

Norwood City School District



Learn Today. Dream Big.  
Lead Tomorrow.

# Student-Athlete & Parent Handbook



## **Norwood City School District Administration**

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*Mark Gabbard* - NHS Principal

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### **Norwood City School District**

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[www.norwoodschoools.org](http://www.norwoodschoools.org)

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### **Norwood Athletic Department**

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***\*\*Please note: All Norwood High School and Middle School teams, student-athletes, and coaches are bound by the same OHSAA and NCSD policies, regulations, and standards. This includes, OHSAA sanctioned sports, Norwood Interscholastic Athletic teams, team managers, and cheerleaders.***

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## Statement from the Norwood City Schools Athletic Department

This handbook has been prepared to make information and suggestions readily available to student-athletes and parents for the purpose of extra-curricular success at Norwood City Schools. Please read through this document carefully for thorough knowledge policies and procedures of our athletic department.

Being a member of an extra-curricular program means student-athletes become the focus of public attention as a representative of the Norwood City School District. Student-athletes must constantly display mature behavior in the classroom, in the gymnasium, on the field, at home, and in public. Norwood City Schools student-athletes are to aspire to be respected and admired everywhere as champion citizens and superb members of our community.

Student-athletes and their parent/guardians must understand that it is a ***privilege***, not a right, to participate in an extra-curricular program in the Norwood City School District and for the Ohio High School Athletic Association (OHSAA) – *OHSAA Bylaw 4-5-1*. A condition to participating in the Norwood City School District's programs is adherence to all rules, regulations, policies and procedures established by the district for the implementation of its extra-curricular programs. Student-athletes who violate these rules, regulations, policies and procedures may face disciplinary action.

The Athletic Department believes extra-curricular athletic activities in the Norwood City School District are an integral part of the school's educational program. A variety of experiences are provided to aid the student-athlete's mental, physical, social, and emotional development.

Promoting involvement in the interscholastic program at all levels of participation instills a sense of pride in our student-athletes. Being an active participant in athletics also reinforces a sound value structure and enhances the individual's self-image, as well as the image of the school district and community.

As for today and every day, our mission is: Learn Today. Dream Big. Lead Tomorrow. **WE ARE NORWOOD!**

**GO INDIANS!**



**Chuck Richardson III, M.ED, CAA**  
**Athletic Director**  
**Norwood High School/Middle School**

# Required Forms for Athletic Participation

## Online Registration

All student-athletes will be required to complete online registration for each sport they participate in for the school year. This is done at *norwoodindians.org* at the Athletic Registration tab. Each of the forms below, excluding the physical form will be consented to online when you register. Registration for High School/Middle School Sports is completed through FinalForms.

## OHSAA Pre-Participation Physical Form & OHSAA Authorization Form

The Pre-Participation Physical Form is required before any participation in an official try-out, practice, or contest. Eligibility requirements for participating in athletic programs must conform to regulations of the OHSAA. Requirements include that a student-athlete have the written permission of his/her parent(s) and shall have been determined as physically fit for the chosen sport by a licensed physician. **All 6 pages of this document need to be filled out completely where applicable the physician must sign and date the form.** Completed physical forms are turned into the head coach or the Athletic Department prior to participating in any official try-out or practice. This will be the only document that is turned in to the Athletic Department.

**Please make a copy for your records prior to turning into the Athletic Department.**

## Emergency Medical

Emergency medical information will be collected when you register your student-athlete online. The form is required to be consented to throughout the online registration process and checking off on this form gives consent to Norwood City School District to act reasonably in the event of an emergency.

## Liability Form

The liability form will be consented to during online registration and is required to release the Norwood City School District of all liability for injuries while participating in athletics. This also serves as the warning and consent that the student-athlete and the parent/guardian have been warned and advised that serious injuries, even death, could occur while playing on an athletic team at Norwood and the school district cannot be held liable for those instances.

