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MESSAGE TO PARENTS AND STUDENT ATHLETES

This handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. We are pleased with your interest in the athletic program. We believe that a comprehensive program of student activities is vital to the educational development of our students.

Participating in an athletic program is a privilege. As an athlete, you are held to higher standards in the classroom, on the field and in the community. You are representing many people, including past athletes, your family, the community, the school, your coaches and fellow athletes. Your involvement in athletics can be very rewarding.

As an athlete, you have to carry yourself with tremendous pride. You must wear the uniform proudly. Your actions constantly reflect on others. You must realize that you are a role model for the younger members of the community. As an athlete, you have an opportunity to set a good example for those who follow you.

As students elect to participate, there are many questions that both you and your son/daughter may have regarding the athletic program. The purpose of this handbook is to answer as many questions about the policies of the program as possible (i.e., keep students and parents as informed as possible in order to assist in making the athletic experience a positive one for our student athletes). We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program.

Sincerely,

Pete Laihr, Athletic Director
Pickerington High School Central

Mark Aprile, Athletic Director
Pickerington High School North

STATEMENT OF PICKERINGTON ATHLETIC PHILOSOPHY

The Pickerington Athletic Program, 7-12, should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost!" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

"Education is a social process . . . Education is growth . . . Education is not preparation for life, Education is life itself."

John Dewey, American Philosopher, Educator

REQUIREMENTS FOR PARTICIPATION

You are not eligible to participate in any sport until the following are completed:

1. Prospective athletes must meet with the athletic director and/or principal prior to the first day of participation to cover rules and regulations found in the Athletic Handbook.
2. Athletic Responsibility Acknowledgment Form/Student Data Sheet (purple/gray card) must be on file, signed by parents and the athlete.
3. The physical examination must be completed and the card on file in the athletic office.
4. Emergency Medical Form (blue card) needs to be signed by the parents and returned to the coach.
5. Academic eligibility requirements must be satisfied.
6. A pre-season drug test must be completed and on file in the athletic office (9-12 only).
7. All uniform and other fees including "Pay to Participate" fees need to be paid (if applicable).
8. You must be officially enrolled with the guidance office and have the proper paperwork on file.

ATHLETIC DEPARTMENT POLICIES

1. PARENTAL ACKNOWLEDGMENT OF ATHLETIC POLICIES

At the beginning of each school year or at the time a student tries out for an athletic team, he/she will be presented with this handbook and all necessary forms and information for participating in athletics.

Each parent/guardian and athlete shall read all of the material and certify that they understand all athletic department rules and regulations of the Pickerington Local School District and the OHSAA. The signed document(s) will be placed on file in the athletic office for the current school year.

2. PHYSICAL EXAMINATION

OHSAA physical examination forms for all participants shall be signed by a physician, the participant, and by a parent or legal guardian, and must be on file in the athletic director's office before any candidate for a team may participate in any way. These forms necessitate the physician's certification of the individual's physical fitness no less than once each school year. Students are encouraged to get their physicals during the summer months. Physicals expire at the end of the school year. Physical records will not be carried over from school year to school year.

3. SCHOLASTIC ELIGIBILITY REQUIREMENTS (IGDJ-REG-1) (Effective June 14, 2010)

To be eligible to participate in interscholastic athletics, grades 7-12, all students will be required to meet certain standards established by the Ohio High School Athletic Association and the Pickerington Local School District Board of Education. These standards are as follows:

I. Minimum Grade Point Average (1.75)

1. Maintain a 1.75 GPA per grading period:

- A. Eligibility for each grading period is determined by the grades received the preceding grading period. An athlete will be eligible or ineligible for the next grading period beginning with the fifth school day after the end of each grading period. Eligibility or ineligibility would remain until the fifth school day after the end of the next grading period.

For eligibility purposes, new 9th grade students will have established their GPA if they took any junior high school course(s) for high school credit (e.g., if a student took Spanish only and received a "C", their 9th grade GPA for eligibility purposes would be 2.0).

A student enrolled in the first grading period after advancement from eighth grade must have passed a minimum of five of all subjects carried the preceding grading period (last grading period of 8th grade year) in which the student was enrolled.

