Teachable Moments
Sports are filled with opportunities for teachable moments that can last long after the final buzzer

Standing Strong
How Jefferson County schools are working to make a difference in the lives of local cancer patients

Out of Season Instruction FAQs
A look inside the OHSAA’s regulation that permits coaches to provide instruction after the no-contact period

Upper Arlington’s State Champion 400-yard Freestyle Relay Team

Beachwood Volleyball Joins the Fight Against Cancer
Ohio High School Athletic Association
Serving member schools, coaches, student-athletes and contest officials since 1907

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

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

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

Act with Courtesy
Speak with Dignity
Play with Pride

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Fort Loramie celebrates its 2015 Div. IV girls basketball state championship, when it defeated Waterford 55-48 at the Schottenstein Center in Columbus. The victory earned Fort Loramie its second girls basketball state championship. The 2016 OHSAA girls basketball state tournament returns to the Schottenstein Center March 10-12.
OHSAA Benefits

- No annual membership dues.
- No tournament entry fees.
- Reimbursement for some travel expenses to regional and state tournaments.
- No cost for catastrophic insurance coverage of all student-athletes.
- Opportunity to sell presale tickets to some regional and state tournament contests and keep a portion of the revenue.
- Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.

Did you Know?

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

OHSAA COMMITMENT

THE OHSAA BELIEVES THAT . . .

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

THE OHSAA IS COMMITTED TO . . .

- Establishing and regulating regular season and tournament standard for competition to be fair and equitable.
- Administering exceptional interscholastic athletics tournaments.
- Promoting that interscholastic athletics participation complements a student’s educational experience.
- Providing unparalleled leadership and customer service to our constituents that is objective, responsive and inclusive.
- Providing rulings that are swift, fair, consistent and impartial.
- Operating with openness and demonstrating fiscal accountability.
- Honoring our tradition of excellence, which has served our member schools for the past 100-plus years.
- Honoring our ultimate purpose, which is to promote lifetime values, good citizenship, academic success, ethics and fair play in safe and sporting environments.

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

Urichsville Claymont junior Tyler Warner faces Steubenville junior Tanq Wilson in the Div. II 120 lb. weight class championship match at the 2015 individual wrestling state tournament at the Schottenstein Center in Columbus. Warner was victorious and captured his third-consecutive individual wrestling state championship. Warner will look to become a four-time state champion when the 2016 OHSAA individual wrestling state tournament returns to the Schottenstein Center March 3-5.
LOOK FOR TEACHABLE MOMENTS AND MAKE THEM COUNT

When it comes to school sports, the thousands of lessons learned from every practice, every game and every season can be counted among the reasons why we are in education. They are why we teach kids about sportsmanship, respect and handling wins and losses with class.

But there are also those individual defining moments of a young person’s season or athletic career when something very good – or even very bad – happens, which could be what they remember for years to come.

We call those defining experiences teachable moments. On the positive side, it could be when a team puts it all together to win a championship. It could be when a student-athlete decides to give 100 percent or overcome adversity to have a contributing role on a team.

Negative experiences, however, can have just as a significant and lasting impression on a young person. We see these often in singular doses during a game, for example, when an official’s call doesn’t go our way, or when the tournament run comes to an end sooner than we would like. But it could also be from a big event, such as getting cut from a team or having a poor relationship with a coach. No matter how big or small the event, it is how we handle those negative experiences and show leadership and calmness in the process is what teachable moments are all about.

Kids look to their coaches and mentors for examples of how to model behavior. A coach who constantly overreacts to bad calls, for example, is setting a poor example for his team and is missing the chance to show what it means to overcome adversity and focus on the real reasons why kids play sports and all the benefits that come from playing school sports.

Teachable moments build character and maturity in young people, who don’t always have life’s experiences yet to put negative things in perspective. Those are the times when coaches, administrators, officials and fans need to show poise and discipline through rough times.

We encourage everyone to embrace this concept and look at the highs and lows of a game and a season as a chance to teach kids a lot about life. After all, they will experience that over and over again as they grow up. How they react to those highs and lows will have a far greater impact on their families and their communities than the outcome of any game.

Sincerely,

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

Steve Stirn, President, OHSAA Board of Directors

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.
<table>
<thead>
<tr>
<th>Winter 2016</th>
<th>1st Practice</th>
<th>Scrimmages</th>
<th>1st Contest</th>
<th>State Tournament/Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (Boys)</td>
<td>Oct. 30</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage)</td>
<td>Nov. 27</td>
<td>Mar. 17 – State Semis/OSU Value City Arena (Div. III and II) Mar. 18 – State Semis/OSU Value City Arena (Div. IV and I) Mar. 19 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Basketball (Girls)</td>
<td>Oct. 23</td>
<td>5 scrimmages after practice begins plus 1 preview (OHSAA Foundation Game may replace 1 scrimmage)</td>
<td>Nov. 20</td>
<td>Mar. 10 – State Semis/OSU Value City Arena (Div. III and II) Mar. 11 – State Semis/OSU Value City Arena (Div. IV and I) Mar. 12 – State Finals/OSU Value City Arena</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Nov. 6</td>
<td>None Permitted</td>
<td>Dec. 7</td>
<td>Mar. 4 – Team/Hilliard Bradley H.S. Mar. 5 – Individual &amp; AA/Hilliard Bradley H.S.</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Nov. 6</td>
<td>4 scrimmages after practice begins or 3 scrimmages/1 preview (See Preview Date)</td>
<td>Nov. 27</td>
<td>Mar. 10-12 – Nationwide Arena, Columbus</td>
</tr>
<tr>
<td>Swimming/Diving</td>
<td>Nov. 6</td>
<td>None Permitted</td>
<td>Nov. 30</td>
<td>Feb. 24-27 – Brannin Natatorium, Canton</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>Dec. 4</td>
<td>Team Tournament: Feb. 14 – OSU St. John Arena Individual: Mar. 3-5 – OSU Schottenstein Center</td>
</tr>
<tr>
<td><strong>Spring 2016</strong></td>
<td><strong>1st Practice</strong></td>
<td><strong>Scrimmages</strong></td>
<td><strong>1st Contest</strong></td>
<td><strong>State Tournament/Site</strong></td>
</tr>
<tr>
<td>Tennis (Boys)</td>
<td>Mar. 7</td>
<td>1 scrimmage prior to first match</td>
<td>Mar. 25</td>
<td>May 27 – Lindner Family Tennis Ctr, Mason (1st &amp; 2nd rounds) May 28 – Lindner Family Tennis Ctr, Mason (SF &amp; Finals)</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Mar. 7</td>
<td>None Permitted</td>
<td>Mar. 26</td>
<td>June 3-4/Ohio State Jesse Owens Stadium (Div. III, II &amp; I)</td>
</tr>
<tr>
<td><strong>Fall 2016</strong></td>
<td><strong>1st Practice</strong></td>
<td><strong>Scrimmages</strong></td>
<td><strong>1st Contest</strong></td>
<td><strong>State Tournament/Site</strong></td>
</tr>
<tr>
<td>Cross Country</td>
<td>Aug. 1</td>
<td>None Permitted</td>
<td>Aug. 22</td>
<td>Nov. 5 – National Trail Raceway, Hebron Boys III, II &amp; I; Girls III, II &amp; I</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Aug. 1</td>
<td>4 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 20</td>
<td>Nov. 4 – State Semis, Upper Arlington H.S. Nov. 5 – 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. 22</td>
<td>Nov. 4-5 – First Round Nov. 11-12 – Second Round Nov. 18-19 – Third Round Nov. 25-26 – State Semifinals Dec. 1-3 – 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. 19</td>
<td>Nov. 8 (Girls) &amp; 9 (Boys) – State Semifinals Nov. 11 (Girls) &amp; 12 (Boys) – State Championships, MAPFRE Stadium, Columbus</td>
</tr>
<tr>
<td>Tennis (Girls)</td>
<td>Aug. 1</td>
<td>1 scrimmage prior to first match</td>
<td>Aug. 12</td>
<td>Oct. 21-22 – Lindner Family Tennis Center, Mason</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Aug. 1</td>
<td>5 scrimmages after practice begins plus 1 preview (See Preview Date)</td>
<td>Aug. 20</td>
<td>Nov. 10 – State Semis/WSU Nutter Center (Div. II &amp; I) Nov. 11 – State Semis/WSU Nutter Center (Div. IV &amp; III) Nov. 12 – State Finals/WSU Nutter Center (all divisions)</td>
</tr>
</tbody>
</table>

