A Community For the Cure
All across Ohio, students take part in programs such as Volley for the Cure and Kick for the Cure in the fight against cancer.

Game Winning Drive
Avon vs. Avon Lake is an intense rivalry on the field, but it is the food drive off the field that results in a win for the community.

Coaches’ Code of Ethics
The NFHS has adopted guidelines for coaches to help ensure that interscholastic athletics programs enhance academic achievement.
Farmers has been active in the community for decades through our programs that support education, safety and civic participation.

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

*Farmers is proud to partner with the Ohio High School Athletic Association.*
The Ohio High School Athletic Association

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

350,000
Student-Athletes

1,705
Member Schools

821 high schools, 884 junior high schools

24 sports

1 Mission

OHSAA Magazine is published three times per year by the Ohio High School Athletic Association. It is mailed to superintendents, principals and athletic directors of all member schools. Annual subscriptions may be purchased for $20 and single copies are available for $7 by contacting Andrea Heiberger, aheiberger@ohsaa.org or 614-287-2502.

On the Cover:

Hudson gymnast Mackenzie Miller helped lead the Explorers to a third-place finish at the 2014 OHSAA gymnastics state tournament with a 9.175 on vault, 8.975 on bars, 8.875 on beam and 9.075 on floor. Her scores on vault, bars and floor led the team.

Front Cover Inset Photo: Ashtabula Lakeside senior Kyle Conel won the 2014 OHSAA individual wrestling state tournament in the Division I 195 lb. weight class. Conel’s state title came after he was a state runner-up in 2013.
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

Players from Convoy Crestview are applauded by their fans after clinching a victory over New Madison Tri-Village in the 2014 OHSAA Division IV boys basketball state semifinals at the Jerome Schottenstein Center in Columbus. Crestview defeated Tri-Village, 54-50, to advance to the Division IV state championship, where it was victorious against Louisville St. Thomas Aquinas, 71-44, to earn Crestview’s first boys basketball state championship.
HIGH SCHOOL SPORTS MAKE LASTING MEMORIES
Dr. Dan Ross, Commissioner, OHSAA

Prior to becoming the commissioner of the OHSAA in August 2004, Dr. Dan Ross served as a school superintendent for 21 years at three districts, including Patrick Henry (1983-86), Pickerington (1986-97) and Avon Lake (1997-2004). He has more than 30 years in education, having served as a superintendent, principal, teacher, counselor, coach and official. Dr. Ross is a native of Portsmouth, Ohio, and graduated from Columbus St. Charles High School in 1967. He received degrees from Ohio Dominican, Xavier and Bowling Green.

Dr. Ross was a registered OHSAA official for 20 years and was selected to work state finals games five times in boys basketball and twice in girls basketball while also being certified in volleyball and baseball.

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From the Commissioner

HIGH SCHOOL SPORTS MAKE LASTING MEMORIES
Dr. Dan Ross, Commissioner, OHSAA

So many times during the football state championship games I heard that the experience of playing in Ohio Stadium – the ’Shoe – was something the players, coaches and communities will remember forever. It was so rewarding to hear the conversations of amazement and the look in the eyes of our student-athletes who were able to play on that field.

The compliments were numerous, but several times I had to remind myself (and others) that only 14 schools had the opportunity to play there out of the 723 that fielded football teams during the season. What about those schools that didn’t advance to the state championship games? Were their seasons less important?

Of course, the answer is absolutely not. Every season, at every school, in every sport, is special and meaningful because school sports are about so much more than wins and losses and playing for state championships. Every season is an opportunity for student-athletes and teams to grow up together and make memories that can last forever. No matter what the final won-lost record happens to be, the life lessons gained through school sports are what is truly important.

Throughout the school year, we celebrate the state championships and honor those teams that prove to be the best in their respective divisions, but we must not lose sight of the fact that there is so much more to school sports than playing on the last day of the season.

KEEPING “STUDENT” FIRST IN STUDENT-ATHLETE
Jonas L. Smith, President, OHSAA

The fall sports have concluded around Ohio and we are already midway through the winter sports season. The cycle of another school year has reached its halfway point. I think this is a good time to challenge every school and every team to take a step back and revisit the academic goals that were set at the beginning of the season or school year.

No matter how your year or season is going, academic goals should remain at the top of the list and can be something achieved regardless of how many wins your record shows. Keeping academic goals first helps to reinforce the purpose of interscholastic athletics, which is to be an extension of the classroom where values such as teamwork, dedication, sportsmanship and overcoming adversity are put into practice.

School sports are a privilege, not a right, and staying academically eligible must be the focus for student-athletes throughout the year. Academic eligibility is one of the things that will always separate school sports from club sports.

So let’s take this moment at the halfway mark to make sure academic goals are still most important. When we do that, it helps keep sports in perspective and as just one part of the educational process, not the only part.
### OHSAA Allied Organizations

**National Federation of State High School Associations**

P.O. Box 890
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
education.ohio.gov

**Ohio School Boards Association**

8050 North High St., Suite 100
Columbus, OH 43235-6482
1-800-589-6722
800 Club Dr., Suite A
Columbus, OH 43235-6484
(614) 794-9191
900 Club Dr., Suite A
Columbus, OH 43235-6481
(614) 430-8315
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
www.ohioslsa.org

