Maddy Mullins (below) helped lead her team to a golf state championship shooting 72-77-149 over two days during the 2012 OHSAA Division II girls golf state tournament. Mullins finished as the top individual on the Gray Course at The Ohio State University Golf Club in Columbus. The state title was Perkins’ first in girls golf.

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.
Student-athletes face a number of new dangers today relating to their sports experience, including risk for sports burnout, performance supplement dangers and now the latest – increased risk for pain pill abuse and addiction. Ironically, most student-athletes who become dependent on pain pills fall into this trap quite innocently, as physicians commonly prescribe pain pills following an athletic injury. Unfortunately, these pills can be very addicting, making it difficult for some student-athletes to stop using – even after their injury has healed and their prescription has expired.

We are working hard in Ohio to address this serious and growing concern, and efforts by the Attorney General and OHSAA have ramped up considerably in the past year. We have identified a pattern that has developed as it applies to student-athletes becoming addicted to pain pills, with most starting on them under the responsible and watchful eye of their physician. The problem, however, is when a physiological dependence begins to develop and the student-athlete craves the drug in order to ward off withdrawal symptoms. When they are no longer able to get a refill on their script, some student-athletes turn to the streets for pain pills, while others choose a cheaper, yet even worse alternative – heroin.

As a clinician who has treated a number of student-athletes who became dependent on pain pills, I have witnessed firsthand how quickly this dependence can develop. The kids addicted to pain pills and/or heroin that I have treated are, generally speaking, very good, responsible and high achieving kids. The problem, however, is that their bodies became physically addicted to a drug that was too powerful for them to walk away from on their own.

I am very excited to work with the Attorney General and OHSAA to raise awareness and develop protocols so that we can better protect kids from the dangers of pill addiction. Unfortunately, the prototype of the addicted student-athlete is not easy to identify, as the kids who become dependent on these drugs are as varied as there are kids who play sports. In other words, these are not “bad” kids, troublemakers or poor academic achieving students. Instead, they are kids who got hooked on a drug prescribed to them for an injury and soon found out they were over their head when it came time to weaning off the drug.

Tough Topics, Practical Solutions by Dr. Chris Stankovich has been created to assist coaches, athletic directors, youth sport directors and other athletic personnel provide safe experiences for kids involved in youth and interscholastic sports.

DVD 1: Establishing Healthy Boundaries with Student-Athletes is designed to help coaches develop healthy and safe relationships with kids, while guarding against “dual relationships” or other interpersonal interactions that might be perceived as inappropriate, unhealthy or illegal (including sexual relationships).

DVD 2: Preventing Sports Hazing is designed to help coaches prevent, as well as respond to, harmful athletic hazing rituals that often lead to physical and emotional trauma and injuries, and sometimes even death.

Both professionally designed educational programs are designed to help:
- Protect kids from potential physical and emotional harm experienced from inappropriate and illegal adult-child relationships and hazing practices
- Train coaches with the latest psychosocial continuing education designed to help with coaching success - on and off the field
- Protect schools and leagues by adding an educational component to criminal background checks that are becoming more commonly used when screening new coaches
- Reduce legal exposure for youth sport leagues and schools by providing professional training to coaches about the grave dangers pertaining to inappropriate relationships and illegal hazing practices
- Most importantly – help provide kids a safe, fun and meaningful athletic experience!
Help Your Athletes Fuel Up with Proper Sports Nutrition
Want to help your athletes get the edge? As you know, athletes don’t need extra vitamins, minerals or supplements — they just need to eat the right things. Eating a variety of nutrient-rich foods from all five food groups gives your student athletes the energy they need every day.

1. **CARBS = FUEL**
   Gives your body its primary fuel source during exercise.

2. **PROTIEN = BUILDS MUSCLE**
   Builds and maintains muscle, and helps muscles recover.

3. **DAIRY = NUTRIENTS**
   Provides 9 essential nutrients such as calcium, potassium, and vitamin D (adds protein). Plus, drinking milk helps replace fluids.

4. **EATING = ENERGY**
   Eat breakfast… and throughout the day, no meal skipping!

5. **FLUIDS = PERFORMANCE**
   Maintains performance, delays fatigue and guards against injuries.

To help your athletes fuel up to be their best, visit the sports medicine page of OHSAA.org and share the handouts with your coaches, athletes, booster groups and parents. Created by OHSAA sponsor the American Dairy Association Mideast, with guidance from Ohio sports nutrition experts and pediatricians, these fact sheets provide tips and practical ideas on what to eat and drink before, during and after the game! Also, visit www.drink-milk.com for more valuable information.

Order Free Protective Sports Eye Safety Equipment Today!
The Ohio Ophthalmological Society’s Play Hard. Don’t Blink. sports eye safety program works with organized Ohio youth basketball and baseball/softball leagues to prevent eye injuries by donating protective equipment free of charge. Children who already wear glasses can be protected from getting injured when they play sports by obtaining a free pair of prescription sports goggles. Parents will need to complete an online application which can be found on www.playhardgear.com.