**NOTE:** Dates and locations are subject to change.
A SENIOR PROJECT FOR THE CURE

Like many schools across Ohio, every senior at Fairfield Christian Academy in Lancaster must complete a senior project. Last fall, Sydney Tucker decided that a normal senior project just wasn’t going to cut it. So she proposed and led the first ever Volley for the Cure match at her school. Hundreds of Volley for the Cure matches take place across Ohio every fall, which raise money for breast cancer research.

In her words, Sydney explains why she chose Volley for the Cure.

“The reason I chose to do this is because of my Grandma Bonnie. She is a breast cancer survivor and I wanted to honor her fight against breast cancer, which has returned. When I first told my coaches about the idea my sophomore year, they were very supportive and said it sounded like a great idea. After our athletic director approved the event, I began thinking of multiple things I could do to raise money for the Susan G. Komen Foundation. After fundraising, collecting donations and making t-shirts, it was finally the day of the event. Seeing it all come together was amazing. At first, I was nervous because so many things could go wrong. However, everyone in my school was supportive. I decorated the gym and the concession area. When I finished decorating, I stopped and took a second to look around and see what I had accomplished so far. It was a beautiful sight. One of my fundraising events was to have people serve at targets to win prizes. At first, it began slow. Then one person walked on the court and tried serving at the target. This led to more people lining up to try. During the match we also recognized breast cancer survivors, including my Grandma Bonnie. Our efforts raised $2,700 for Volley for the Cure. Seeing people enjoy themselves for such a great cause really affects your heart. I would like to thank my school and all those who donated their time and/or money to support my senior project.”
The Huber Heights Wayne boys bowling team huddles during the 2015 OHSAA Div. I boys bowling state tournament at Wayne Webb’s Columbus Bowl. The school finished as state runner-up, as Beavercreek was victorious in the state final round, 3-2. The 2016 OHSAA bowling state tournaments return to Wayne Webb’s Columbus Bowl Feb. 26-27 (Div. II) and March 4-5 (Div. I).
STATE TOURNAMENT SELFIE

Members of the Bay Village Bay (on left) and Gates Mills Hawken (on right) 400-yard freestyle relay squads get together for a selfie on the awards podium at the 2015 state swimming championships at C.T. Branin Natatorium in Canton. Bay finished third in the race, while Hawken finished fifth. The swimming and diving state tournaments return to Branin Feb. 24-27.

FLOWER GIRLS

Gymnasts from multiple schools gather together to celebrate at the end of the state championships. The gymnastics finals return to Hilliard Bradley High School, with team competition on March 4 and individual competition on March 5.

IMPACT ACTION
SPORTS PHOTOGRAPHY
New Madison Tri-Village’s Colton Linkous and Knox Morris celebrate after winning the 2015 OHSAA Div. IV boys basketball state championship, when the Patriots defeated Canal Winchester Harvest Prep 48-46 at the Schottenstein Center in Columbus. Linkous hit the winning shot with 1.2 seconds left to give Tri-Village its first boys basketball state championship and a 30-0 season, becoming the first boys basketball team to finish 30-0 since Defiance Ayersville in 1961. The 2016 OHSAA boys basketball state tournament returns to the Schottenstein Center March 17-19.
REDISCOVER HOW TO “RESPECT THE GAME”

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

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

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

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

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

www.OHSAA.org/RTG

NFHS, STATE ASSOCIATIONS CONTINUE EFFORTS TO REDUCE RISK OF CONCUSSIONS IN HIGH SCHOOL FOOTBALL

By Bob Gardner, Executive Director, National Federation of State High School Associations (NFHS)

Football is the most popular sport at all levels in the United States, both in terms of participants and fans, and we believe it will remain the top participatory sport at the high school level for many years to come. With state laws and rules administration in place to govern removing individuals from games who have concussion-like symptoms, to the reduction of contact in practices, to the continued education efforts, the focus on risk minimization has never been higher.

Throughout its history, the NFHS Football Rules Committee has made risk minimization its No. 1 priority and will do so again in January 2016 when it meets to examine the state of the game and address the needs of the students who play the sport. The completion of the 2015 high school football season provides the NFHS and its 51 member state associations an opportunity to reflect on the work that has been accomplished in the area of player safety.

With more than one million student-athletes involved in the sport at the high school level, the NFHS and its member state associations have made risk minimization in football – and all sports – a top priority for many years.

The NFHS has a sound rules-writing process focused in significant part on risk minimization. Also, through the use of online education courses for players, coaches, officials and parents; and the adoption of state laws and protocols for concussion management, the sport of football at the high school level is as safe as it has been since the first rules were written in 1932.

With more than one million students playing the full-contact, collision sport of high school football, there undoubtedly is a degree of risk involved. But from the prohibition of spearing in the mid 1970s to the continued focus on eliminating helmet-to-helmet contact, tremendous strides have been made to reduce that inherent risk of injury.

Within the past 10 years, the following are some of the important steps taken by the NFHS and its member state associations to manage the risk of concussions in high school sports:

- 2005-present – Through the National High School Sports-Related Injury Surveillance System and Dr. Dawn Comstock, the NFHS and its member associations have used comprehensive injury data as a resource in the rules-writing process to reduce risk of future injuries.
- 2008 – The NFHS Sports Medicine Advisory Committee advocated that a concussed athlete must be removed from play and not allowed to play on the same day.
- 2009-present – All NFHS rules publications have contained guidelines for management of a student exhibiting signs, symptoms or behaviors consistent with a concussion. Such player shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.
- 2010 – The NFHS developed its “Concussion in Sport” online course at www.nfhslearn.com. More than two million courses have been taken since that time. In addition, a recent study indicated individuals who took the free course demonstrated a 40-percent higher level of understanding of concussions as compared to their pre-course knowledge base.