**Ohio Middle Level Association**

(740) 548-6156
www.ohiomsa.org

**Ohio Association of Elementary School Administrators**

900 Club Dr., Suite A
Westerville, OH 43081
(614) 794-9190
www.oaeas.org

**Ohio Association of School Business Officials**

8050 North High Street, Suite 170
Columbus, OH 43235
614.431.9116
800.846.2726
www.osba-ohio.org

**Ohio Interscholastic Athletic Administrators Association**

www.OIAAA.org

### OHSAA READY REFERENCE SPORTS DATES (Subject to Change)

<table>
<thead>
<tr>
<th>WINTER 2015</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (Boys)</td>
<td>Nov. 7</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Dec. 5</td>
<td>Mar. 26 – State Semis/OSU Value City Arena (Div. IV and III) &lt;br&gt; Mar. 27 – State Semis/OSU Value City Arena (Div. II and I) &lt;br&gt; Mar. 28 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Basketball (Girls)</td>
<td>Oct. 31</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage) (See Preview Date)</td>
<td>Nov. 28</td>
<td>Mar. 19 – State Semis/OSU Value City Arena (Div. IV and III) &lt;br&gt; Mar. 20 – State Semis/OSU Value City Arena (Div. II and I) &lt;br&gt; Mar. 21 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Bowling</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Nov. 21</td>
<td>Mar. 6-7 – Div. II and March 13-14 – Div. I</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Dec. 8</td>
<td>Mar. 6 – Team/Hilliard Bradley H.S. &lt;br&gt; Mar. 7 – Individual &amp; AA/Hilliard Bradley H.S.</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Nov. 7</td>
<td>4 scrimmages after practice begins or 3 scrimmage/1 preview (See Preview Date)</td>
<td>Nov. 28</td>
<td>Mar. 12-14 – Nationwide Arena, Columbus &lt;br&gt; Exact dates and schedule TBA</td>
</tr>
<tr>
<td>Swimming/ Diving</td>
<td>Nov. 7</td>
<td>None Permitted</td>
<td>Dec. 1</td>
<td>Feb. 25-28 – Brannon Natatorium, Canton</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Nov. 17</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Dec. 12</td>
<td>Team Tournament: Feb. 14 – OSU St. John Arena &lt;br&gt; Individual: Mar. 12-14 – OSU Value City Arena</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>FALL 2015</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Aug. 1</td>
<td>None Permitted</td>
<td>Aug. 24</td>
<td>Nov. 7/National Trail Raceway, Hebron &lt;br&gt; Girls III, II &amp; I; Boys III, II &amp; I</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 22</td>
<td>Nov. 6 – State Semis, Upper Arlington H.S. &lt;br&gt; Nov. 7 – State Final, 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</td>
<td>Aug. 24</td>
<td>Nov. 6 &amp; 7 – First Round &lt;br&gt; Nov. 13 &amp; 14 – Second Round &lt;br&gt; Nov. 20 &amp; 21 – Third Round &lt;br&gt; Nov. 27 &amp; 28 – State Semifinals &lt;br&gt; Dec. 3-5 – State Championships Ohio Stadium, Columbus</td>
</tr>
<tr>
<td>Soccer</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 22</td>
<td>Nov. 10 &amp; 11 – State Semifinals, Sites TBA &lt;br&gt; Nov. 13 &amp; 14 – State Championships, Columbus Crew Stadium</td>
</tr>
<tr>
<td>Tennis (Girls)</td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 7</td>
<td>Oct. 16-17 – 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)</td>
<td>Aug. 22</td>
<td>Nov. 12 – State Semis/WSU Nutter Center (Div. III &amp; II) &lt;br&gt; Nov. 13 – State Semis/WSU Nutter Center (Div. I &amp; IV) &lt;br&gt; Nov. 14 – State Finals/WSU Nutter Center (all divisions)</td>
</tr>
</tbody>
</table>

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

@OHSAASports
Facebook.com/OHSAA
www.ohsaa.org/foundation.htm
VARSITY LETTERS

If it was possible to earn a varsity letter for bringing cancer awareness to a local community, hundreds of student-athletes around Ohio would have an additional symbol to add on their jackets. Many schools participate in Volley for the Cure and Kick for the Cure, or an event of their own creation, every fall to raise money and knowledge for cancer treatment and research.

The images below were sent by member schools to highlight the special programs in their community.
Swimmers compete at the 2014 OHSAA swimming and diving state tournament at C.T. Branin Natatorium in Canton. 2015 marks the 88th year for the boys state tournament and the 39th year for the girls state tournament. The tournament has been held in Canton for over 30 years. The 2015 state tournament will be held February 25-28 and will feature the best swimmers and divers in the state of Ohio.
WRESTLING

Massillon Tuslaw junior Scott Wolheter (right) and Delta junior Mark Francis (left) wrestle during the Division III semifinal round of the 2014 OHSAA State Wrestling Dual Team Tournament at The Ohio State University’s St. John Arena. Wolheter went on to defeat Francis by decision, but Delta advanced to the state finals where it captured its second OHSAA Dual Team Wrestling state championship. The 2015 OHSAA State Wrestling Dual Team Tournament returns to St. John Arena Saturday, February 14, 2015.
Sylvania Northview goaltender David Marsh watches the puck as Northview’s Caleb Rau (black jersey, #18) and Cleveland St. Ignatius’ Aidan Spellacy (yellow jersey, #6) battle for position at the 2014 OHSAA ice hockey state championship at Nationwide Arena in Columbus. The 2014 OHSAA ice hockey state championship proved to be historic, as Northview and St. Ignatius were named co-state champions after the game ended in a 1-1 tie after seven overtimes. The 2015 OHSAA ice hockey state tournament will return to Nationwide Arena, as semifinal play is scheduled to take place Friday, March 13, with the state championship game scheduled for Saturday, March 14.
Beavercreek defeated Akron Coventry 3-2 in the 2014 OHSAA Girls Bowling Division I state final match at Wayne Webb’s Columbus Bowl. It was Beavercreek’s second state title in girls bowling. The bowling state tournaments are March 6-7, 2015 (Division II boys and girls) and March 13-14, 2015 (Division I boys and girls).

The OHSAA’s Sportsmanship, Ethics and Integrity Committee recognized 30 member schools that were selected to receive school sportsmanship awards from the 2013-14 academic year. The 30 schools met the ‘Respect the Game Challenge,’ while 10 of those schools also earned the Harold A. Meyer Award. In addition, Columbus Bishop Watterson High School and Lakewood High School were selected to receive the highest award, which is the prestigious Commissioner’s Award.

This is the fourth year the OHSAA’s revised three-tiered process for the Sportsmanship, Ethics and Integrity school awards has been implemented. In order to meet the ‘Respect the Game Challenge,’ schools must complete a comprehensive checklist that confirms the various sportsmanship, ethics and integrity programs within their school. Besides developing a well-planned, educational program on sportsmanship, the form reminds schools to develop a comprehensive student-athlete campaign; a coaches campaign; a student body, student support group, parents and fan campaign; and a public address announcer campaign. Schools that have met the challenge receive a “Respect The Game” banner that can be displayed in a prominent area of the school. Repeat winners receive the numerals corresponding to the year(s) the award has been earned.

Meeting the ‘Respect The Game Challenge’ is the precursor to being considered for the Harold A. Meyer Award. That award, named in honor of the late OHSAA commissioner from 1969 to 1977, is presented to schools that demonstrate via a PowerPoint presentation they have completed an eight-part program that promotes sportsmanship, ethics and integrity in their schools and communities.