- B. A student who fails to earn a 1.75 grade point average per grading period, shall be granted one period of probation during his/her junior high school career, provided they have no F's at the junior high level, and one period of probation during his/her high school career, provided they are passing the 5 classes set by OHSAA at the high school level. A period of probation is defined as one grading period. Example: a student who fails to meet the 1.75 GPA, will receive one grading period of probation, and may be eligible on the fifth day of the next grading period provided they meet all other eligibility requirements.
- C. Students for whom an Individualized Plan (IEP) or 504 Plan is on file, at the time he/she would be declared ineligible under the above standards, (minimum GPA) shall automatically be afforded a review of their case. The review shall be conducted by the principal or designee, athletic director, the student's guidance counselor and the student's special education/regular education teacher. This review committee shall have the right to waive the eligibility requirement if, in their professional judgment, the student has made a reasonable effort to meet the standard.

II. Pickerington Local School District Eligibility Policy (6/06)

All student athletes, 7-12, shall have their grades checked at interim and at the end of the grading period.

- A. High School students, 9-12, must be passing at least 5.0 credits, or the equivalent, at interim and at the end of the grading period. (6/06)
- B. Under Board Policy, Junior High (7-8) students shall not be permitted to participate if they are failing any course on their current class schedule on an interim basis (4.5 weeks). Those students declared ineligible will be ineligible on a week-to-week basis with that grade(s) monitored weekly. Should the grade(s) rise to passing at the end of one week of ineligibility, the student athlete will be ruled eligible. (6/06)
- C. For the purpose of determining a student's grades, teachers shall use grades from the current grading period only (i.e., grades are not accumulative from one grading period to the next).
- D. A student athlete who is ineligible under the interim standard may practice, travel and sit on the bench with the team by mutual consent of the parent and coach. (6/06)
- E. Changes in athlete eligibility will become effective on the start of the fifth school day after the end of the grading period and will last until five (5) days after the next grading period ends (summer school is not included). Due date of interims and the conclusion of each nine weeks will be established on a yearly basis as determined by the school calendar. (6/06)
- F. Teacher grade reports not returned on time will not be used to calculate eligibility or ineligibility.
- G. There is no probationary period permitted for this standard.

III. Ohio High School Athletic Association (OHSAA) Requirements (6/10)

A. High School - Bylaw 4-4-1

During the preceding grading period, the student must have received passing grades in a minimum of five (5) one-credit courses, or the equivalent, which count toward graduation.

B. Junior High - Bylaw 4-4-5

A student enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of the previous academic achievement. Thereafter, in order to be eligible, a student in grade 7 or 8 must be currently enrolled in school the immediately preceding grading period and received passing grades during that grading period in a minimum of five (5) of those subjects in which the student received grades.

C. High School and Junior High - Bylaw 4-4-3

The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective.

D. High School - Bylaw 4-4-4

A student enrolled in the first grading period after advancement from eighth grade must have passed a minimum of five (5) of all subjects carried the preceding grading period (the last grading period of 8th grade) in which the student was enrolled.

E. High School and Junior High - Bylaw 4-4-7

Summer school grades and other educational options may not be used to substitute for failure to meet the academic standards specified in Bylaw 4 during the last grading period of the school year.

IV. NCAA Eligibility Center

Any high school credit class taken prior to the ninth grade will not count toward eligibility for a student athlete's participation in Division I and Division II college athletics. Please see your guidance counselor or the NCAA Eligibility Center website for more information. (www.eligibilitycenter.org)

4. CODE OF CONDUCT - 12 month rule

All athletes shall abide by a code of conduct which will earn him/her the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, hazing, disrespect, immorality or violations of the law tarnish the reputation of everyone associated with the athletic programs and will not be tolerated. This code shall be in effect for 12 months a year, 24 hours a day, for those who made the team. If you make the team and quit, the code still applies. If an athlete is cut, the code does not apply. The code of conduct applies for one calendar year after the conclusion of the last sports season in which the athlete participated.

Penalty: The penalty shall range from a minimum of 10% prohibition of participation for the season or succeeding season to a maximum of permanent prohibition of participation.

5. HAZING (JFCF)

No employee shall encourage, permit, condone or tolerate any hazing activities and no student, including leaders of student organizations, shall plan, encourage or engage in a any act of hazing. Finally, adults who are volunteering their services to students as chaperones are also responsible for enforcing this policy.