Players and fans of Toledo St. Francis de Sales rejoice after winning the 2015 OHSAA Ice Hockey State Championship at Nationwide Arena in Columbus. The Knights defeated Hunting Valley University School 9-4 in the state semifinals before defeating Lakewood St. Edward, 3-1, in the state championship game to claim the title. The 2016 state tournament returns to Nationwide Arena, with semifinal play scheduled for March 10 followed by the championship game March 12.
OHSAA’S SPORTSMANSHIP, ETHICS AND INTEGRITY COMMITTEE HONORS 27 SCHOOLS

Seven schools earn the second-level Harold A. Meyer Award in addition to the ‘Respect The Game Challenge’

In October, the Ohio High School Athletic Association’s (OHSAA) Sportsmanship, Ethics and Integrity (SEI) Committee announced that 27 member schools had been selected to receive school sportmanship awards from the 2014-15 academic year. The 27 schools met the ‘Respect the Game Challenge,’ while seven of those schools also earned the Harold A. Meyer Award. This is the fifth 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 announcers 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. There were no schools that achieved the highest level award, the Commissioner’s Award, last school year.

2014-15 Harold A. Meyer Award and Respect the Game Challenge Recipients

Amelia High School (Batavia)
Bishop Watterson High School (Columbus)
John Sells Middle School (Dublin)
Ross High School (Hamilton)
St. Ursula Academy (Cincinnati)
Teays Valley East Middle School (Ashville)
West Holmes High School (Millersburg)

2014-15 Respect the Game Challenge Recipients

Alliance High School (Harrod)
Bath High School (Bath)
Bowling Green Middle School (Bowling Green)
Clermont Northeastern High School (Batavia)
Conotton Valley High School (Bowerston)
Johnstown-Monroe High School
La Salle High School (Cincinnati)
Mariemont High School (Cincinnati)
Nagel Middle School (Cincinnati)
Norwood High School
Olentangy High School (Lewis Center)
Olentangy Orange (Lewis Center)
Ottawa-Glandorf High School
St. Mary Central Catholic (Sandusky)
Sycamore Junior High (Cincinnati)
Vermilion High School
Washington High School (Washington Court House)
White Oak Middle School (Cincinnati)
Zane Trace Middle School (Chillicothe)
At 5-foot-3 and 130 pounds, Inikki Mitchell of the Olentangy High School football team in Lewis Center is at best an undersized defensive lineman.

Technically, Mitchell is not a lineman at all, but a linewoman.

The senior earned a varsity letter this year for the Braves, who reached the state semifinals and finished 11-2 overall and 7-0 in the Ohio Capital Conference-Capital Division to win their second consecutive outright league championship.

She did not play many varsity downs but said it was time well spent. Mitchell assisted on a tackle in a 52-0 win over Mount Vernon on Oct. 23 and has kept the same approach throughout her career.

“Usually I try to stay close to the defense and I see what they are doing and what is going on on the field,” said Mitchell, who has been in the program her entire high-school career and has played football since elementary school. “When people switch out, I let them know what I’ve seen, like ‘you need to move your feet more’ or what I saw from the opponents’ side.

“It’s been great for me. I am just like any other football player. I come in, I have my own locker room, then walk over to (join the rest of the team). I sit in and listen to the coaches. The coaches get us hyped up on the sideline. Usually I pace the sidelines and try to help out my teammates however I can.”

Despite her relatively slight build, Mitchell said she never has played a skill position. She said she played offensive line until middle school, then moved to linebacker “for a year or two. Now, I play (defensive) line.”

Asked her top moment in the sport, Mitchell did not hesitate. “I played a couple (varsity) downs my sophomore year, then I played (junior varsity)” as a freshman, sophomore and junior, she said. “I got the winning tackle in a game last year on j.v. against Watterson.”

Away from the football field, Mitchell became the youngest student at Columbus State Community College in 2012 when she enrolled at age 14 as an eighth-grader at Hyatts Middle School.

Mitchell and her younger brother, sophomore running back Malcolm Mitchell, are the latest members of their family to wear Olentangy blue and gold. Their older brother, 2014 graduate Maleke Mitchell, was a running back under both former coach Ed Terwilliger and current coach Mark Solis, who came to the Braves before the 2013 season.

Maleke Mitchell rushed for 171 yards and four touchdowns on 24 carries as a senior in 2013.

As Olentangy posted a resounding 41-7 win over previously undefeated Worthington Kilbourne on Oct. 15, Malcolm Mitchell took some time to think of his older brother and perhaps the lowest point of Solis’ first season at Olentangy, when the Braves went 8-2 and missed the playoffs.

“I was here when we lost 33-0 (to Kilbourne in 2013) and my brother was playing,” Malcolm Mitchell said. “I hated that feeling and wanted us to have a different type of energy. We did. We came together so well.”

Malcolm Mitchell identifies with his sister in at least one respect. “To be a (defensive) lineman and face guys who are 300 pounds … I don’t know how she does that, honestly,” he said. “I am a running back and I hate to go against linemen. It is not fun.”

dpurpura@thisweeknews.com
Not only does Inikki play football and lacrosse, SHE has excelled academically. She took her first class at Columbus State Community College when she was in the eighth grade and has a 4.112 overall grade point average. Inikki is also a published writer, winning the grand prize in the 2010 Amazing Kids Magazine international short story writing contest with her story titled "Freedom." Inikki was named Miss Academic Achievement for the State of Ohio in the National American Miss 2013 competition.

Inikki and her brother, Malcolm, stand together before an Olentangy game last fall. Another brother, Maleke, also played football for Olentangy and attends the University of Kentucky.
For the third consecutive year, eight Jefferson County boys and girls high school soccer teams gathered at Harding Stadium in Steubenville, Ohio, on the first Saturday of October for a one-day soccer tournament called “Together for a Cure.” While soccer was the on-field feature, Together for a Cure means much more than just a game to the student-athletes, parents, coaches and community members of Jefferson County. This day provides true perspective for its participants and has rallied four Jefferson County schools and communities to make a difference in the lives of cancer patients and families in their area.

“Our motto is eight teams, four schools, one goal, together we care,” said Rhonda Clevenger, head organizer of Together for a Cure, which raised approximately $11,500 in 2014. Final numbers for 2015 are being gathered.

The groundwork for Together for a Cure started in 2012 when a soccer player’s parent in the community was diagnosed with breast cancer. Seeking to make a difference for the parent and family, local boys and girls high school soccer teams began raising money for the family in need. The grassroots effort by these teams morphed into what is now Together for a Cure.

“It came about as ‘let’s pass around (a jar) at a game and get some assistance for these people,’” said Clevenger. “Then it grew from there. We said we can do something much bigger.”

Steubenville, Steubenville Catholic Central, Richmond Edison and Wintersville Indian Creek boys and girls soccer teams participate in the tournament, which is a culmination of fundraising efforts by student-athletes of the eight teams and event organizers. The day of the event showcases a large variety of gift baskets made up of items donated by local retailers that are then raffled for donations. A silent auction made up of donated items, ticket sales and concession sales also contribute to the funds generated by Together for a Cure.