## OHSAA Participation Pledge & Athletic Handbook

The participation pledge is a presentation of the rules, regulations, policies, and procedures of the Norwood Athletic Department. Consent to this form is required online and verifies your adherence to the rules and regulations and understanding that violation of these may be met

with disciplinary action. All Norwood High School and Middle School Student Handbook policies and regulations apply to all athletic programs.

### **Concussion & Head Injury Information Sheet**

This form is meant to educate the athlete and parent/guardian about concussions and head injuries and make it the responsibility of the student-athlete to report head injury symptoms. In compliance with the new legislation, any student-athlete exhibiting signs of a concussion will be removed from a game or practice immediately. The new legislation allows coaches, referees, or other officials, including our athletic trainer, to restrict an athlete from participating until he/she has been cleared by a licensed health care professional. This required document is consented to online.

### **Sudden Cardiac Arrest Information & Requirement**

Both parents and student-athletes must review once per year, which includes a short video and a signature form which shall be signed by parents and student-athletes. The video and information sheet will be posted to the OHSAA website in the Sports Medicine section, on the Ohio Department of Health site, and the Ohio Department of Education site (as well as on the *norwoodindians.org* website). This requirement is free of charge and is required under "Lindsay's Law" (*Senate Bill 252*).

## Student-Athlete Code of Conduct

The Norwood Athletic Department, along with our coaches, makes the assumption that all Norwood Students, as representatives of the Norwood City School District, know the difference between “right and wrong.” Students are expected to adhere to policies as it relates to matters of behavior, discipline or academics, on the field, in the classroom, in our community, and in Cyberspace (including but not limited to Facebook, Twitter, Instagram, Snapchat, TikTok or any other form of social media).

If a student violates a procedure/policy of the handbook in relation to behavior, discipline, or academics, then Norwood will assume that it was a conscious decision on the part of the student to do so. The activity staff and Athletic Department personnel will hold the student accountable for this willful decision. Decisions and/or discipline from Norwood Academic Administration may also affect a student’s extra-curricular activity participation in relation to the Norwood City School District Student Handbook.

The Student-Athlete Code of Conduct is in place 365 days a year, 24 hours a day, from the beginning of seventh grade until the student-athlete graduates (EVEN OFF CAMPUS AND OUTSIDE OF THE SCHOOL DAY). If a Norwood student-athlete conducts themselves in an unacceptable manner, a student may be disciplined at the discretion of the school administration and Athletic Director. This includes, game/practice suspensions or season/career suspensions. Examples of unacceptable conduct are, but not limited to: theft, vandalism, disrespect, violations of school policy, or violations of the law.

If a student-athlete is involved in a police investigation, the NCSA Administration and/or Athletic Director has the right to suspend a student-athlete from athletic participation until a verdict is reached. The NCSA Administration and Athletic Director has the right to enforce additional discipline beyond what is determined as punishment for the violation of the law.

If a student-athlete is suspended as part of an ejection from a contest, via an OHSAA official, the Norwood Athletic Department will administer an additional penalty equal to the game suspension given by the OHSAA.

For example, a student-athlete is subject to a two game suspension for an ejection from a contest by an OHSAA official shall be served, PLUS an additional two game suspension by the Norwood Athletic Department (four games total). A one game suspension would have an additional one game suspension by the Norwood Athletic Department (two games total).

## Drug / Alcohol / Tobacco & Illegal Substance Policy

Beginning with the date that a student-athlete starts the seventh grade, this policy is in effect. There is no “off season” as far as adherence to the substance abuse policy is concerned. This policy is in effect 365 days a year, 24 hours a day, until the student graduates from high school. A violation constitutes the use, consumption, sale, or possession of alcohol, tobacco, vaporizers, any illegal or controlled substance prohibited by state or federal law, and any look-alike products of any of the above-mentioned items.