Hazing is defined as any act of coercing another, including the victim, to do any act of initiation to any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

6. TRAINING RULES AND REGULATIONS - 12 MONTH RULE

Any student using or possessing alcohol or tobacco, or using, possessing, buying or selling counterfeit drugs, look-alike drugs, illegal drugs or any substance represented to be an illegal drug, shall be prohibited from participating in interscholastic athletics. This rule shall be in effect 12 months a year, 24 hours a day for those who made the team. If you make the team and quit, the rule still applies. If an athlete is cut, the rule does not apply. The training rules apply for one calendar year after the conclusion of the last sport season in which the athlete participated.

"Illegal drugs" or "drugs"- any substance, as included in schedules I through V of 21 USC 802(6), which any individual may not sell, offer to sell, exchange, give, possess, use, distribute or purchase under state or federal law. This definition also includes all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used in any way other than for medical purposes, in accordance with the directions for use provided in the prescription or by the manufacturer. This definition includes nicotine.

Penalties:

A. First violation - use or possession

1. The penalty for a first violation will be prohibition from athletic participation (contests) for a minimum of 50% of the scheduled contests of that sport. Any remaining percentage of the prohibition of participation not served shall be applied toward the next sport in which the athlete participates. Any student disciplined for the first violation may practice with his/her team. He/she may travel with the team and sit on the bench. He/she cannot be in uniform. All training rules and requirements of the sport team must be followed by the athlete during the period of prohibited participation.
2. The athletic director, upon request of the athlete, may reduce the prohibition to a minimum of 20% of the athlete's current and/or next occurring season's athletic contests, provided:
 - a. The athlete agrees to complete a program of counseling as established by the athletic director. (An unexcused absence from a session will immediately reactivate the original prohibition of participation.)
 - b. The athlete agrees to revoke any leadership positions, such as, but not limited to, team captain, and will not hold any leadership positions on athletic teams for the remainder of the school year.
 - c. The athlete must attend practice. He/she must travel with the team. He/she must sit on the bench with the team. He/she cannot be in uniform.

B. Second violation - use or possession

1. Upon confirmation of the second violation, athletic participation (practice and contests) will be prohibited for one full calendar year.
2. The athletic director, upon request of the athlete, may reduce the prohibition to a minimum of 50% of the athlete's current and/or next occurring season's athletic contests provided:
 - a. For tobacco violations: The athlete participates in a professional counseling clinic, workshop or seminar as approved by the athletic director. The professional counseling will be at the expense of the athlete and must be completed prior to resuming athletic competition.
 - b. For alcohol/drug violations: The athlete is assessed by a certified professional agency and follows the assessment recommendations at his/her expense. Assessment must include evaluation reports sent to the athletic director. Assessment must be completed prior to resuming athletic competition.

- c. The athlete agrees to revoke any leadership position, such as, but not limited to, team captain and will not hold any leadership positions on athletic teams for the remainder of the school year.
- d. The athlete must attend practice. He/she must travel with the team. He/she must sit on the bench with the team. He/she cannot be in uniform.

C. Third violation - use or possession

- 1. The student athlete found in violation of the training rules a third time shall be prohibited from athletic participation for the remainder of their athletic career.
- 2. After one calendar year from determination of his/her guilt, an appeal can be made to the appeals board for reinstatement contingent upon substantiated rehabilitation.

D. First violation - sale, distribution or host

The student found in first violation of sale, distribution or hosting will be treated the same as second violation for use or possession. However, if the athlete has not completed the youth intervention program or tobacco workshop, it must be completed at this time. (An unexcused absence from a session will immediately reactivate the original prohibition of participation.)

E. Second violation - sale, distribution or host

The student found in second violation of sale, distribution or hosting will be treated the same as a third violation for use or possession.

PENALTY DEFINITIONS FOR CODE OF CONDUCT AND TRAINING RULES

- A. To calculate the percentage of penalty for prohibition, the number of regular season contests scheduled will be used for each respective sport.
- B. When a penalty results in a prohibition of a partial contest, the fraction will be rounded up to the nearest whole contest.

Example: 3.49 contests will be 3 contests
 3.50 contests will be 4 contests

- C. A prohibited athlete who has a carry-over penalty into a succeeding sport must complete the season in good standing in order for the prohibition to be credited to that sport.
- D. Any sophomore, junior or senior athlete who is serving a prohibition from participation will not be permitted to serve their prohibition by going out for a sport for the first time.
- E. Eighth grade violations with penalty time remaining will carry over into the 9th grade year.