All funds generated go to the T.E.A.R. (Trinity Emergency Assistance Relief) fund, a local affiliate of the Trinity Health System Foundation that provides financial relief to cancer patients and their families. The TEAR fund’s mission is “to provide modest emergency assistance for individuals diagnosed with cancer in order to lessen the burdens associated with cancer diagnosis and treatment.”

Each person approved for emergency relief by the TEAR fund is eligible for $1,000 in aid, which goes toward emergency situations including assistance with transportation, durable medical equipment, insurance and medication co-pays and more.
“We use this money from A to Z for emergency needs,” said Susan Miller, Oncology Patient Advocate for the TEAR Fund. “One of our biggest things we use the money for is transportation. If people can’t get back and forth for treatment, they just forgo treatment, which is a shame. So we’ll pay for gas cards for them to come to treatment. Some of them come every day for radiation treatment. You name it, we help with it.”

The TEAR Fund was chosen by Together for a Cure because the money goes back to patients in need in the local community. Overall, the TEAR Fund has brought in and distributed over $300,000 to local patients and families, with Together for a Cure playing a significant role in the amount of funds available from the TEAR Fund.

“It’s a wonderful connection and it’s been an awesome relationship,” Miller said. “Together for a Cure has raised so much money for us. I wish the people working here could see the impact it has when you tell someone, ‘I can help you with that.’"

Clevenger and other event volunteers and organizers are excited and motivated by the impact Together for a Cure has had on the TEAR Fund and, subsequently, the difference made in the lives of cancer patients and families in Jefferson County. “Just hearing the stuff that we were able to help with when speaking with Susan last year, I said, ‘I’m in,’” Rhonda said. “That’s what keeps us going – hearing what they’re able to do.”

At the end of each soccer game, players from each of the eight teams release pink balloons in honor of the lives lost to cancer, a disease that has impacted so many.

“Everyone has been touched by cancer, somewhere, somehow,” said Martha Duff, Together for a Cure volunteer from Steubenville Catholic Central High School. “Anyone who lives around Steubenville knows that sports are very serious in this community and they’re very school-oriented, so it’s very cool to have the schools coming together because that’s the bigger reality of life, to work across those lines. This brings the valley together as people.”

When funds have all been collected, the 2015 Together for a Cure soccer tournament raised $19,678.80 for the TEAR Fund. This event has brought together four schools to make a difference in the lives of others, and has accomplished and exceeded its goal. This initiative and these people stand tall and together against cancer. Together, they care.
The Battle for the Golden Megaphone Challenge was introduced this past winter to promote sportsmanship and positive school spirit from the students, fans and communities of our member schools. Over 50 schools submitted photos and videos of their student sections, of which Dayton Carroll, Batavia Amesia, Delaware Buckeye Valley, Columbus Bishop Hartley and Akron St. Vincent-St. Mary were selected as finalists. Buckeye Valley was recognized as the 2015 Golden Megaphone Challenge winner.
JASON HIX
Athletic Director Spotlight

Jason Hix serves as activities director at Marion Elgin High School, a position he has held since 2005. Hix is a 1993 graduate of The Ohio State University with a bachelor’s degree in secondary education and a 2005 graduate of Nova Southeastern University with a master’s degree in technology integration. He is a former coach at the middle school and high school levels and feels that his coaching and teaching experience prepared him for the position.

“Coaching four different sports from the middle school to the varsity level helped prepare me tremendously for the position of Activities Director,” Hix said. “When I was teaching and coaching I organized a couple of school trips that really helped me realize how important it is to plan ahead for the unexpected and focus on the details.”

Since becoming activities director at Elgin in 2005, Hix feels that the biggest changes have come in technology and coaching courses.

“There have been a lot of technological changes during the last 11 years, especially with the implementation of the myOHSAA system, and now the transition to ArbiterSports,” Hix said. “There has also been a significant increase in the requirements to be a coach with the addition of the fundamentals of coaching class and the concussion class.”

Hix’s advice for new and young athletic directors is to seek mentorship from colleagues and solace from family.

“First, find a veteran A.D. that you can talk to when you have a problem or issue that you need help with. Second, make time for your family. You can’t put more hours in the day, or more days in the week, so try to get your family involved in your job whenever possible and try to dedicate as much time as possible to your family when you’re not at work.”

As an athletic director at a small school, Hix believes that a broad knowledge base is the best asset to possess. “For small school A.D.s, try to learn as much as you can about everything you can,” Hix said. “You might be the scoreboard repairman one day, and the football field painter the next day. Don’t be afraid to ask for help, and remember to take care of those who help you.”

Hix believes strongly in the values, lessons and outcomes learned through participating in education-based athletics. “I think the most fulfilling thing for me as an Activities Director is the fact that we (athletic directors) are responsible for the activities that a large majority of kids enjoy the most during their high school experience,” Hix said. “When classes get together for their reunions decades after graduation, a large part of the conversation and memories that are shared is centered on the extracurricular activities that everyone participated in when they were in high school.”

OHSAA Tournaments are About Representation

Conducting tournaments based on representation means that preliminary tournaments in a defined geographic area of the state produce winners that move onto larger tournaments in a larger geographic area, and so on, all the way to the state tournament.

Each of the OHSAA’s six District Athletic Boards play an important part in the sports that have sectional and district tournaments. Since the early days of the OHSAA, the state has been divided into six districts, and the task of funneling six districts into four regionals has been one that includes formulas, ratios and months of organization and preparation.

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

Swimmers explode off the starting blocks during the 2015 OHSAA Swimming & Diving State Tournaments at C.T. Branin Natatorium in Canton. The action returns to Branin Natatorium this winter with the four-day state tournament Feb. 24-27.
UNDERSTANDING THE OUT-OF-SEASON INDIVIDUAL INSTRUCTION REGULATION

After the no-contact period has ended, OHSAA General Sports Regulation 8.2 allows school coaches to provide individual instruction for up to four student-athletes at a time.

In the fall of 2013, the OHSAA Board of Directors approved an additional general sports regulation that now permits school coaches the ability to provide individual instruction to a student-athlete outside the season of play except during a no-contact period. Previously, instruction was only permitted during the season and then for 10 days during the summer period (June 1-July 31), meaning the new regulation provides significant opportunity for coaches, but also presents concerns for administrators, student-athletes and parents.

Why Was This Regulation Enacted?
Previously, student-athletes who wished to obtain instruction outside the season were basically forced to go to private “hitting coaches” or “pitching coaches” or “shooting coaches,” etc., often at considerable expense. The OHSAA’s Board of Directors heard repeated proposals by various recognized coaches’ associations to permit school coaches the ability to provide that same instruction outside the school season. A committee was created and met for nearly 18 months to develop a recommendation to the Board that would allow school coaches this opportunity. The recommendation was not to increase any “team coaching” or “team training” outside the season of play. The Board approved the recommendation as part of the OHSAA’s General Sports Regulations.