**2013-14 Commissioner’s Award, Harold A. Meyer Award and Respect the Game Challenge Recipients**

- Bishop Watterson High School (Columbus)
- Lakewood High School

**2013-14 Harold A. Meyer Award and Respect the Game Challenge Recipients**

- Amelia High School (Batavia)
- Coshocton High School (Coshocton)
- John Sells Middle School (Dublin)
- Ross High School (Hamilton)
- St. Ursula Academy (Cincinnati)
- Stow-Munroe Falls High School (Stow)
- Sycamore Junior High School (Cincinnati)
- Teays Valley East Middle School (Ashville)
- Teays Valley West Middle School (Commercial Point)
- West Holmes High School (Millersburg)

**2013-14 Respect the Game Challenge Recipients**

- Alliance High School
- Amherst Steele High School
- Bowling Green Middle School (Bowling Green)
- Edgewood High School (Trenton)
- Garfield Middle School (Lakewood)
- Grandview Heights High School
- Harding Middle School (Lakewood)
- James A. Garfield High School (Garrettsville)
- Johnstown-Monroe High School
- Kenston High School (Chagrin Falls)
- La Salle High School (Cincinnati)
- Mariemont High School (Cincinnati)
- Nagel Middle School (Cincinnati)
- Newcomerstown High School
- Norwood High School (Norwood)
- Olentangy Liberty High School (Powell)
- Streetsboro High School
- Wyoming High School (Cincinnati)
JEWELRY NOW PERMITTED IN TRACK AND CROSS COUNTRY

Student-athletes in cross country and track and field are now permitted to wear jewelry during competition, the NFHS announced last summer. The rule change goes into effect on March 28, 2015. Becky Oakes, NFHS director of sports and liaison to the Track and Field Rules Committee, said the committee determined that prohibiting jewelry in high school track and field and cross country is not necessary. “The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents,” Oakes said. “Elimination of the rule allows officials to focus on meet administration directly related to actual competition. Coaches continue to have the obligation to see that competitors are properly equipped.”

POLE VAULT AREAS NOW REQUIRED TO INCLUDE BOX COLLAR

Effective December 1, 2014, pole vault areas are now required to have a new ASTM approved box collar. This new collar covers the inner part of the plant box, as well as the outside. The planting box shall not contain any foreign materials except planting box padding. Such padding, if used, shall meet the applicable ASTM Specification Standards, and can be incorporated into the design of the planting box or can be a padding addition to an existing planting box. See the track page at OHSAA.org for more information.

STATE TENNIS TOURNAMENTS TO MOVE TO SOUTHWEST OHIO

In October, the OHSAA Board of Directors unanimously approved moving the girls and boys state tennis tournaments to the Lindner Family Tennis Center beginning in the fall of 2015. The professional tennis facility in Mason is home of the prestigious Western and Southern Open, which is the biggest summer tennis tournament in the United States and a top tier of both the ATP World Tour and the WTA Tour. The facility features four tennis stadiums and 16 total courts as well as other amenities such as locker rooms and training facilities. The length of the contract is yet to be determined, but it includes several options for nearby indoor courts if there is inclement weather. The OHSAA would like to thank the Warren County Convention and Visitors Bureau for its support during this process.

NORTHEAST OHIO DOCTOR HONORED WITH 2014 ‘OUTSTANDING TEAM PHYSICIAN AWARD’

The Ohio State Medical Association’s Joint Advisory Committee on Sports Medicine has named Jeffrey D. Bachtel, M.D., of Tallmadge, as the recipient of the 2014 Ohio Outstanding Team Physician Award. The award recognizes Ohio physicians’ commitment to protecting the health and safety of Ohio’s high school student-athletes. Dr. Bachtel, who has operated an independent family medicine practice in his hometown for the past 30 years, has been the team physician for Tallmadge High School athletics since 1984.
GREEN – If this keeps up the organizers of the Kick For The Cure at Green High School will need to consider a name change for their fund-raising event that has been held each fall for the last eight years.

How about The BIG Kick For The Cure?

Why? Because the event keeps getting bigger and better each year and the 2014 version, held on September 13th, was a record-setter.

“When we started we never dreamed it would become as big as it has,” said Karen Harlock, who co-chairs the event with her husband, Neil, and is one of about 12 volunteers who have been involved with the event since its 2007 inception. “Back then we just wanted to help out for that one day, to be involved. Then we came back the second year and so on. Now, I don’t think any of us are ready to step away.”

The event began in the fall of 2007 as a show of support for Shawn Basone, the wife of soccer coach Jeff Basone, who was diagnosed with cancer earlier that year. While Shawn sadly passed away in 2008, her memory lives on.

Anyone spending time in and around Green can testify that the Southern-most community in Summit County has always been a strong supporter of the high school and its athletes. Its facilities, for everything from the band to baseball, are top notch. Green Memorial Stadium, site of the Kick For The Cure, is one of the best in Northeast Ohio.

Undoubtedly, the Kick For The Cure is a community-driven event. So, it comes as no surprise that the community has helped the soccer-based cancer fund-raiser become a rousing success.

It was an all-day affair featuring varsity soccer games, youth games and clinics, a 50-50 raffle, t-shirt sales, face-painting, a dunk tank, music, basket raffles and a silent auction.

“It was like a carnival,” said Green Athletic Director Erich Muzi. “There seemed to be something for everyone.”

Most of the event’s corps of volunteers became involved for different reasons. Some became involved because they or someone in their family has dealt with cancer. Others have had children progress through the Green youth soccer program to the high school program. Others have simply had children at the high school.

“We have a very dedicated group of people who are heavily involved,” said Dennis Guilmette, the fund-raising chairman. “Some of them have had children graduate yet they still say involved.”

Guilmette and Harlock are two of those. Harlock’s two daughters, Rachel and Melissa, played soccer before graduating a few years ago and Guilmette’s daughter, Ashley, is in the class of 2015. Both families have dealt with the cancer issue. Harlock lost her mother and brother to the disease and Guilmette’s parents have fought it.

“I guess that’s the passion most of us have,” said Guilmette. “I know that is what drives me. I have no intention of stepping away.”

Guilmette said the event has become a family affair for all the committee members.

“The families of every committee member have gotten involved,” he
said. "Wives, husbands, children. Even the kids who have graduated and gone off to college come back to participate. It's a testament to the community involvement."

The organization’s track record of raising money is remarkable. This year’s event raised a record $24,304.62, raising the total amount in seven years to $100,304. That’s an average of $14,757 per year as the initial event was not used as a major fund raiser. Not bad for a one-day happening.

“It amazes me,” Guilmette said of the figure. “Absolutely amazes me. When I started I never imagined we would reach that figure and the first couple of years it was a struggle.