(Continued on page 26)
Basketball Goggles and Baseball/Softball Helmets are also available for leagues to order. League administrators must fill out and submit applications found on www.playhardgear.com to the OOS by the due date to be considered for the upcoming season. Submit your order forms today!

Marathon’s Station Locator Gives Fans Convenient Travel Tool
Marathon is the Official Fuel Service provider of the OHSAA and continues to provide fans with a convenient tool for traveling to and from OHSAA events. The Marathon Station Locator, found on the home page of www.ohsaa.org, gives fans the locations of more than 5,000 Marathon stations. Fans can also locate stations and deals with the Marathon Mobile App now available for Blackberry, Android and iPhone. Log on to www.marathon.com for more information.

Farmers Insurance Continues to Support Local High Schools throughout the State
Farmers Insurance is a presenting sponsor and the “Official Insurance Provider” of the OHSAA. State office representatives, district managers, agents and staff attended games throughout each weekend to support their local towns in their fight for the championship. Agents showcased Farmers’ products and services to fans at the stadium and at events sites as “Agent of the Game” and presented the game ball to the Officials.

Tune into Championship Events on SportsTime Ohio & Time Warner Cable
SportsTime Ohio is the television home for the OHSAA Championships. The Championship events that are televised throughout the school year include Volleyball, Football, Bowling, Hockey, Basketball and Softball. These Championship events are also available in Dayton and Southwest Ohio on Time Warner Cable Channel 99. Visit www.stohd.com for a complete programming schedule.

Did you miss a match or game or want to see it again? You can watch select OHSAA Championship events on Time Warner Cable Local On Demand Channel 411. With On Demand programming, viewers can pause, fast-forward, rewind and even do instant replays. Local On Demand is FREE with Time Warner Digital Cable. For more information log onto www.timewarnercable.com.

Students Compete in Duck Tape Spirit Wear Contest at Football Championships
ShurTech Brands, LLC, marketers of Duck brand duct tape, were pleased to sponsor the OHSAA football championships again this year on a quest to find the school with the most team spirit – demonstrated using Duck brand duct tape. The 2012 Duck brand duct tape “School Spirit” Contest challenged students, whose teams were in the football championships, to use Duck Tape to make the most fun and creative school-spirited items to cheer on their teams. Each school received rolls of Duck Tape in their school colors to get started. Participants took photos and submitted them to show off their school’s spirited Duck Tape creations for the chance to win their school’s mascot designed with Duck Tape. Congratulations to the lucky winner… Trotwood-Madison High School! The school will be presented with a life size replica of their mascot, a ram, early in the new year.
FULL COURT PRESS UNDERWAY IN OHIO TO COMBAT PRESCRIPTION DRUG OVERDOSE EPIDEMIC

(Continued from page 13)

Of particular concern in Ohio is that the emergency department visit rate for unintentional drug overdose for the 15-24 age group skyrocketed by 81 percent between 2002 and 2010. Consider the findings of the Partnership for a Drug-Free America in its 2009 attitude tracking study that found:

• 40 percent of teenagers surveyed consider prescription drugs safer than illicit drugs, and
• 33 percent believe there is nothing at all dangerous about taking prescription drugs because doctors prescribe them.

Under the leadership of Gov. John R. Kasich and his Cabinet Opiate Action Team, Ohio is battling this epidemic on multiple fronts. In the case of the Ohio Department of Health (ODH), our Violence and Injury Prevention Program (VIPP) launched a multi-level social marketing campaign in 2010, Prescription for Prevention: Stop the Epidemic, to combat prescription drug misuse, abuse and overdose. The campaign focuses on high risk counties and supports the establishment of coalitions, outreach and education efforts, peer-to-peer programs in schools and workplace education.

This year, ODH is partnering with the Ohio High School Athletic Association to reach athletes and their peers, coaches and athletic and administrative staff. We know athletes are often leaders and can be a positive influence on their peers. We also know that sports injuries can lead to prescriptions of habit forming drugs at the root of the issue. The message of appropriate use – and appropriate disposal – has never been more important.

So look for emails, a student communications contest, requests to share information with your sports medicine professionals and messaging at select basketball games and at the state tournament. And if you’d like to spread the message within your program or at your school, please contact myself or Christy Beeghly at ODH at Christy.Beeghly@odh.ohio.gov.

About the Author: Judi has worked in the field of public health for more than 20 years. She is the liaison from the VIPP to a state advisory committee addressing the prevention of prescription opioid misuse, abuse and overdose.

Contact information: Judi.moseley@odh.ohio.gov; phone: 614-728-8016.