What is Permitted?
School coaches (approved by Boards of Education or other governing boards) are now permitted to provide individual instruction to no more than four individuals at a time. To define and clarify this, no more than four individuals are permitted in all combined facilities where the instruction is taking place. There is no time limit, no defined period of time, etc., except that instruction cannot take place during defined no-contact periods and participation cannot be mandatory. As stated, it was not designed to permit more team practice time. (School coaches can work with their teams for 10 days during June and July.)

Are there Multiple Interpretations?
Back when the summer ‘10 day rule’ was enacted, it took little time for coaches to develop their own interpretations that were not clearly stated. This new regulation was vetted carefully and many scenarios were addressed prior to releasing it to coaches and school administrators. Both coaches and administrators were included in the different scenarios and the “Q and A’s” associated with this regulation have been updated frequently and provided to coaches and are posted within the OHSAA’s online “Coaches Corner” page.

Which Sports are Affected by this Regulation?
Sports affected by this regulation include the “team sports” of baseball, basketball, field hockey, football, ice hockey, soccer, softball and volleyball, along with the selected individual sports of cross country, track and field and wrestling.

Who is Affected by this Regulation?
Any individual who supervises or instructs student-athletes in a school is required by Ohio Administrative Code to receive a Pupil Activity Coaching Permit through the Ohio Department of Education and must be approved by a school’s board of education (or other governing body), regardless of whether they are paid or a volunteer. Therefore, all coaches (paid or volunteer) are bound by this (and all other) OHSAA regulation.

Huber Heights Wayne and Westerville South met in last year’s Div. I state championship at Value City Arena. Wayne was victorious, 65-57, to claim its school’s first basketball state title.
JERRY SNODGRASS

Jerry Snodgrass joined the OHSAA in August 2008 as assistant commissioner. For the previous 31 years he served as a high school teacher, coach and athletic director, including the last 25 years at Findlay High School. Snodgrass was elected president of the OHSAA Board of Directors for the 2008-07 school year and is a trustee for the OHSAA Foundation.

PUPLI ACTIVITY PROGRAM/COACHING PERMIT INCLUDES CPR, FUNDAMENTALS OF COACHING AND CONCUSSION COURSE

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

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

**Additional Coaching Requirements**

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

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

For more information and to locate the form, log on to the OHSAA's Sports Medicine page for the direct link to the ODE permit section.

OHSAA ANNOUNCES PARTNERSHIP WITH ARBITERSPORTS

Responding to requests from member school athletic administrators and Ohio High School Athletic Association licensed officiating assigners to provide enhanced tools to assist them in the day-to-day management of their sports programs and event officials. The OHSAA and ArbiaterSports have partnered to provide member high schools with a comprehensive scheduling and event management software designed to manage their programs more efficiently than what is currently available through myOHSAA. Only the scheduling portion of myOHSAA is being replaced with ArbiaterSports products beginning with the 2016-17 school year.

The transition to ArbiaterSports is being implemented by a group of athletic administrators and athletic administrative assistants from across the state. This Arbiter Transition Team has developed a timeline for implementation, including statewide training of ArbiiterOne, ArbiiterGame and ArbiiterPay.

ArbiiterOne is the product used to electronically contract sport officials. ArbiiterOne allows the officiating assigner to create an event and contract officials for a school. Its other products were developed from the demands of athletic and recreational sports departments looking for one location to manage all its contest needs.

ArbiiterGame is a comprehensive event management software for schools that integrate with ArbiiterOne. The combination of these two products allows an athletic administrator to schedule games, manage teams, create rosters, arrange transportation, change venues and times, send important notifications, review officiating crews, pay officials and other game staff electronically, and track the entire process online from start to finish. ArbiiterGame also interfaces with SchoolDude, allowing schools using SchoolDude to fully capitalize on their ability to save money through enhanced facilities management.

ArbiiterPay allows users of ArbiiterOne and ArbiiterGame to electronically pay officials and game workers, accurately and on time. Electronic payment eliminates costs for paper checks, envelopes, postage and the personnel to print, stuff and address checks for US Mail. Checks never have to be reissused if lost or stolen. ArbiiterPay has all federal and state rules built in and automatically generates 1099s. Money saved from electronically paying officials pay for the minimal costs associated for this product.

The features included in ArbiiterOne, ArbiiterGame and ArbiiterLive will replace the scheduling and officiating contracting tools in myOHSAA. Member schools will continue to use myOHSAA to fulfill their OHSAA membership requirements including, but not limited to, the submission of the OHSAA participation card, tournament entry, tournament officials voting, staff management and certifications.

The OHSAA will provide ArbiiterOne, ArbiiterGame and ArbiiterLive accounts to each member high school at no charge (normal annual cost: $425). For OHSAA member junior high schools that want or require a separate account, the OHSAA has negotiated with ArbiiterSports to provide these products at a reduced annual fee of $110 (normal annual cost: $225).

With the assistance of the Arbiter Transition Team and ArbiiterSports, answers to questions are available through an interactive “ArbiiterSports Resource Center” located on the OHSAA website. The OHSAA encourages member schools and assigners to check this resource center often and to review the FAQs. Specific software support questions go directly to Arbiter (support@arbitersports.com or phone 800-311-4060).

INSIDE THE OHSAA OFFICIATING WEBSITE

Current Officials
- Local Rules Meetings
- Ejection Form
- NFHS Now Offering Rules Books Online as E-Books
- Renew Permit
- Concussion Education Courses
- Change Permit Status or Personal Information (Includes Military Service)
- Regular-Season and Tournament Assignments
- Forms
- How Your Annual Dues Work for You
- Officials Uniforms, Equipment, Supplies, General OHSAA Gear
- Requests for Officials
- Officiating Clinics and OHSAA-Sponsored Meeting Credits
- Officials Insurance Program | Aflac for Officials
- OHSAA Photographer Regulations
- OHSAA Directors of Officiating Development Bulletins

How to Become an OHSAA Official
- Permit Types, Classifications and Certification Process

OHSAA Officiating Leadership
- The OHSAA Officiating Department
- OHSAA Directors of Officiating Development Sport-Specific Information, Bulletins and Contact Information
- Rating and Voting PowerPoint Presentation
- State and Local Rules Interpreters
- Officials Assigners | Assigners Manual | Officials Voting Instructions
- Local Officials Associations and District Administrators

2015 OHSAA Officiating Hall of Fame Induction Class
Front Row (Left to Right): Galen Harris, Sue Sheck, Marie Anthony, Sherry Reamanyder (wife of Bryan), Elizabeth Van Tine. Back Row (Left to Right): James Peterfish (son of Robert), Brian Spangler, Ken Kaiser, Eugene Wodzisz, Pat Porter, Melvin Staats, Bret Billhardt (nephew of Dolores), John Gurney, Joseph Grimes, Jr.

OFFICIALS STATEMENT OF BELIEFS
1. WE believe that the recruitment of officials is most successful by individuals through local associations.
2. WE believe that training leads to enjoyment in officiating and in turn leads to retention of officials.
3. WE believe that continuing education leads to talented and competent officials.
4. WE believe that the OHSAA must support officials through training, education and action.
5. WE believe that reward and recognition of officials creates enthusiastic officials.
6. WE believe that strong leadership must be present in all local associations.
7. WE believe that a strong officiating program and competent officials creates a positive experience for student-athletes.