A lot of people are not real comfortable about going to businesses asking for donations. I can remember going to places five and six times asking for help and I think they paid me just to get rid of me.”

To show you how things have changed Guilmette says it usually takes just one visit and people are ready to open their checkbooks.

“We couldn’t do this without the support of the community,” said Brenda Vaccaro, who has been involved with the project every year, first as a committee member and now as a volunteer. “When I think back to the first year when we raised about $4,300 to what was done this year. I have never had a business turn me down when I approached them asking for a donation.”

Typical Green, they will say.

Each year the organizers designate two charities to which they donate. Camp Quality and the Hospice Care Center of Akron General Hospital’s Visiting Nurse Service were this year’s recipients. Camp Quality is a week-long camping experience for children with cancer with no cost to the family.

“Kick For The Cure is a kid’s event,” said Guilmette. “Originally, we had other charities that we chose, such as the Susan G. Komen Foundation, but we wanted to select charities that focused on children affected by cancer.”

The events included two varsity games. The Green boys played nearby Louisville while the girls squared off against North Canton Hoover. Harlock said the involvement of a Louisville group of parents put this year’s event over the top.

“We’ve always had great support from the other schools involved, but the Louisville people were great,” she said. “We had raised about $12,000 before the day of the event and the Louisville people were responsible for about $3,500 of that.”

It’s no wonder that next year’s games will be Green vs. Louisville.

“The North Canton Hoover people were great and they were part of the event for a long time,” said Harlock. “But they did their share.” Guilmette and Harlock said they never dreamed the event would grow each year, that more people would become involved and more money would be raised.

“At the end of the day my feeling was one of satisfaction,” said Guilmette. “But I also couldn’t believe how well it has been received by the community. I am amazed at how big it has become and the amount of money we have raised. It is important that we don’t get disappointed if we don’t set a record each year. That would be kind of unrealistic.”

Unrealistic, perhaps. But it won’t be for lack of effort. That’s how things go in Green.
GAME WINNING DRIVE

Avon vs. Avon Lake food collection benefits local communities
By Aaron McPherson, OHSAA Sports Information

AVON LAKE, Ohio – It’s a beautiful late summer night on the shores of Lake Erie at Avon Lake Memorial Stadium. It’s week one of the Ohio high school football season. “Football Friday Night” has arrived as a crowd of approximately 4,000 fans has gathered to watch the Avon vs. Avon Lake game. An electric atmosphere permeates every part of this game.

Avon High School and Avon Lake High School are separated by just five miles. The two teams played 26 times between 1939 and 1960, but did not meet again until 2007. Their combined record since 2010 is 77-16 (.828 win pct.), with neither team winning less than eight games per season in that span. The two schools have a combined 25 playoff appearances, three state championship appearances and one state championship. With Avon joining the Southwestern Conference next season, the two teams will be playing for years to come. With the success of the two programs in the last five years, this game and rivalry is here to stay.

While football is what has drawn Avon and Avon Lake together for the fifth straight year, it’s something else that has drawn them closer and truly together for a cause much greater than the gridiron – the SOUPer Bowl, a food drive that in five years has raised a total of $44,756 in monetary donations and 27,580 pounds of food.

“Everybody is on board – the students, the administrators, the families, the sports teams – everyone,” said Susan Poole, Executive Director of Community Resource Services in Avon/Avon Lake.

Community Resource Services, known also as CRS, is a community based organization that provides relief and social services to families in poverty in Avon and Avon Lake. In 2010, Pam Ohradzansky, Client Services Coordinator & Special Events Coordinator for CRS, chaired the first SOUPer Bowl. Her idea was to use the intense Avon vs. Avon Lake football rivalry game to bring the two communities together to raise money and canned and boxed food for impoverished families in need in the two communities.

“I remember being completely overwhelmed with the success of it the first year and the fact that it has grown bigger and bigger every year just blows me away,” said Ohradzansky, “I don’t have to explain what the SOUPer Bowl is anymore.”

The numbers behind the SOUPer Bowl speak volumes about the willingness of the two communities to come together to make a difference. The 2014 SOUPer Bowl raised $10,871 and 7,320 pounds of food. When taking the total amount of money raised in the five years of the event and multiplying it by 5, a calculated multiplier by CRS of measuring the purchase power of monetary donations, the total effect on the food pantry from the event in the past five years is $223,780. In 2013, CRS distributed a total of 100,000 pounds of food. This means that the SOUPer Bowl alone will account for 7.3 percent of all food distributed to the Avon and Avon Lake communities by CRS in 2014.

“CRS is probably the single-most contributor to our student body in terms of kids who don’t have food, sometimes even electricity, school supplies, clothing, the ability to get to prom,
graduation, payment of fees,” said Avon Principal Kristina Buller. “Every year that CRS comes out to our community we try to raise at least $5,000-$6,000 because we know that money is coming right back to the hands of our children. So as much as wanting to win the football game, knowing that the SOUPer Bowl is won by one of the schools – no one’s a loser.”

The SOUPer Bowl is also a friendly competition between the two schools to see who can raise the most food. A trophy is awarded to the winning school, and while both schools embrace the rivalry and love to compete against one another, Pam and Susan believe that the students of Avon and Avon Lake truly understand that the enemy is poverty and the goal is to make a difference in the lives of underprivileged families.

“I collected all the money today from all the schools and was getting choked up counting it because they’re getting it from an early age that every bit counts,” Pam said. “It’s really two special communities that we live in. We’re just so overwhelmed with the support of the communities and it’s such a unique situation because it’s Avon and Avon Lake. We’re big rivals and our agency serves both.”

The two communities are fully behind the SOUPer Bowl and Pam believes that other schools around the state can use the Avon Lake vs. Avon game as a model for using a rivalry to support local food pantries.

“I think it definitely can work in other locations for any big rivalry,” Pam said. “They just need to find a local food pantry to support. The rivalry is key because that’s what has made this event grow so much.”

A special presentation at halftime was made for the SOUPer Bowl. While a trophy is given to the school who raised the most food and donations, the emphasis is not on who wins and who loses. While there is a scoreboard and two teams, there is more to this game than that. Students, teachers, business owners, school administrators and volunteers have found a way to integrate a food drive into a game that transcends football and a rivalry for a cause much greater than sports.