**Self-Referral** – This procedure may only be used ONE time during the student’s Norwood City School District career by the student or by the parent/guardian of the student-athlete in order to seek help for a potential problem. A self-referral to an administrator must be initiated by a student-athlete or parent/guardian of a student and may not occur as a result of information from another source. The Athletic Director or school administration reserves the right to make final determination concerning acceptance of a self-referral. The referral will be considered a first offense as far as the policy is concerned and may only be used one time during a student-athlete’s NCS D career.

- The student-athlete will be denied participation for 10% of contests/performances or 0% if they agree to 10 community service hours as developed and assigned by school administration to be completed by an agreed upon date. If they are not active in the extra-curricular activity, then this may carry over to their next activity season and may include the next academic school year.

The student-athlete and his/her parents/guardians will meet with the Athletic Director and additional staff as noted in **First Offense** prior to his/her reinstatement.

**1st Offense** – Denied participation for 20% of scheduled regular season contests/performances or 10% of scheduled regular season contests/performances plus 10 hours of community service as developed and assigned by school administration to be completed by an agreed upon date. The Athletic Director and/or school administrator consider the date of the incident as the initial date of involvement and the following consequences would be administered over the next 12 months.

- The student-athlete will be required to meet all requirements set forth by the Norwood City School District pursuant to the Student Handbook and Code of Conduct.
- If the violation occurs with less than the agreed to suspension of the scheduled contests/performances remaining, or if the student is not participating on a team at that time, the penalty (or remaining percentage) will carry over to the next activity season in which the student has previously participated, which may include the suspension carrying over into the next academic school year.



- The student may or may not be permitted to participate in practice or travel with the team to contests/performances.
  - As determined by school administration/Athletic Director
- If any extra-curricular event (awards nights, Senior Night, etc.) falls during the suspension, the student may or may not be permitted to participate in the event.
- If the student fails to complete any portion of the assigned community service in the allotted time, he/she will be denied participation in an additional 10% of scheduled contests/performances.
- Prior to being reinstated to a team the student and his/her parent/guardians will meet with the Athletic Director and additional staff to determine if all requirements have been completed for reinstatement.

**2nd Offense** – A student-athlete shall be denied game participation for 50% of their contests/performances, from the date of the incident, and must serve 25 hours community service as developed and assigned by school administration to be completed by an agreed upon date. The Athletic Director and/or building administrator consider the date of the incident, as the date of involvement and the following consequences would be administered over the next 12 months.

- The student-athlete will be required to meet all requirements set forth by the Norwood City School District pursuant to the Student Handbook and Code of Conduct.
- The student may or may not be permitted to participate in practice or travel with the team to contests/performances.
  - As determined by school administration/Athletic Director
- If the violation occurs with less than the agreed to suspension of the scheduled contests/performances remaining, or if the student is not participating in an activity at that time, the penalty (or remaining percentage) will carry over to the next activity season in which the student has previously participated, which may include the suspension carrying over into the next academic school year.
- If any special extracurricular event (awards nights, Senior Night, etc.) falls during the suspension, the student may or may not be permitted to participate in the event.
- If the student fails to complete any portion of the assigned community service in the allotted time, he/she will be denied participation in an additional 10% of scheduled contests/performances.
- The student and his/her parents/guardians will meet with the Athletic Director as noted in **First Offense** prior to his/her reinstatement.

**3rd Offense** – A student-athlete shall be denied contest/performance participation for one calendar year from the date of the incident. The Athletic Director and/or building administrator consider the date of the incident, as the date of involvement and the following consequences would be administered over the next 12 months.

- The student will be required to meet all requirements set forth by the Norwood City School District set forth by the Student Handbook and Code of Conduct.
- The student and his/her parents/guardians will meet with the Athletic Director as noted in **First Offense** prior to his/her reinstatement.

**4th Offense** – A student will be denied participating in extracurricular activities for the rest of his/her Norwood City School District career pending a hearing of a committee composed of the Superintendent of Norwood City Schools, the Principal of Norwood High/Middle School, and the Athletic Director.