BEAU RUGG
Beau joined the OHSAA in the fall of 2012 on an interim basis and was hired full-time as assistant commissioner on Feb. 14, 2013. He oversees the OHSAA’s officiating program and is the administrator for the sports of football and wrestling. On the officiating side, he coordinates the licensing, registration and renewal process for nearly 17,000 OHSAA officials and works directly with each sport’s Director of Officials Development, rules interpreters, officiating instructors, officials assigners and local officials associations and secretaries which includes interpreting contest rules, tournament regulations and assignments among many other duties.

A native of Newark, Ohio, Beau holds two degrees from The Ohio State University. He has also completed doctoral work in physical education/sport management with a minor in business management. From 1986 to 2011, he was an assistant or associate director with OSU’s Department of Recreational Sports. He was a registered OHSAA contest official in football (six state tournament assignments) and basketball for over 30 years. He was the manager of the OHSAA State Track & Field Tournament for the past 22 years and worked the OHSAA State Individual Wrestling Tournament for the past 25 years.

OHSAA DIRECTORS OF OFFICIATING DEVELOPMENT
Baseball – Dan McGinnis
Basketball – Dennis Morris
Field Hockey – Rick Pollak
Football – Bruce Maurer
Gymnastics – Lori Powers-Basinger
Ice Hockey – Gary Wilkins
Soccer – Don Muenz
Softball – Jerry Fick
Swimming & Diving – Ken Gipe
Track & Field – Dale Gabor
Volleyball – Diane Plas
Wrestling – Jim Vreeland

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THE OHSA FOUNDATION

The OHSAA Foundation was created over 10 years ago to provide resources for enhancing education opportunities and services for Ohio’s student-athletes.

The Foundation was established as a 501(c)(3) organization and is separate from the OHSAA. The Foundation is governed by its own volunteer Board of Trustees. The mission of the Foundation is to “provide leadership and service opportunities for Ohio student-athletes, and all funds raised are used to fulfill our mission.”

The OHSAA Foundation created a new statewide community service initiative in 2008 called “OHSAA Foundation Service Week.” OHSAA Foundation Service Week provides an opportunity for Ohio student-athletes to:

• make a positive impact in their community
• provide educational experiences for all students
• receive community service credit towards graduation

Foundation Service Week is highlighted by a “Foundation Game.” Member schools participating in Foundation Service Week are permitted to use one of their five allotted basketball scrimmages to play a regulation game with all funds raised used to allow the Foundation’s continuation or their sponsor(s) makes a $250 contribution for those in need. Each participating school and collected food, clothing and other items generate in excess of $500,000 for charitable programs.

Through this initiative, Ohio student-athletes, and all funds raised are used to fulfill our mission.”

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Foundation Service Week is highlighted by a “Foundation Game.” Member schools participating in Foundation Service Week are permitted to use one of their five allotted basketball scrimmages to play a regulation game under all normal game conditions. Foundation Games do not count against a team’s record. Through this initiative, Ohio student-athletes generate in excess of $500,000 for charitable organizations and causes across the state and collected food, clothing and other items for those in need. Each participating school (or their sponsor(s)) makes a $250 contribution to the OHSAA Foundation, which is used to allow the Foundation’s continuation of its leadership conferences and providing education materials for student-athletes in ALL sports.

Contact the OHSAA for information on the OHSAA Foundation Student Leadership Conference Oct. 6 hosted by The Ohio State University

OHSAA FOUNDATION BOARD OF TRUSTEES

Steve Craig
Tom Hof
Bill Hosket
Jim Lachey
Linda Logan
John Muhlbach
Clair Muscaro
Mike Richards
Dr. Dan Ross
Jerry Snodgrass
Steve Stinn
Amy Taylor-Sheldon
Rock Van Fossen
Duane Warns

OIAAA PROVIDES CONTINUOUS TRAINING AND LEADERSHIP FOR SCHOOL ATHLETIC ADMINISTRATORS

The Ohio Interscholastic Athletic Administrators Association (OIAAA) has provided professional training and guidance for school athletic administrators for over half a century with Ohio member schools. As one of the fastest-growing professional organizations of its kind in the country (currently the fourth-largest athletic directors’ association in the country), the OIAAA focuses upon the educational values of interscholastic athletics in our schools.

During the past year, the OIAAA has helped Ohio athletic directors receive important training and professional development opportunities. Among the many initiatives available have been:

• “NEW A.D. WORKSHOP” – This one-day event, held in conjunction with the OHSAA’s annual “New Administrators’ Workshop” on the following day, provided important “start-up” planning tips and strategies for new athletic administrators. Over 95 first-year or newer ADs attended this session and were connected with mentoring opportunities to assist in their successful transition into the athletic administrator’s role.

• “NEW A.D. WEBINARS” – These monthly, one-hour sessions have served as “life-line” opportunities for newer ADs to learn from some of the experienced athletic administrators around the state; specific, “real-life” situations that all ADs encounter are discussed with best-practice solutions offered. Additionally, OHSAA assistant commissioner Jerry Snodgrass has offered important guidance in each webinar that specifically relates to parallel OHSAA rules and regulations. These webinars continue through the end of the school year on the following dates:
  • Jan. 13, Feb. 9, March 8, April 12 and May 10

All webinars are held live from 9:30-10:30 a.m. each date and are free. For registration information, go to: http://oiaaa.org/news/2015/09/15/listen-to-the-september-a-d-webinar/

• “ANNUAL STATE ATHLETIC ADMINISTRATORS CONFERENCE” – The 2015 State Conference held in mid-November once again broke records for attendants and vendors. Over 14 hours of CEU credit along with college credit from Ashland University for athletic directors in attendance was available.

• “OIAAA OUTREACH PROGRAMS” – With the support of the OIAAA’s affiliate organization (National Interscholastic Athletic Administrators Association, NIAAA), the organization has been able to offer free training courses to improve the quality of athletic administration within schools. “Leadership Training Institute” (LTI) Courses are four-hour courses certified by the North Central Association of Colleges and Schools (NCA); this is the same accreditation organization that certifies the academic quality and excellence within all of our schools and universities. Through the OIAAA “Outreach” Initiative, target groups of athletic administrators have been provided free courses in order to “jump-start” their professional development within the interscholastic athletic culture. Last May, athletic directors in the Cincinnati and Dayton Public School Districts were provided these free courses with fourteen (14) individuals earning their Registered Athletic Administrators (RAA) certification. During the winter of 2016, athletic directors in the Cleveland, Akron and Canton Public School Districts will be provided “Outreach” training, free of charge.

• “SUMMER INSTITUTE TRAINING” – In collaboration with the OHSAA, the OIAAA will offer a variety of training sessions specific to enhancing education-based athletic programs in mid-June of 2016. In addition to a “New A.D. Workshop” session, additional LTI courses will be offered along with training to enhance best-practice within the interscholastic athletic program. Look for additional information concerning the Summer Institute coming out in mid-Winter.