No matter the outcome of the football game, these two schools and communities have already won. This is a game winning drive.
Tens of thousands of athletes suffer an anterior cruciate ligament (ACL) injury every year. Athletes who participate in cutting, pivoting and jumping sports such as soccer, basketball, football and lacrosse are at the greatest risk of ACL injury, with females being four to six times more likely to tear their ACL than males playing the same sport. ACL injuries are common – it is likely that you may know someone who has suffered an ACL injury. The consequences of these injuries are extensive, and affect athletes far beyond time away from sport. Athletes who suffer an ACL injury are at 50 to 100 percent greater risk of developing early onset osteoarthritis and as many as one in four athletes will go on to a second ACL injury.

“It is most important to prevent ACL injuries because it is currently the only option we have available to us that results in an optimal, or near ‘perfect’ functional and healthful outcome for the athlete” said Dr. Timothy Hewett, director of the Ohio State University Sports Health and Performance Institute. Dr. Hewett and his team of researchers at the Sports Health and Performance Institute at The Ohio State University Wexner Medical Center have developed an ACL injury prevention program that targets risk factors associated with ACL injury. This article is the second in a series of articles discussing ACL injury and focuses on the prevention of primary ACL injuries in sport.

The P4ACL™ Preventive Medicine Program is aimed at preventing first-time ACL injury by improving an athlete’s neuromuscular control when performing high risk activities. Neuromuscular control is defined as the ability to teach the body conscious control of a specific movement, such as squatting, jumping, landing and pivoting. The P4ACL™ Preventive Medicine Program addresses neuromuscular deficits by increasing lower body muscle strength and power, correcting faulty jumping and landing mechanics and improving coordination, muscle activation and timing. Dr. Hewett states that “the components that should be incorporated into an ACL prevention program include “plyometrics, feedback on technique, dynamic balance drills, and functional strength training.”

Researchers at the Sports Health and Performance Institute at The Ohio State University Wexner Medical Center have identified four main neuromuscular risk factors associated with increased ACL injury risk:

LIGAMENT DOMINANCE

Ligament dominance refers to poor muscle activation at the hip and trunk and is demonstrated as an inward collapse at the knees during landing. These faulty mechanics cause increased torque at the knee joint, resulting in increased ACL injury risk. The P4ACL™ program aims to correct ligament dominance with extensive double and single leg hop training, while increasing speed and changing directions. Performance of these hopping activities with good technique is important, as many high risk sports require control during quick change of direction.

QUADRICEPS DOMINANCE

During quadriceps dominant movements, athletes activate their quadriceps preferentially over their hamstrings to control knee stability, resulting in a “stiff legged” landing. Athletes who do not bend their knees enough during landing of athletic maneuvers are at increased risk for injury. Improving the balance between quadriceps and hamstrings activation is a focus P4ACL™ Program. Exercises that focus on the activation of weak or inactive gluteus maximus/medius and hamstring muscles are critical to improve biomechanics with jumping activities and to decrease injury risk.

LEG DOMINANCE

Leg dominance refers to side-to-side imbalances in strength, flexibility, and coordination, causing asymmetries during jumping/landing mechanics. The P4ACL™ Program addresses leg dominance through single leg exercises designed to restore symmetry while maintaining good lower body mechanics on an unstable surface or with a distraction, such as a ball toss.
TRUNK DOMINANCE

When an athlete demonstrates excessive trunk sway or an “off balance” landing, there is increased stress at the knee due to trunk dominance. The P4ACL™ Program addresses trunk dominance through core strength and stability training to encourage proper utilization of stability muscles to maintain balance.

A CLOSER LOOK AT P4ACL™ PROGRAMS:

WHEN TO PARTICIPATE   | While the ideal timeframe to implement an ACL prevention program is still being studied, prepubescent females seem to be at no greater risk of ACL or knee injury than their male counterparts. However, during puberty, females go through a growth spurt: the hips become wider, legs longer, body weight increases and they demonstrate a change in base of support. These changes may contribute to poor movement patterns which may lead to higher ACL injury rates in adolescent females.

BENEFITS   | Participation in an injury prevention program such as the P4ACL™ Program can reduce risk of injuring the ACL by up to 70 percent – this is highly significant when it comes to increasing the chances of a long, healthy athletic career and, perhaps more importantly, improved quality of life as an adult.

HOW IT WORKS   | At The Ohio State University Sports Medicine Center, the P4ACL™ Preventive Medicine Program aims to improve jumping and landing mechanics through an intensive, individualized training program that improves body awareness, muscle activation patterns and core control. The Primary Prevention Program is targeted at preventing first-time ACL injury. The Secondary Prevention Program is aimed at preventing re-injury following initial ACL injury. The secondary program will be highlighted in the third edition of this ACL series.

THE P4ACL™ PROGRAM CONSISTS OF:

● Twelve 45-60 minute individualized neuromuscular training sessions with focused work on core strengthening and improving sport-specific mechanics.

● Two 60-90 minute testing sessions before and after training are also performed to assess changes in biomechanics.

“Though we have made great strides in the last two decades in identification of athletes at risk and in demonstration that our Neuromuscular Training paradigms are effective, we now need to combine these two preventive approaches and determine whether we can effectively reduce risk of ACL tears in the highest risk athletes,” Dr. Hewett states. “Our ultimate goal with our research is to develop strategies that result in optimal outcomes for these and for all athletes.”

The Sports Health and Performance Institute at The Ohio State University Wexner Medical Center is currently enrolling participants of the P4ACL™ Program to participate in a research study which entails 3-D motion analysis of the athlete’s jumping mechanics. This data will aid researchers in further understanding ACL injury and assist in developing additional prevention strategies.

For more information about OSU Sports Medicine and The Sports Health and Performance Institute at The Ohio State University Wexner Medical Center, please visit our website at sportsmedicine.osu.edu. If you would like to enroll in the P4ACL™ Preventative Medicine Program, please call (614) 293-2422 or email P4ACL@osumc.edu.

References:
TOURNAMENT REGULATIONS

Tournament regulations are available online at OHSAA.org by going to the individual sport homepage, under ‘Tournament Info,’ on the left side of the webpage. Tournament regulations are posted and updated once a tournament draw has occurred.
SAMPLE QUESTIONS FROM THE 2014-15 STATE TEST

The fundamental concepts of OHSAA bylaws and sports regulations are always a part of the state examination for NFHS certification. Sample questions are below, with the answers shaded and the page number listed below it from the 2014-15 OHSAA Handbook.