**Norwood Middle School** – Seventh and Eighth grade students will abide by the same policies as Norwood High School student-athletes regarding drugs/alcohol/tobacco/illegal drugs and controlled substances. Discipline resulting from violations in the Middle School will carry over to his/her high school career.

- For example, a violation during the 8<sup>th</sup> grade followed by a violation in the 11<sup>th</sup> grade would constitute a second offense circumstance.

*\*Failure to follow through with any required assessment or education process component may result in dismissal from all athletic teams for the remainder of his/her academic and athletic career, or until the missing component is completed. The cost of such programs shall be the responsibility of the student/parent or legal guardian. Student Athletes may be subject to additional requirements or discipline set forth by the Norwood City School District, Board of Education, or the Norwood Student Handbook and Code of Conduct.*

## Social Media Policy & Guidelines

The wide variety of social networking and media available can provide student-athletes with easy access to important news and events, team practice schedules and parent information. While tools such as Facebook, Twitter, Instagram, Snapchat, Texting, TikTok, etc. can have many benefits in today's world, using them in an inappropriate manner can have negative consequences and possible legal action when used for the wrong reasons. Norwood Athletics supports its student-athletes' right to freedom of speech and the right to use social media. In this context, Norwood also reminds those that participating and competing for Norwood is a privilege, not a right. The student-athlete represents his or her program as well as the Norwood City School District. Student-athletes are therefore expected to conduct themselves in a positive and safe manner at all times. Any online postings done by student-athletes must be consistent with federal and state laws, as well as school and district policies. The Norwood Athletic Department has developed a set of guidelines for all extracurricular programs to follow to ensure that they make good decisions when using the plethora of social media options available in today's society.

The term "social media" includes, but is not limited to:

- Social Networking Sites (Facebook, LinkedIn, Snapchat, Twitter, etc.)
- Blogs (including school district and personal blogs, as well as comments)
- Video and Photo Sharing Websites (TikTok, Instagram, YouTube, etc.)
- Forums and Discussion Boards, & Online Encyclopedias (Google Groups, Wikipedia, etc.)

The following guidelines are now part of the required documents for all Norwood extracurricular activities. Violations of these guidelines may result in discipline, including suspension or dismissal from the activity or from coaching responsibilities as outlined in the Norwood City School District Student Handbook, Norwood Athletic Handbooks, and/or Board of Education policy.

### Student-Athlete/Coach Social Media Guidelines

Specifically prohibited behaviors for student-Athletes/coaches include but are not limited to:

- Any postings of sexually explicit, profane, lewd, indecent, or defamatory language.
- Derogatory language regarding school officials or other students. This includes posting derogatory comments about opposing teams and their coaches or school officials.
- Comments designed to harass, threaten, or bully students and/or school officials.
- Nude, sexually oriented or indecent photos, images or altered pictures. This includes links to pornographic websites or inappropriate material.
- Personal attacks or racially motivated comments to students, coaches or school officials.
- Photos, videos, comments or postings showing the personal use of alcohol, drugs and/or tobacco (e.g. holding cans, shot glasses or tobacco products).

- Postings that encourage, depict, or advocate unacceptable, violent or illegal activities such as hazing, sexual harassment, assault, fighting, vandalism, academic dishonesty, underage drinking or illegal drug use.
- Any postings that violate the policies of the Norwood Student Handbook Code of Conduct or Extra-curricular Handbook Code of Conduct

## General Policies

### Hazing

Hazing is prohibited on AND off school grounds, at all times during the calendar year. Hazing is defined as any activity intended to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Hazing includes, but is not limited to, relevant alcohol incidents, paddling, attempts to excessively fatigue a person, physical and/or mental abuse, public stunts, or morally degrading or humiliating games or activities. School administration will respond to all suspected incidents of hazing. A student-athlete who is found to have engaged in hazing shall be disciplined by school officials. Discipline for hazing incidents may range from game suspension(s), to suspension from practices, to expulsion from school.