Toledo Rogers’ Breyynn Hampton-Bey drives down the lane for a layup during the 2015 OHSAA Div. I girls basketball state semifinal vs. Beloit West Branch at the Schottenstein Center. Rogers defeated West Branch 51-37 to advance to the state championship, finishing as state runner-up after falling to Kettering Archbishop Alter, 57-42. The 2016 OHSAA girls basketball state tournament returns to the Schottenstein Center March 10-12.
OHSAA Structure

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

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

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

DID YOU KNOW?
MEMBER FINANCIAL BENEFITS
Among the many benefits of OHSAA membership are five advantages tied specifically to finances:
1. No annual membership dues
2. No tournament entry fees
3. Reimbursement for some regional and state team tournament travel expenses
4. Keep a portion of presale tickets for selected tournaments
5. No cost for annual catastrophic insurance premium

In addition, did you know that the OHSAA receives no tax money of any kind? The OHSAA’s operating budget is comprised of three main revenue sources: ticket sales from tournament events (80 percent), officials dues (10 percent) and corporate partners (10 percent).

Annually, an average of $2.6 million is distributed to schools in the form of travel reimbursements and ticket bonuses.

BOARD REPORT
2015-16 OHSAA BUDGET

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<tr>
<th>Sports Tournament</th>
<th>State Office</th>
<th>District Athletic Boards</th>
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<tr>
<td>Totals</td>
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<td>Fall Sports</td>
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<td>Other Service Expenses</td>
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Total | $12,715,000 | $205,847 | $12,715,000 | $205,847

OHSAA State Office Revenue

District Athletic Board Revenue

OHSAA State Office Expenses

District Athletic Board Expenses
THE PARTICIPATION AWARD DEBATE: SHOULD KIDS WHO DON’T PLAY STILL GET “REWARDED?”

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

There is growing debate within American youth and interscholastic sports today whether kids who simply participate in sports (but don’t win, and in many cases, don’t even play) should be given participation awards. Critics argue that rewarding a kid with a ribbon, certificate, medal or varsity letter is unwarranted and irresponsible unless it is earned from on-field success.

Advocates of participation awards see things differently. They believe kids who work hard until the end of the season (even if they don’t see much of the field) still deserve to be recognized. They would argue even further that it’s quite the task to stick it out an entire sports season if you’re not playing much, making a participation award hardly more than a token measure for their efforts.

At the high school level, student-athletes receive “participation awards” in the form of varsity letters. While it is true that some student-athletes earn a letter because of on-field success, many others receive a letter for simply being on the varsity team regardless of how much they play. It doesn’t seem as though this model has corrupted high school sports in any way, nor does it appear to have set up high school boys and girls for a future adult life where they adopt a mindset of doing little yet expecting to be rewarded (what critics suggest happens when you dole out participation recognition awards to everyone).

Breaking down the issue of participation awards, there are pros and cons to the argument:

PROS
• Reinforces effort, persistence and stress coping skills.
• A participation award is expected to be smaller in magnitude when compared to winners of league championships, thus not deprecating the value for winning in athletics.
• Inspires some kids to continue honing their skills, resulting in increased ability and success.
• Builds self-esteem and confidence.
• Helps with identity development and allowing kids to feel more a part of the team.

CONS
• Critics argue kids haven’t done anything to deserve an award.
• Unsupported accusations that rewarding kids for merely being on the team will lead to lazy adults who expect rewards for doing nothing.
• Critics say that providing awards to losing teams diminishes the value of the winner’s trophy.

Clinically speaking, it’s tough from my perspective to see any real threats for future psychological problems when examining the effects of giving young athletes participation awards (conversely, I can see plenty of potential good). As for the argument that these kids will eventually develop into lethargic adults who expect to be rewarded without accomplishing anything, that assertion is not only unfounded, but I would actually argue the opposite. Specifically, that participation awards carry a greater potential for inspiring future hard work than they do providing examples that “everyone wins in life for just showing up.”

I believe what is at the heart of this debate has less to do with providing an award and more to do with discriminating the winners from losers by providing different awards (meaning winners should get bigger trophies, so to speak). Kids who are rewarded for effort, persistence and resiliency (even if they don’t play much), many healthy things are likely to happen. First, there is greater incentive to play hard and win, as the reward is bigger and more attractive, in theory. Participation awards also promote team cohesion, identity and morale. Finally, participation awards are a relatively simple way to say “great job” to athletes who are committed to the team, but maybe not quite athletic enough to be a starter.

The participation award debate is a big topic in sports today, prompting high school athletic directors and coaches to examine their philosophies about how varsity letters should be awarded in their respective schools. While there may be danger in rewarding every kid (regardless of on-field success) the same way through a participation award, there are also positive effects to weigh when looking at how these awards inspire and motivate kids for future sport and life success.

www.drstankovich.com

Lyndhurst Brush senior Trenton Miller looks to bowl a strike during the 2015 OHSAA Div. I state tournament at Wayne Webb’s Columbus Bowl. Miller finished as the fourth overall individual bowler. The 2016 OHSAA boys and girls bowling state tournaments will be at Wayne Webb’s Columbus Bowl, February 26-27 and March 4-5.

DR. CHRIS STANKOVICH

Dr. Chris Stankovich is professional athletic counselor, media personality, and author in the field of sport performance science. His doctorate degree is from The Ohio State University, with an emphasis in sport and health psychology. Known as “The Sports Doc” for his work on NBC 4 Columbus, he has developed an entire life skills product line designed to help student athletes excel on and off the field. To learn more please visit www.drstankovich.com

Twitter: @drstankovich

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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.

Fuel Up with Chocolate Milk
Schools are an ideal place for children to learn about good nutrition and healthy eating habits. Dairy foods provide nine essential nutrients for growth and good health. Making nutrient-rich milk, cheese and yogurt available at school, where kids consume half their daily calories, helps ensure they get the vitamins and minerals they need. Whether you’re a school food service director, an administrator, educator, parent or student, our tools can help you enhance or expand opportunities for students to make healthy choices.

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

For more information, tips and resources, please visit; https://www.drink-milk.com/schools/tools-for-schools/

Spotlights continued on pages 26 and 27.
Student Leaders Stand Up to Cancer with Help from Partner Fifth Third Bank

The 2015 OHSAA Student Leadership Conference was highlighted with corporate partner Fifth Third and its support of Stand Up to Cancer. Two schools were chosen to show leadership by displaying how they fight against cancer. With a social media campaign and Stand Up to Cancer night during the regular season, Thomas Worthington and Worthington Kilbourne showcased resounding community support and leadership in the fight against cancer in our local communities.

With one of the most successful at-event activations of their #howifight campaign, Fifth Third and Stand Up to Cancer acknowledged both schools at the student leadership conference, provided a photo booth to commemorate the event, as well as charged all other student leadership attendees to take back what they learned from the conference to their communities to continue to show #howifight against cancer in Ohio.