7. SELF-REFERRAL

- A. This applies to drug and alcohol use violations only.
- B. Further violations will be counted as a student's second offense.
- C. The student/athlete must complete an intervention or prescribed treatment program as established by the athletic director.
- D. The student/athlete will be required to take a drug test at the request of the coach and/or athletic director, in season or out of season, for the balance of the school year.
- E. A positive test will result in the denial of participation as a second offense.
- F. Self referral may be used only once in a student's lifetime.
- G. If self referral is the result of "being caught", then there is no self referral and the first violation penalties will be imposed even if it is discovered after the fact.

8. PROHIBITIONS (POLICY IGD-REG-2)

The superintendent, or other school district administrative personnel, are authorized to prohibit a student from any or all athletics and extracurricular activities for a violation of the athletic code of conduct, the student code of conduct, athletic training rules, OHSAA requirements or any other rules or regulations of the school district, school, coach or advisor that are applied to students, student athletes or students participating in athletics or extracurricular activities.

Prior to any prohibition in athletics, the athlete will be given the opportunity to informally meet with the coach, athletic director or other school district personnel to challenge the reasons for the prohibition or to otherwise explain his or her actions. Any prohibition will be determined by the superintendent or other school district administrative personnel. The provision of the informal meeting, or any other due process, is not applicable in the case of normal disciplinary procedures in which a student is removed from the athletic activity for less than one day of athletic activity.

9. APPEALS PROCEDURE (POLICY IGD-REG-2)

An athlete may appeal a prohibition from athletics to the activities appeal board. The board shall be made up of the assistant principal in charge of appeals and four (4) teachers. The appeal shall require the following:

- A. The written appeal must be presented to the assistant principal within three (3) school days following the date on the notice of prohibition from athletics.
- B. The assistant principal in charge shall mail or otherwise provide a decision, in writing, to the student regarding the appeal.

- C. The decision of the appeal board shall be final and not subject to any further appeal.
- D. During the time any appeal is pending, all penalties in this policy shall be enforced.

10. ATTENDANCE

- A. Students who are absent from school and determined to be excused by the attendance office may participate in practices and contests. Students who are absent from school and determined to be unexcused by the attendance office may not participate in practice or contests. Blanks (no designation of excused or unexcused on the attendance report) will be dealt with as unexcused until, and if, determined otherwise.
- B. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence was excused.

11. INDIVIDUAL SPORT RULE

Coaches will establish additional rules and regulations for their respective sports. Penalties will be designated/handled by the respective coaches (with the exception of prohibitions which is governed by policy IGD-REG-2).

12. CHANGING SPORTS / SAME SEASON

Once an athlete attends the first five (5) days of practice of a sport (i.e., football), he/she may not quit and try out for another sport (i.e., cross country) that is being conducted simultaneously, unless the two coaches (i.e., head football and head cross country) mutually agree to the change. If an athlete is cut from the squad (i.e., football), he/she may try out for a second sport (i.e., cross country) at the discretion of the coach of the second sport (i.e., cross country).

13. DUAL SPORTS SEASONS

A student may participate in two sports at the high school level (i.e., cross country and golf) during the same season if both coaches (i.e., cross country and golf) agree, and the administration approves, based on whether or not dual participation will result in conflict in the requirements of the two sports. Junior high level students are not permitted to participate in two sports during the same season.

14. FINANCIAL OBLIGATIONS AND EQUIPMENT

- A. Uniforms - In several sports, the athlete will be required to purchase their game uniform, or a portion of their game uniform, which will become their property.
- B. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment/uniforms are to be worn for contests and practice only. All equipment/uniforms not returned in good condition at the end of the season will be subject to a financial penalty.
- C. Only uniforms issued and/or approved by the athletic department will be permitted to be worn for contests.

15. VACATIONS POLICY

Vacations during an athlete's season are discouraged! However, if a vacation is unavoidable:

- A. contact head coach prior to the vacation;
- B. an athlete must practice one day for each practice or contest day missed prior to resuming competition (contest day will count as a practice day); and
- C. be willing to assume the consequences related to your status as a starter, 2nd string, 3rd string, etc.

16. TRAVEL

- A. All athletes must travel to and from away athletic contests in transportation provided by the athletic department.
- B. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- C. Athletes who miss the bus will not be allowed to participate in the contest. If there are extenuating circumstances involved that caused the athlete to miss the bus, the coach may allow the athlete to play only if the athlete's parent/guardian transports him/her to the contest. The final decision is up to the coach.
- D. All regular school bus rules will be in effect, including rules pertaining to food, noise, remaining in seats, care and respect for equipment.