### Locker Rooms

The Code of Conduct also extends to the locker rooms and should be adhered to. Rough housing, vandalism and hazing will not be tolerated inside locker rooms. Any locker room issues may result in discipline determined by administration. Please respect our home facilities and away teams' facilities. Locker room rules are listed below:

1. Rough housing of any kind is not permitted in the locker room.
2. The harassment or hazing of others is not permitted. Incidents are to be reported to the coaching staff immediately.
3. No glass containers are permitted in the locker rooms.
4. All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard plastic spikes or cleats are allowed in any other part of the school building.
5. Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sport season.
6. Make sure that your locker is locked at all times.
7. Cell phone usage is not permitted within locker room areas.
8. Do not borrow another person's equipment.
9. Make sure you check all of your protective equipment every day before practice or a game. **If equipment is damaged or has any other problems, notify your coach immediately. Do not use damaged or faulty equipment for your own safety!**
10. Athletes are also subject to any additional locker room, practice or training area rules and regulations specific to an individual sport as determined by head coach and administration.

### Head Coach Policies

Please be aware that the Norwood coaching staff will institute program specific rules and regulations that student-athletes are expected to follow and any violation of the coaching staff expectations may result in the administration taking disciplinary action.

## Risk of Athletic Participation

Despite having protective equipment and the supervision and sound instruction by our coaches, there are some risks associated when participating in athletics. Injuries in some of our activities can and will occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. We will do all that we can to ensure a safe and healthy environment for our student athletes.

## Athletic Eligibility Requirements

### Online Registration

Each student-athlete who is interested in joining an athletic team must register online at [norwoodindians.org](http://norwoodindians.org) via the FinalForms link. This is **mandatory** to participate in any tryout or official practice. Any student-athlete who has not completed online registration will be held out of any team activity, practice, tryout, or contest. Any athlete needing assistance in registering online should notify the Athletic Department.

### Pay-to-Participate Fee

Athletic participation fees are used to offset expenses incurred by the Athletic Department and assists in reducing expenses related to transportation and coaching supplemental payments. Fees will be collected during the first two weeks of each sport's season. Any student-athletes who have not submitted their participation fee may be kept from participating in season contests beginning after two weeks of the first practice.

Fees should be submitted to the Athletic Director or Athletic Secretary at the Norwood Athletic Department offices. Coaches are NOT allowed to accept payments. Cash, checks, and money orders are accepted. Please make checks payable to Norwood City Schools. All students will receive a receipt for payment of participation fees. If payment cannot be made because of financial hardship, please contact the Athletic Department to set up a payment plan.

The following are guidelines for the refunding of fees:

1. No refund will be issued if a student-athlete quits an athletic team or activity.
2. No refund will be issued if a student-athlete is dismissed from an athletic team or activity.
3. No refund will be issued if a student becomes academically ineligible at any time.
4. 100% of the participation fee will be refunded if the student-athlete incurs a season-ending injury prior to the start of scheduled contests.

**\*\*Payment of the athletic participation fee does NOT automatically ensure playing time.\*\***

Norwood City Schools Athletic/Activity Participation Fee (Grades 7-12)

- \$75.00 per student-athlete per year
- \$225.00 cap per year, per family

### Pay Online

You can now pay your Pay-to-Participate Fees online

Online Paying Instructions:

To pay online, go to [www.myschoolbucks.com](http://www.myschoolbucks.com) [myschoolbucks.com] [myschoolbucks.com] [myschoolbucks.com] (or download the app) and create your account by clicking on “sign up free”.

Once you created your account & signed in, click on “school store” in top right corner. (You will need your child’s Student ID # if you have never created an account) 3. Then click on “Athletics”.

Participation Fee

Pay

## Attendance

Student-athletes must be present/in attendance 4 periods of the school day in order to participate in any team activity, practice, tryout, or contest. The head coach reserves the right to limit participation to student-athletes who are unexcused for any portion of the school day. The school administration reserves the right to make exceptions for special circumstances (if notified ahead of time).