Members of the No. 8-seeded Springfield Kenton Ridge bowling team prepare to face No. 3-seeded Coldwater in the championship round of the 2012 OHSAA Bowling state tournament. The Cougars upset No. 1-seeded Beavercreek and No. 3-seeded Mentor before falling to Coldwater in the championship round. The boys bowling state tournament returns to Wayne Webb’s Columbus Bowl March 2, 2013.
2012-13 WINTER TOURNAMENT PREVIEW

By Paul Seiter, OHSAA Sports Information Assistant

WRESTLING – TEAM
February 9
St. John Arena, The Ohio State University, Columbus
The inaugural event for the OHSAA wrestling team state tournament will feature three divisions of teams competing for the right to win the first team state tournaments in wrestling. Participating teams must fill at least eight weight classes and regional seeding takes place in January. The state tournament is the culmination of the four-round event that begins at the end of January. The one-day state tournament will consist of quarterfinals and semifinals in the morning and afternoon, followed by the finals session in the evening.

BOYS & GIRLS SWIMMING AND DIVING
February 20-23
C.T. Branin Natatorium, Canton
Swimmers and fans will pack Bralin Natatorium in Canton for the 86th annual boys and 37th annual girls swimming and diving championships in February. The championships routinely attract standing room only crowds with a capacity of 2,500. In 2012, Cincinnati St. Xavier and Hunting Valley University School won boys state titles, while Upper Arlington and Gates Mills Hawken claimed girls titles.

WRESTLING – INDIVIDUAL
February 28-March 2
Value City Arena at the Jerome Schottenstein Center, The Ohio State University, Columbus
The 76th annual individual state wrestling tournament will have a different feel in 2013. Coming off the 75th anniversary of the tournament, it will now be labeled as the individual tournament and will continue to draw the best wrestlers from around the state in 14 weight classes. It will feature the traditional Parade of Champions before the final matches.

BOYS & GIRLS BOWLING
March 1-2
Wayne Webb’s Columbus Bowl
For the seventh time, boys and girls bowlers from around Ohio will determine team and individual state champions. The championships, held at Wayne Webb’s Columbus Bowl, will feature a qualifying round and a championship round to determine a team champion. In 2012, Coldwater won both the boys and girls team state titles. Individual champions will be determined by a total three-game score from the qualifying round.

GYMNASTICS
March 1-2
Hilliard Bradley High School
The 41st annual gymnastics state tournament will return to Hilliard Bradley H.S. for the fourth year in a row. Team competition will take place on Friday, with individual competition completing the tournament on Saturday. Brecksville-Broadview Heights won the 2012 team state title. It was the Bees’ ninth consecutive state championship in gymnastics.

ICE HOCKEY
March 8-9
Nationwide Arena, Columbus
Nationwide Arena in Columbus will hosts its 11th year of the ice hockey state championships in March. The 36th annual state tournament will feature four teams looking to claim Ohio hockey’s top prize with two semifinal games on Friday, with the championship played on Saturday. In 2012, Sylvia Northview won its first ice hockey state championship, defeating Lakewood St. Edward 5-2.

GIRLS BASKETBALL
March 14-16
Value City Arena at the Jerome Schottenstein Center, The Ohio State University, Columbus
The 38th annual girls basketball state tournament rolls into Columbus in mid-March for three days, with the state semifinals on Thursday (Div. III and II) and Friday (Div. IV and I). All four championship games are played on Saturday. In 2012, Twinsburg claimed its second straight championship in Div. I, Shaker Heights Hathaway Brown its fourth straight title in Div. II, Columbus Africentric won its third overall title in Div. III and in Div. IV Arlington won its first girls basketball championship in its first trip to the state tournament.

BOYS BASKETBALL
March 21-23
Value City Arena at the Jerome Schottenstein Center, The Ohio State University, Columbus
For the 91st time, the boys basketball state tournament will tip-off in looking to find who the top teams in the state will be. The divisional order of play is Div. III and II on Thursday, with Div. IV and I on Friday. All four championship games will be played on Saturday, including the introduction of the newest members of the OHSAA Circle of Champions. The 2012 boys basketball state champions were Pickerington Central in Div. I, Dayton Dunbar in Div. II, Cincinnati Summit Country Day in Div. III, while in Div. IV, back-to-back champion Berlin Hiland.

CAN PHOTOS FROM TOURNAMENTS BE SOLD?

Bona fide newspapers, as determined by the OHSAA, may sell photos from OHSAA tournament contests via the newspaper’s office or official website. Permission is granted because 1.) newspapers have always been permitted to fill announcement and promotion of its official corporate partners.

1. School officials have the authority to permit or deny freelance photographers (including parents) from having special access at their athletic contests. Access is never guaranteed, and school officials have the authority to decide who is granted access.

2. School officials also have the authority to permit or deny the sale of photos from their regular-season contests.

3. Freelance photographers who are granted a media credential for sectional, district and regional tournament games (and state semifinal games in the sports of football and soccer) may sell photos from the contest as long as the photographer is affiliated with a specific school and can produce a written or on-site verbal show of support from that school’s athletic director. However, said photographers may not set up booths/tables, distribute promotional material or request that public address announcements be read that advertise their services.

4. Freelance photographers who are not affiliated with a bona fide media outlet (including school photographers and parents) will not be credentialed for state tournament contests. Photos taken from spectator viewing area at state tournament contests are for personal use only and may not be sold.
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