17. TRAVEL RELEASES

Under certain circumstances where it creates an inconvenience to the family, athletes may be excused from riding either to or from an athletic event in school authorized transportation. This privilege is to be kept to a minimum since our philosophy continues to be that an athlete is a part of a team in all phases of team activity.

To ride on private transportation:

- A. a travel release form must be requested by the athlete;
- B. parents must make arrangements with the athletic director, in advance of the trip, by having the approved travel release form on file in the athletic director's office on the day of the trip;
- C. the athlete will be released to the parent(s) or designated adult by the coach upon presentation of a copy of the approved travel release form at the contest; and
- D. athletes will not be allowed to ride home with a student.

18. CONFLICTS IN SCHOOL-SPONSORED EXTRACURRICULAR ACTIVITIES

An individual who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position to have a conflict of obligations. Students need to be cautious about participating in too many activities where conflicts might occur.

When conflicts do arise, the coach and sponsor of the activity will get together and try to work out a solution so that the student does not feel caught in the middle. If a conflict cannot be resolved, the principal will make the decision based on the following:

- A. the relative importance of each event;
- B. the relative contribution the student can make;
- C. how long each event has been scheduled; and
- D. a talk with the parents.

Once the decision has been made and the student follows that decision, he/she will not be penalized in any way by the coach or faculty sponsor. If it becomes obvious that a student cannot fulfill the obligations of both school activities, he/she should withdraw from one.

19. CONFLICTS IN NON-SCHOOL-SPONSORED SPORTS

Student athletes participating in non-school-sponsored sports along with school sports are expected to treat the school sport as the primary priority. Involvement in a non-school-sponsored sport should never conflict with a school sport. In the event that it does conflict, the student athlete will face penalties ranging from decreased playing time and game prohibitions to permanent prohibition from the school sport.

20. RISK OF PARTICIPATION

All athletes and parents must realize the risk of serious injury which may be the result of athletic participation. Pickerington Local School District will use the following safeguards to make every effort to eliminate injury:

- A. use only state certified coaches; and
- B. instruct all athletes about the possible dangers of participation in a particular sport.

21. INSURANCE

Pickerington Local School District does not provide accident or health insurance coverage for athletes participating in interscholastic athletics. It is the responsibility and a requirement of the parents to maintain an active accident and health policy while their child is participating in sports. The school district does offer a supplemental accident insurance policy at the beginning of each school year to all students. Information on this policy can be obtained from the school office or athletic director.

22. TRYOUTS

- A. Once students are enrolled in school, students can try out for the team. However, they will not be permitted to participate in any contest until all enrollment paperwork has been completed and all grades and other pertinent records have been received from their previous school.
- B. Students can “go out” for a non-cut sport after the season starts at the discretion of the coach. In sports that cut, no new or current students will be considered after the designated tryout period. See 28D under Transfers for more information.
- C. Should a student be sick or injured prior to or during a try-out period, that student may have a delayed try-out at the discretion of the coach.

23. OPEN GYMS/FIELDS/COURTS, ETC.

- A. All open gyms/fields/courts, etc. must follow the guidelines of the OHSAA (refer to OHSAA handbook; Sports Regulations rule #6).
- B. In-season athletes (OHSAA sponsored sports) shall not be permitted to attend an open gym/field/court, etc. held by a coach of an out-of-season school sport.

24. DRESS CODE (6/06)

- A. All OHSAA and National Federation rules and policies must be followed regarding equipment and uniforms for practices and contests.
- B. All student athletes (male and female) must adhere to the school dress code.
- C. Students must wear an appropriate shirt at all times during any school contest, practice, open gym/field/run (no sports bras, spaghetti strapped tops, half or cut off shirts, etc. unless worn under a proper shirt). Students may not go shirtless in or out of the building, weight room, playing fields, etc. Tank tops are permitted.
- D. Students must wear appropriate athletic shorts/pants while practicing.
- E. Shoes must be worn at all times, especially in the weight room. Sandals and flip-flops are permitted in transit before and after practices/contests.
- F. For sanitary reasons, shirts must be worn in the weight room at all times.

25. PARTICIPATION ON INDEPENDENT TEAMS (OHSAA BYLAW: 10-3-1 through 10-3-7)

Participation by an athlete in a non-interscholastic program (tryouts, practice, contest) while he/she is a member of the school squad in the same sport is prohibited. Penalty for violation is ineligibility for the remainder of that season.