For more information and how to become involved, please visit; https://www.53.com/about/sponsorships/stand-up-to-cancer.html

Nationwide Children’s Hospital – Official Sports Medicine Provider

When schools and organizations partner with the OHSAA Official Sports Medicine Provider, Nationwide Children’s Hospital, they receive athletic training and access to comprehensive care from the top leaders in sports medicine.

Nationwide Children’s Hospital works with coaches, athletic trainers and parents in many school districts throughout central Ohio to provide treatment for concussions and sports injuries. As well as helping athletes learn to prevent them in the first place.

For more information, please visit; http://www.nationwidechildrens.org/sports-medicine
Wells Fargo CollegeSTEPS® Program
OHSAA corporate partner Wells Fargo would like to help you and your students plan for college. Wells Fargo has a variety of online tools and information to help students and families find answers to their college questions:

- CollegeSTEPS® program: receive college planning tips, tools, and resources by email by signing up at wellsfargo.com/collegeguidance
- Wells Fargo Community: get your college questions answered and share helpful information with others at wellsfargocommunity.com
- Student LoanDownSM blog: check out conversations focused on the entire college experience at blogs.wellsfargo.com/studentloandown

In addition to the programs listed, Wells Fargo is the exclusive sponsor of the Go College Now program, which helps provide students and parents with the tools they need to prepare for college.

For more information and step by step resources, please visit;
http://www.gocollegenow.org

Play Hard. Don't Blink – Free Eye Safety Gear
The Ohio Ophthalmological Society’s Play Hard. Don’t Blink. sports eye safety program works with leagues and individuals in Ohio to promote the use of protective eyewear to reduce the number of sports eye injuries in Ohio’s young players. From baseball and softball helmets with face masks to sports goggles, including prescription sports goggles, you can get the eye injury protection you need to prevent youth sports eye injuries at no cost!

To receive your free eye safety gear, please visit;
http://www.playhardgear.com
SPORTSTIME OHIO AND TIME WARNER CABLE

SportsTime Ohio (STO) and Time Warner Cable (TWC) are the official television partners of the OHSAA and provide exclusive coverage of many OHSAA state championship events, including the 2016 swimming finals (on TWC), the 2016 dual team and individual wrestling finals (on TWC), the ice hockey state championship game (on STO) and the girls and boys basketball state championship games (on STO).

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

OHSAA RADIO NETWORK

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

STATE TOURNAMENT DVDS FOR SALE

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

2016 OHSSAA 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 fourth annual OHSSAA wrestling dual team tournament returns to The Ohio State University’s St. John Arena Feb. 14, as 48 teams across three divisions will look to capture a state championship. In 2015, Brecksville-Broadview Heights (Div. I) won its first dual team wrestling state championship, while St. Paris Graham (Div. II) and Delta (Div. III) earned their third-consesctive state titles.

BOYS & GIRLS SWIMMING AND DIVING
WHEN: FEBRUARY 24-27
WHERE: C.T. BRANIN NATATORIUM, CANTON

The 89th annual boys and 40th annual girls swimming and diving state tournament will take place at C.T. Branin Natatorium Feb. 24-27. In 2015, Upper Arlington won its 10th-consecutive girls Div. I state championship, Gates Mills Hawken was the girls Div. II state champion to earn its 17th-straight state title, Cincinnati St. Xavier took home Div. I boys state champion honors to claim its 36th state title, and Cincinnati Seven Hills claimed the boys Div. II state championship to earn its first state title in school history.

GYMNASTICS
WHEN: MARCH 4-5
WHERE: HILLIARD BRADLEY HIGH SCHOOL

Hilliard Bradley High School will host the 44th annual OHSSAA girls gymnastics state tournament. Team competition will take place on Fri., March 4 and individual competition will be Sat., March 5. In 2015, Brecksville-Broadview Heights won its 12th-consecutive gymnastics state championship and Brecksville-Broadview Heights junior Alexia Farina claimed individual state champion honors in the all-around competition for the third-straight year.

BOYS & GIRLS BOWLING
WHEN: FEBRUARY 26-27 AND MARCH 4-5
WHERE: WAYNE WEBB’S COLUMBUS BOWL


ICE HOCKEY
WHEN: MARCH 10-12
WHERE: NATIONWIDE ARENA, COLUMBUS

The 39th annual OHSSAA ice hockey state tournament returns to Nationwide Arena in Columbus, with state semifinal action scheduled for Thurs., March 10, and the state championship game slated for Sat., March 12.

INDIVIDUAL WRESTLING
WHEN: MARCH 3-5
WHERE: JEROME SCHOTTENSTEIN CENTER, THE OHIO STATE UNIVERSITY, COLUMBUS

The 79th annual OHSSAA individual wrestling state tournament returns to the Jerome Schottenstein Center Thurs., March 3 through Sat., March 5, as wrestlers across three divisions will compete for individual state champion honors and team champions will be determined through individual point accumulation. In 2015, St. Paris Graham junior Alex Marinelli and Uhrichsville Claymont junior Tyler Warner earned state champion honors in their respective weight classes for the third-straight year. This year, both will look to become the 28th and 29th four-time state champions in Ohio. Lakewood St. Edward (Div. I), St. Paris Graham (Div. II) and Dayton Christian (Div. III) earned team state champion honors.

GIRLS BASKETBALL
WHEN: MARCH 10-12
WHERE: JEROME SCHOTTENSTEIN CENTER, THE OHIO STATE UNIVERSITY, COLUMBUS

The 41st OHSSAA girls basketball state tournament will be held at the Jerome Schottenstein Center in Columbus, Thurs., March 10 through Sat., March 12. State semifinals in Divisions III and II will be played Thursday, state semifinals in Divisions IV and I on Friday and state championship on Saturday, with the divisional order being III, II, VI and I. 2015 state champions were West Chester Lakota West (Div. I), Kettering Archbishop Alter (Div. II), Versailles (Div. III) and Fort Loramie (Div. IV). Lakota West earned its first girls basketball state championship and Archbishop Alter, Versailles and Fort Loramie claimed their second state titles.

BOYS BASKETBALL
WHEN: MARCH 17-19
WHERE: JEROME SCHOTTENSTEIN CENTER, THE OHIO STATE UNIVERSITY, COLUMBUS

The 2016 OHSSAA boys basketball state tournament will be Thurs., March 17 through Sat., March 19, as the tournament will celebrate its 94th year. State semifinals in Divisions III and II will be played Thursday, Divisions VI and I state semifinals on Friday and state championship on Saturday, with the divisional order being III, II, VI and I. Last year’s state champions were Huber Heights Wayne (Div. I), Defiance (Div. II), Cleveland Villa Angela-St. Joseph (Div. III) and New Madison Tri-Village (Div. IV). Wayne, Defiance and Tri-Village earned their first boys basketball state championships, while Villa Angela-St. Joseph captured its sixth state title.

Hilliard Bradley High School will host the 44th annual OHSSAA girls gymnastics state tournament. Team competition will take place on Fri., March 4 and individual competition will be Sat., March 5. In 2015, Brecksville-Broadview Heights won its 12th-consecutive gymnastics state championship and Brecksville-Broadview Heights junior Alexia Farina claimed individual state champion honors in the all-around competition for the third-straight year.
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