BYLAWS: STUDENT ELIGIBILITY

1. In order to maintain academic eligibility, a high school student must:
   a. be currently enrolled and have received passing grades in four semester courses in the last semester
   b. have received passing grades in five one credit courses or the equivalent in the preceding grading period
   c. maintain a grade point average of 1.75
   d. have received passing grades in 75% of all courses attempted in the preceding grading period.
   (Page 45, 4-4-1)

2. In order to maintain academic eligibility, a student who is enrolling in grade nine for the first time must:
   a. be currently enrolled and have received passing grades in four semester courses in the last semester.
   b. have received passing grades in five one credit courses or the equivalent in the preceding grading period.
   c. maintain a grade point average of 1.75.
   d. have received passing grades in a minimum of five of all subjects carried in the preceding grading period.
   (Page 47, 4-4-4)

4. A student may choose to attend any member high school, public or non-public and be eligible insofar as transfer is concerned:
   a. at the beginning of grade nine only
   b. during the first 15 days of any new school year
   c. one-time only during the high school years.
   d. if both principals agree to the transfer and sign a waiver.
   (Page 50, 4-7-2)

13. The following scenario shall cause a student to be ineligible for a minimum of one year in a member school:
   a. Establishing eligibility with a falsified address.
   b. Being recruited to attend a member school.
   c. Receiving merchandise from a professional sports organization
   d. All of the above.
   (Page 42, 4-1-2; page 56-57, 4-9-7 & 4-10-2)

SPORTS REGULATIONS

18. The following violation shall cause the student to lose eligibility in an interscholastic sport:
   a. Participating in a contest for a non-interscholastic team while a member of the school team.
   b. Participating in tryouts or team/group training with a non-interscholastic program, including with a college or university, in a team sport while a member of the school team.
   c. Participating in training/practice in an individual sport.
   d. Both a. and b. are correct.
   (Page 66, SR 7.2)

20. Which of the following statements is correct?
   a. A member of an interscholastic coaching staff in a team sport may coach students from the school where approved to coach in a non-interscholastic program during the school year provided the 50% player limitation is observed.
   b. Coaches may have unlimited contact with team sports participants during the summer.
   c. Coaches in all individual sports may coach students at any time during the school year.
   d. None of the statements is correct.
   (Pages 67-68, SR 7.3.2, 7.5)

22. Which of the following is a violation of the open gym/facilities regulation?
   a. The coach supervises play and removes any students who are disruptive.
   b. The coach participates with the players.
   c. The coach suggests who should play on what team.
   d. The players choose the rules for each game and determine when teams switch on and off the court/field, etc.
   (Pages 71-72, SR 10 - Open Gyms and Facilities)

23. Students in team sports and in the individual sports of cross country, track and field and wrestling may attend instructional programs:
   a. At anytime during the school year.
   b. Offered by their coaches outside the no-contact period with a limitation of no more than four players in the facility at a time.
   c. During the season of the sport as offered by coaches in non-interscholastic programs.
   d. Outside the season of the sport only for students in individual sports.
   (Pages 69-70, SR 8.2 – Instructional Programs)
From the NFHS Football Rules Book

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members.

The Coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give students special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

OHSAA Commissioner Dr. Dan Ross congratulates Minster native Katie Horstman on her induction into the NFHS National Hall of Fame last summer. Katie started the girls sports program at Minster and led the Wildcats to nine state championships (eight in track and one in cross country). Before coaching, she played in the All-American Girls Professional Baseball League in the early 1950s, which led to the movie “A League of Their Own.”
To the crowd on hand, it looked like any other officiating crew. To the crew itself, it appeared to be more like a genealogy search.

When Oak Hill played at Rock Hill Sept. 12, 2014, the officiating crew consisted of a rare circumstance: three generations of officials working a game together. Jim Mahlmeister has been in a crew with sons Mike and Jimmy since 1993. But on that Friday, a third generation joined the crew when Jimmy’s son, Justin, called with his father and grandfather along with Chuck Price and Larry Chinn.

Mike and Jimmy joined their father and both started when they were about 20, ironically Justin’s age. Justin is in his sixth season after taking the officiating class from his father as a freshman in high school and then began working youth league games. Justin said the initial feeling about working with his father and grandfather wasn’t much different than sitting around at the dinner table or watching a game on TV. Justin’s dad said he really didn’t see any difference in everyone’s approach to the game.

“Honestly, it was business as usual during the game,” said Jimmy. “Justin did a good job and there were no issues.”

Grandpa admitted he had a special feeling about his grandson. “I was thrilled to death,” said Jim, who noted that grandma Wanda Mahlmeister was on hand to watch the rare officiating feat. “He did real well and made two extremely good calls.”

The fact Justin decided to become an official was no surprise to anyone. When he was five years old he began going to games with his father. “I remember my dad holding me at an Ironton game,” said Justin. “I traveled with him to every game and stayed with him the entire game. I always wanted to be a ref.”

Like his father, Jimmy was proud of his son’s debut. However, he thinks there will be a repeat performance because his youngest son, Jimmy, 12, is following in his older brother’s footsteps.

“All in all, it was a great experience because I knew how excited Justin and Dad both were,” said Jimmy. “Plus, I was glad that (youngest son) Jimmy got to experience it as well because he idolizes Justin and wants to be like him. (Youngest) Jimmy was in the locker room and that was a huge deal to him. He wants to officiate when he is old enough. Some day we may be a five-man crew. How many grandfathers who are 72 years old can run and keep up with the young kids?”

Justin said it was relaxing to work his first varsity game with members of his family. “It was really different to walk to the middle of the field for the coin flip and meet your dad and grandfather,” he said.
OHSAA FOUNDATION STUDENT LEADERSHIP CONFERENCE IS LARGEST IN THE NATION

On October 7, 2014, more than 1,500 high school students gathered at the Ohio Union at The Ohio State University for the largest student leadership conference in the nation. Hosted by the Ohio High School Athletic Association Foundation, students had the opportunity to hear from seven speakers who spoke about focusing on improving many of student-athletes’ lives. The theme of the conference was “Building A Better You.” Student leaders from Thomas Worthington High School and Lewis Center Olentangy Orange High School helped facilitate the event.

Among the speakers were Harvey Alston, conference coordinator and national motivational speaker; Butch Reynolds, Olympic Gold Medalist; Jerome Singleton, Paralympic Gold Medalist; Jacki Windon, a former collegiate athlete and high school and collegiate coach; Dr. Gary Sailes, sports psychologist and international trainer, and Carmen Stewart, fitness expert.