Bylaw 10-3-4 of the Ohio High School Athletic Association (OHSAA) allows athletes to try out for, practice, and compete in non-interscholastic programs prior to and after the school season, during the school year, under the following conditions:

- A. The number of players from the same school squad (roster) is limited, as follows: soccer-5; baseball/softball-4; volleyball-3; basketball-2. Football squad members are prohibited from non-interscholastic participation. This rule is not in effect from June 1-July 31.
- B. An athlete may have no contact with the school coaching staff in a non-interscholastic program except from June 1-July 31.
- C. Penalty for violation of out-of-season regulations (except a senior) is ineligibility for the ensuing season. For a senior, the penalty is ineligibility for all sports for the remainder of the school year.

26. AGE (OHSAA BYLAWS: 4-2-1 AND 4-2-5)

- A. High school students (9-12) must be under the age of 19 prior to August 1st of the school year. Bylaw 4-2-1
- B. Junior high school students (7-8) must be under the age of 15 prior to August 1st of the school year. Bylaw 4-2-2

27. RESIDENCE (OHSAA BYLAWS: 4-6-1 THROUGH 4-6-3)

- A. A student must live in the school district.
- B. A student establishes residency when the parent or legal guardian of the student resides within the school district attendance boundaries and the student lives in the household.
- C. Refer to OHSAA bylaws 4-6-1 through 4-6-3 for the complete residency rule.
- D. Violation of this rule will result in forfeiture of all contests in which the non-resident participated in.
- E. A change in custody must be approved by the commissioner of the OHSAA to remain eligible.

28. TRANSFERS (OHSAA BYLAWS: 4-7-1 THROUGH 4-7-8)

- A. Transfer from another school (public or private), without a change in residence of the parents, shall make the student ineligible for one year.
- B. A transferring student may be ruled eligible by the commissioner of the OHSAA if legally released by formal action of the board of education of the former school.

- C. Refer to OHSAA bylaws 4-7-1 through 4-7-8 for the complete transfer rule.
- D. PLSD Rule - If an athlete moves to the "other" school's attendance area he/she must transfer to the new school. See 22B under Tryouts for more information.

29. VARSITY LETTER REQUIREMENTS

A. Criteria That Pertains To All Sports

1. An athlete must complete the season in good standing with the school and coach.
2. An athlete who moves from one level of competition to another will letter at the level of highest competition provided meeting combined requirements.
3. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
4. Injury rule - Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter if, in the coach's judgment, he would have met the lettering requirements.
5. In a sport where OHSAA tournament play is sponsored, an athlete may letter if they become a starter and play 75% of the quarters, innings, matches or score team points in individual competition in tournament play regardless of other lettering criteria.

B. Baseball/Softball

A player needs to participate in one-half of all innings played, or pinch-hit or pinch-run in three-fourths of all games played, or be a pitcher with at least four starts or six appearances in games, and/or win one tournament game.

C. Basketball - boys and girls

1. Athletes must participate in 50% of the quarters of the regular scheduled games.
2. Athletes brought up to the varsity squad for tournament play only WILL NOT be awarded a varsity letter unless previously earned.

D. Cross Country

1. An athlete must attain the time indicated below at a meet during the season on a legitimate 5000m course. If the length of the course is questionable, the coach will have the final decision as to its legitimacy;

Boys: a time of 17:59 or better

Girls: a time of 22:59 or better

or

2. Run on the Varsity Seven in at least 50% of the races in a season.

E. Football

1. An athlete must play in at least one-half of the total number of regular season quarters.
2. A player must play two consecutive plays to receive credit for a quarter.
3. An athlete who plays a key position (i.e., punter, kick-off specialist, return man, extra-point kicker) in 50% of the regular season contests.

F. Golf (6/06)

A player must earn a point total to one half the number of matches played in a given season. As an example, if the team plays in eighteen matches during the season, a player must earn nine points to letter. Players will earn one point for playing in a nine-hole match and will earn two points if they play in an eighteen-hole tournament or invitational.

G. Soccer

1. An athlete must participate in 50% of the halves of the regular scheduled games.
2. Athletes brought up to varsity squad for tournament play only WILL NOT be awarded a varsity letter unless previously earned.

H. Swimming (boys and girls)

An athlete must:

1. score an average of three points per dual meet during the season;
2. compete in minimum of 80% of dual meets; and
3. have 80% attendance for workouts.

I. Tennis (boys and girls)

Earn as many points as there are matches - one point given for playing in a match and one point given if you win the match.

J. Track (boys and girls)

An athlete must meet one of the following:

1. average one point per meet;
2. score in the OCC meet or meet with 8 teams (excludes relays);

3. meet one of the following standards during regular scheduled meet on varsity schedule; or

Boys		Girls	
<u>event</u>	<u>/ standard</u>	<u>event</u>	<u>/ standard</u>
110 hurdles	- 16.5	100 hurdles	- 18.5
100	- 11.5	100	- 13.9
1600	- 4:50	1600	- 6:29
400	- 53.0	400	- 72.5
300 hurdles	- 44.0	300 hurdles	- 55.0
800	- 2:08	800	- 2:51
3200	- 10:40	3200	- 14:15
200	- 23.4	200	- 29.0
pole vault	- 10'	pole vault	- 7'6"
high jump	- 5'10"	high jump	- 4'8"
long jump	- 19'0"	long jump	- 13'6"
shot put	- 43'	shot put	- 27'
discus	- 115'	discus	- 80'

K. Volleyball

An athlete must participate in 50% of the games played.

L. Wrestling

An athlete must score a combined total of 30 team points and team points saved during the season in varsity competition. In tournaments, points for advancement, quality of match and placement shall be awarded according to the National Federation Rule Book. One-half of the points scored in Divisions II or III varsity competition shall count towards the varsity letter.

M. Statisticians

All students who have been selected to compile statistics for a sports team must do so satisfactorily for the entire season.

N. Managers

Any student who manages at both practice and contests satisfactorily for the entire sports season is entitled to the appropriate awards for that sport. To earn a varsity jacket, he must be a manager in two sports on the varsity level or earn two awards in the same sport, one of which must be at the varsity level.

O. Cheerleaders

Pickerington Schools sponsors varsity, reserve, freshman and junior high cheerleading teams for fall and winter sports. Each team consists of students selected on the basis of personality, appearance, voice and physical ability to perform cheerleading routines.

Cheerleaders are considered the same as an athlete and, therefore, are required to adhere to all rules and regulations of the athletic department.

The cheerleader awards will parallel the regular athletic awards system and will be made only upon the recommendation of the coach.

All persons selected to respective squads must complete the season and have met 75% of contest and practice requirements.

P. Student Aide (Athletic Training) (6/06)

Any student who assists the Certified Athletic Trainer at no less than half the total hours of pre-practice and practice time and no less than half the total hours of pre-competition and competition time for a single sport.

A student must assist the Certified Athletic Trainer for a minimum of two sports seasons in the same school year or the same sport for two years.

An athlete who participated in a minimum of one sport season and finished the sport season in good standing must assist the Certified Athletic Trainer for a minimum of one sports season in the same year.

30. AWARDS

A. OHSAA bylaw 5-1-1: Any award for participation in interscholastic athletics which may be accepted by the student from any source shall consist of those items which do not exceed \$200.00 in value.

B. Varsity

1st year awards: 7" chenille award letter and Chevron which indicates one year of lettering and certificate (Note: should the athlete letter in another sport, he/she will not receive a second chenille letter.)

2nd year award: Chevron and certificate

3rd year award: Chevron and certificate

4th year award: Chevron and certificate with a 6" sport plaque indicating the recipient as a four year varsity letter winner.

Championship Award: Letter winners of a varsity team that wins a league, district, regional or state championship will receive a chenille emblem of that sport which will indicate the championship.

C. Individual Varsity Awards

Football: most valuable, back of the year, lineman of the year, most improved, top offensive player, top defensive player

- Basketball: most valuable player, outstanding defensive player, most rebounds in a season, most improved player, best free throw percentage
- Wrestling: most valuable wrestler, most improved wrestler, most take downs, most fall
- Soccer: most valuable player, most sportsmanlike player, most improved player, best offense, best defense
- Cross Country, Volleyball, Golf, Tennis, Baseball, Swimming, Softball, Track: most valuable player, most improved player, other awards as determined by the athletic director upon recommendation of the coach

D. Non-Letter Varsity

All members of a varsity athletic squad who successfully complete an athletic season for a particular sport, but who have not earned ample points for a varsity letter, are to be awarded a varsity participation certificate.

E. Non-Varsity

All members of freshman and junior high athletic squads who successfully complete an athletic season for a particular sport are to be awarded an award certificate and patch. Second year junior high award will be a second certificate and patch.