Students also heard from Dom Tiberi, WBNS 10TV Sports Anchor in Columbus, who encouraged every student to take the pledge against distracted driving.
In addition to sections on the OHSAA website for each sport, member school resources, officiating, news and more, there is an "Eligibility" section that contains important information and links for member schools and parents. Some of the resources include:

- Eligibility Guide and Eligibility Checklists for Student-Athletes and School Counselors
- Index of Bylaws, Sports Regulations, Calendars, Forms and Important Documents
- Transfer Bylaw Resource Center
- Guidance Regarding Changes in State Law for Home Educated, Non-Public School Students, and Students Who Attend STEM or Community Schools
- Residence Bylaw Resource Center
- Scholarship Bylaw Resource Center
- Enrollment and Attendance Bylaw Resource Center
- Appeals Process
- Pre-Participation Physical Exam Form
- Affidavit of Bona Fide Residence Form

See the fall issue of OHSAA Magazine for frequently used items on the "Member Schools" page.

**RECENT TWITTER BITES FROM @OHSAASPORTS**

Dec. 29: Food service for those in need in Preble County aided by Shawnee's #OHSAAFoundation Game. http://bit.ly/1D2Eyls ... By @knownew_RH
Dec. 28: Are you the most energetic student section in Ohio? The #GoldenMegaphone Contest is calling your school! See rules: http://bit.ly/1f3ly1f
Dec. 26: THISDATEINOHSAAHISTORY: Dec. 26, 1907 - New OHSAA Board of Control held 3rd meeting & set 1st event: 1908 T&F state championships May 23
Dec. 23: THISDATEINOHSAAHISTORY: Dec. 23, 1939 - New Knoxville defeated Buckland, 2-0, in the lowest scoring BBSK game in #OHSAHISTORY
Dec. 18: Bob Knight to be honored & is featured speaker @OHBBallHOF Celebration & Ceremony on May 2, 2015. Details at http://ohiobasketballhalloffame.com
Dec. 18: School sports should ENHANCE academic achievement. The @NFHS_Org has these important guidelines for coaches: http://www.ohsaa.org/members/Coach/coachesGuidelines.pdf ...
Dec. 18: EVERY GAME. EVERY MATCH. EVERY RACE. EVERY TIME! It’s about Sportsmanship. Respect the Game! #OHSAASPORTS -
Dec. 17: #OHSAAMember School Open Dates as of December 17: http://ohsaa.org/members/spend.htm ...
Dec. 17: OHSAAMember School Job Vacancies as of December 17: http://ohsaa.org/members/coaches/classified.html ...
Dec. 15: Newest edition of the OHSAAMondayMinute includes winter sports manuals and much more. Read it here: http://www.ohsaa.org/MondayMinute.htm ...

**OHSAA ON THE WEB**

Frequently Used Items on the eligibility page at OHSAA.org

**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 (78 percent), officials dues (11 percent) and corporate partners (11 percent).

Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.
MORE KIDS ARE ON DRUGS TODAY – PRESCRIPTION DRUGS

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

In case you haven’t noticed, there’s been a slow but steady movement in America in recent years to seemingly have a prescription drug available for every physical and emotional discomfort and pain we experience in life. In fact, if you watch television tonight you will be amazed at just how many commercials there are that suggest no matter what problem you are dealing with, there are drugs out there that will relieve you of your distress. Of course, like most things in life, if it sounds too good to be true it usually is – and in the case of quick-fix psychiatric pharmaceutical drugs that is almost always the case, especially when you factor in the established FDA side- and withdrawal-effects.

Prescription drug usage among kids is especially concerning, particularly when it comes to side effects. For example, if your child is sometimes hyperactive, there’s a good chance he will be diagnosed with Attention Deficit Hyperactive Disorder (ADHD), then quickly placed on high-powered Schedule II drugs that may end up being more problematic than the original concerns you had about the hyperactivity and inattentiveness. What most parents do not realize is that these drugs are so powerful they are in the same category as cocaine, methadone and oxycodone – and they can lead to terrible side effects and even addiction.

Staying with ADHD for a moment, we are also seeing unprecedented rates of kids being diagnosed today, leading many to question not only the reasons for the spike in the number of kids with ADHD, but even the validity of the disorder. In other words, isn’t it actually normal that a 10-year-old sometimes squirms in his seat, doesn’t always pay attention in class and occasionally bounces around for seemingly no reason? Sadly, what used to be viewed as typical kid behaviors has morphed into what we now view as mental illness. Rather than trying new parenting skills, counseling or other educational strategies and interventions, the prevailing method of helping kids today is to drug them.

It’s concerning that today’s kids will almost always be pushed toward prescription pills if they are anxious, depressed, hyperactive or dealing with pain (like a sports injury). Rather than working to improve life skills around resiliency, the message is pretty direct: The best and fastest way to relieve your symptoms is to be placed on a prescription medication.

It is important that we all become critical consumers, especially when it comes to the drugs that are being prescribed to our children. With that said, consider some of the following the next time your child is told he or she needs to be “on something” in order to feel better.

• If you are concerned about a mental issue, make sure that your child is actually diagnosed! Too many times today we have pediatricians not trained in psychology who quickly write prescriptions simply because parents are looking for immediate answers and expect to leave the office with a prescription in-hand. Ask your pediatrician about his or her training in mental health, as well as how he or she made a diagnosis to treat your child with a mental illness.

• Ask for all the known side-effects of the medications being prescribed, and take the time needed to understand any terms you are not clear about. While it would be nice to have a medicine that is helpful and 100 percent safe, this simply isn’t the case when you use a prescription medication.

• Think about all the potential future ramifications your son or daughter will face with a mental illness label. Not only could the diagnosis lead to self-fulfilling prophecies, but there will also be future healthcare and life insurance “high risk” considerations as well.

• Think critically about the disorder your child has been assigned. If your child is sad following a game it doesn’t mean she is clinically depressed, and if your child doesn’t pay attention in a class he’s not interested in it doesn’t mean he has ADHD.

• Ask about the various alternatives to drugs whenever you can. Counseling approaches often work quite well, and, aside from the extra time needed to work with a counselor, there are no side effects to worry about (compared to drug approaches).

• If your child is prescribed a medication, pay close attention and make sure that you don’t falsely assume any subsequent problems are because of the disorder (i.e. depression), and not the medication(s). Unfortunately, many parents erroneously mistake problems that occur while on the medication belonging to the disorder, when in fact it is the drug(s) that is responsible.

• And finally, ask yourself if the problem your child is experiencing is something that be improved upon by more love, empathy, communication, understanding and positive reinforcement. This idea does not suggest that you are a bad parent, but often we as adults get caught up in our busy lives and forget or overlook the importance of simply connecting with our kids. In my experience, the more effort we put in, the better the outcomes usually are when it comes to the welfare of our kids.