All members of reserve athletic squads who successfully complete an athletic season in a particular sport are to be awarded an award certificate and numerals indicating the year of graduation. Second year reserve award will be a certificate and a JV pin.

F. Scholar Athlete Awards

1. Marcus Hanna (Central) / Donald E. Heft (North) Senior Scholar Award

This award is presented each year at senior assembly to the senior girl and senior boy who maintain a high scholastic average along with athletic excellence. The recipients are chosen by a vote of the athletic board at the May meeting.

2. All other awards are distributed by a vote of the coaches.

G. Athletic Achievement

The Pickerington Athletic Department will honor athletes or teams that have distinguished themselves athletically while attending either high school or college, etc. The procedure for recognition of outstanding achievement in athletics will be outlined in one of the three following ways:

1. Hall of Champions

A team that wins a league, district, regional or state championship will have a 16 x 20 team picture displayed noting the championship won.

2. Wall of Honor

a. Individual athletes who achieve recognition for athletic accomplishment while in high school will have an 8 x 10 color picture displayed with a record of their accomplishments.

b. The criteria for selecting athletes for this honor shall be:

- (1) The athlete must be an acceptable school citizen and a credit to the community.
- (2) The athlete must maintain an acceptable and positive image to the school to continue to be honored on the wall.
- (3) The athlete must be a contributing member of a Pickerington High School Central/North athletic team.

FAILURE TO MAINTAIN THESE THREE CRITERIA WILL RESULT IN REMOVAL.

- (4) An athlete who is selected for All-State honors will be given automatic nomination by the athletic board if he/she:
 - (a) finishes in the top 8 in the state meet in wrestling, track and field or swimming/diving and is in the state quarter finals of the state cross country meet;
 - (b) is selected by AP newspapers or by coaches' vote to All-State first or second teams in the team sports of football, volleyball, basketball, soccer, golf, softball or baseball, or be selected to play in a statewide All-Star game;
 - (c) cheerleading - must achieve 3 out of the following 5 criteria:
 - finishes in the top ten at a state equivalent individual competition;
 - finishes in the top five in regional individual competition;
 - qualifies for national champion;
 - recognized as an OCC all-star;
 - competes and places in the top ten in a national competition.
 - (d) Athletes can also earn a place on the wall by having a distinguished career as an all-around athlete by earning a minimum of eight varsity letters.

- (e) Athletes can be considered for placement on the wall with a nomination of the coach for gaining recognition for outstanding athletic accomplishment.

Nominees for this award may be considered at any time during their high school career by the athletic board at its regular monthly meeting. The board must approve all nominees for this honor by a 2/3 vote of those in attendance.

3. Hall of Fame

The ultimate honor to be bestowed upon a Pickerington athlete shall be election to the Hall of Fame. An 8 x 10 color picture and a listing of his/her accomplishments shall be mounted in an appropriate area as determined by the building administration.

a. Method of Selection

- (1) The chairman of the athletic board shall bi-annually appoint, at the September meeting, a nominating committee composed of the high school athletic director, an administrator, head boys' coach, head girls' coach and a community representative.
- (2) The nominating committee shall present their list of nominees at the March meeting to be voted upon by the athletic board at the May meeting.
- (3) Nominees must receive a 3/4 vote of those in attendance for Induction into the Hall of Fame.

b. Criteria for Nomination

- (1) An athletic candidate shall not be considered for the Hall of Fame until five (5) years after graduation from Pickerington High School Central/North.
- (2) An athlete that accomplishes athletic goals that are above and beyond the normal standards of obtaining recognition for themselves and the school. For example:
 - (a) could include establishing individual school, state or national records or championships;
 - (b) selection to an All-State team honors or qualifying as an individual in state meets;
 - (c) be recognized as an all-around athlete in high school in more than one sport, while attaining several All-Conference team selections, while leading teams to the league championships.

- (3) An athlete not so honored for high school achievements, but who participates in college and gains honors at this level or beyond, may be considered by the athletic board for the Hall of Fame.
- (4) A former coach or school person who has contributed to the success of Pickerington athletes over a period of years may be considered as a candidate to the Hall of Fame.
- (5) After selection to the Hall of Fame, the new members will be inducted the following year at ceremonies held during the homecoming game, alternating between football and basketball.
- (6) Each honoree will be presented a Hall of Fame plaque during the induction ceremony.

JR/CW

Board of Education adopted - June 29, 2000

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