Please visit www.drstankovich.com for more information about individual counseling, performance-enhancement products, and school consultations.
MARATHON – CONTINUES TO FUEL THE AMERICAN SPIRIT ACROSS OHIO

If you attended an OHSAA state championship event this fall, particularly the cross country, volleyball or football championships, you clearly noticed the positive and exciting effect that Marathon Petroleum Company has on the OHSAA, student-athletes and fans.

Marathon has been a partner of the OHSAA for nearly five years and continues to find unique elements to include in their partnership. Promotions during games, giveaways for student-athletes and designation as the “Official Sponsor of Tournament Directions” in the OHSAA Fan Guide are just a few ways they enhance the overall game experience.

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.
Marathon has had a strong presence at OHSAA events in many capacities. However, one can argue that the biggest and most positive impact it has had is through the gas card promotions at various state championship events.

This year, with the football championships moving back to Columbus, Marathon thought it would be a great idea to create a new promotion – the Marathon Power Toss!

Prior to each game, in partnership with the OHSAA, two students were selected to participate in the promotion. The students who were selected exuded exemplary spirit and enthusiasm for their school. At the end of the first quarter, the students had the opportunity to toss 10 footballs into a Marathon Gas Pump with a chance to win a $10 gas card for every ball that made it into the pump. The winning student then had the opportunity to throw a final ball for a chance to win an additional $100 gas card!

Over the course of the weekend, students won different amounts of gas cards, but the one that stood out was from the first game on Thursday night. A student from Toledo Central Catholic tossed five footballs into the Marathon Gas Pump and just missed out on the additional $100!

Football was a great success, but students from across the state could be seen winning gas cards at the volleyball championships as well. The Marathon Power Serve contest has been a fan favorite for a number of years at the Nutter Center in Dayton and this year was no different. This year a record number of gas cards were won and we hope that trend continues into the winter season.

To date, Marathon has contributed more than $10,000 in gas cards back to high school students throughout Ohio. It is evident that Marathon sees its partnership as more than just a sponsorship. The organization is truly doing all it can to enhance its role in the OHSAA member school communities through this effort and having fun while doing it.
“Marathon is proud to be a partner of the OHSAA and is pleased to see how excited the fans get for our on-site promotions at these events. This partnership is a great way for Marathon to show its support for student-athletes across Ohio, as well as have a little fun interacting with the crowds at the OHSAA State Championships!”

– Randy Flesch, Manager Eastern District – Marathon
2015 OHSAA WINTER STATE TOURNAMENT PREVIEWS
By Aaron McPherson, OHSAA Sports Information Intern

DUAL TEAM WRESTLING
WHEN: February 14
WHERE: St. John Arena, The Ohio State University, Columbus
The OHSAA Dual Team State Wrestling Tournament celebrates its third year at St. John Arena on Feb. 14. Three team state champions will be crowned as wrestlers aim to help their school add a state title. In 2014, St. Paris Graham Local and Delta repeated as champions in Divisions II and III, respectively, while Massillon Perry claimed its first dual team wrestling state title. The tournament begins at 11 a.m. with quarterfinal action and transitions to semifinals beginning at 3:30 p.m. The state final for all three divisions begins at 7:30 p.m.

BOYS & GIRLS SWIMMING AND DIVING
WHEN: February 25-28
WHERE: C.T. Branin Natatorium, Canton
The 88th annual boys and 39th annual girls swimming and diving state tournament will begin Wed., Feb. 25 as Ohio’s finest high school swimming and diving athletes compete at C.T. Branin Natatorium in Canton. In 2014, Cincinnati Ursuline Academy (girls Division I), Gates Mills Hawken (girls Division II), Cincinnati St. Xavier (boys Division I) and Dayton Oakwood (boys Division II) all took home team championships.

GYMNASICS
WHEN: March 6-7
WHERE: Hilliard Bradley High School
The 43rd annual girls gymnastics state tournament returns to Hilliard Bradley High School on Friday, March 6 and Saturday, March 7. In 2014, Brecksville-Broadview Heights claimed its 11th consecutive team state championship, while Brecksville-Broadview Heights’ Alecia Farina captured her second-consecutive individual state title with the third-highest point total in state tournament history (38.325). The team competition takes place on Friday, while the individual competition is on Saturday.

BOYS & GIRLS BOWLING
WHEN: March 6-7 and 13-14
WHERE: Wayne Webb’s Columbus Bowl
Wayne Webb’s Columbus Bowl will once again play host to the Div. I and Div. II boys and girls bowling state tournaments on two weekends. 2014 was the first year in which OHSAA bowling was split into two divisions. Warren Champion captured the first Div. II boys bowling state title, while Mechanicsburg claimed the Div. II girls title. Wapakoneta won the Div. I boys bowling championship, earning the first team state championship in Wapakoneta school history, while the Beavercreek girls won their second state bowling championship. Urbana’s Taylor Bodey bowled a single-game perfect score of 300, becoming the first girl to bowl a 300 in OHSAA state tournament history.

ICE HOCKEY
WHEN: March 12-14
WHERE: Nationwide Arena, Columbus
The 38th annual OHSAA state ice hockey tournament returns to Nationwide Arena after a thrilling seven-overtime 2014 state championship game ended in a tie between Sylvania Northview and Cleveland St. Ignatius. Nationwide Arena will host the tournament for the 13th time in 2015. The two state semifinal games will be played on Thursday with the state final to be played on Saturday.

INDIVIDUAL WRESTLING
WHEN: March 12-14
WHERE: Jerome Schottenstein Center, The Ohio State University, Columbus
The 78th edition of the OHSAA individual wrestling state tournament takes center stage at the Jerome Schottenstein Center March 12-14. Wrestlers will compete for individual state championships by weight classification, and team championships will be determined through individual point accumulation. In 2014, St. Paris Graham Local’s Micah Johnson and Dayton Christian’s Jacob Dansie made history by becoming the 26th and 27th four-time individual state wrestling champions in OHSAA history respectively.

GIRLS BASKETBALL
WHEN: March 19-21
WHERE: Jerome Schottenstein Center, The Ohio State University, Columbus
2015 marks the 40th year for the OHSAA girls basketball state tournament, which returns to the Schottenstein Center once again beginning Thurs., March 19. The divisional order for this year’s tournament is IV, III, II, I, with the Div. IV and III state semifinals on Thurs. and the Div. II and I state semifinals on Friday. All state championship games will be on Saturday in the same divisional order. Norwalk and Convo Crestview won their first boys basketball state championships last year, while Lakewood St. Edward and Lima Central Catholic captured the second boys basketball state championships in their school’s histories.
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