## College Visits

Seniors and second semester juniors will be granted reason-able time to visit prospective colleges where they have applied, intend to apply or where there is a valid reason for such a visit three (3) excused days for seniors and one (1) excused day for a junior in their second semester of school). Making an appointment with admissions and/or financial aid officers can be an important part of the selection process for students. Absences for college visits are excused with proper documentation, but the student is responsible for all work missed and should make the necessary arrangements with teachers in advance. If a student wishes to make a college visit, the student must follow these procedures:

### **BEFORE THE VISIT**

- The student-athlete should bring a written request to the Attendance Office from their parent/guardian in advance of the scheduled visit.

### **AFTER THE VISIT**

- The student-athlete must bring written verification from the college Office of Admissions that includes the date of the visit and the child’s name. This documentation should be brought to the Attendance Office upon return to school. Failure to bring this necessary documentation will result in the absence being marked as unexcused.

*This policy has been created to allow students the opportunity to better prepare for life after high school. It is imperative, however, that the outlined procedures be followed for the absence to be excused.*

## Quitting Athletic Teams

One of the goals of the Norwood Athletic Department is to make participating in sports fun, enjoyable, and positively affect all persons involved. One of the ways this is achieved is through teamwork and an intrinsic dedication to the team. However, if at any point after the first regular season contest, a student-athlete decides to quit an athletic team, that person shall be ineligible to participate for a number of games the next sport’s season he/she is participating in. For example, if a student-athlete quits a sport after one contest, the following season they are then ineligible to participate in one contest. (Six contests into a season leads to being ineligible

for six contests the following season). Student-athlete and parent or legal guardian must meet with Head Coach in person before departing from team.

### **Academic Eligibility**

Student-athletes must meet **ALL THREE** eligibility requirements to participate in athletics at Norwood High School/Middle School.

#### **OHSAA Academic Eligibility**

Grades 9-12: To be academically eligible, a student-athlete must have received passing grades in a minimum of FIVE one-credit courses, or the equivalent, in the immediately preceding grading period. **\*Summer school and final grades DO NOT count.\***

(Student-athletes taking post-secondary options or college credit plus must comply with these standards.)

Grades 7-8: To be academically eligible, a student-athlete must be currently enrolled in a member school and received passing grades (pass/fail) in a minimum of four of all subjects in which enrolled the immediately preceding grading period (except fall of 7<sup>th</sup> grade year).

**\*Summer school and final grades DO NOT count.\***

#### **NCSA Academic Eligibility**

District policy states that you must maintain a minimum 1.0 GPA on a quarterly basis/during the preceding nine-week grading period. However, if a student-athlete's GPA falls below 1.500 in the preceding grading period, that student-athlete MUST attend mandatory study tables hosted by Avenues for Success during the entire quarter of athletic participation to be eligible at the Middle School and/or High School level.

Mandatory study tables occur on Monday, Tuesday, Wednesday, and Thursdays whenever school is in session from 7:00-7:45 AM for the high school. If a student-athlete is absent, unexcused four times during that grading period, he/she shall be INELIGIBLE to participate in athletics for the remainder of the quarter. Study tables for the middle school will be on a team-by-team basis and occur before practices or a student-athlete may attend after school help. The student-athlete shall meet with the Athletic Director before beginning study tables to go over rules, regulations, and study table locations.

#### **Weekly Academic Eligibility**

Norwood Athletic Department checks athlete eligibility every Wednesday during the sport season through the use of 'Weekly grade checks' administered electronically by the Athletic Department. Any athlete rostered will be subject to this review. The following criteria must be met to participate in athletics during that week:

1. Student-athletes must not have a failure "F" in any two classes.
2. To become eligible, the student-athlete can request an additional grade check no later than 3:00pm of their respective game day or email from the teacher to Athletic Department confirming one or both of the grades have improved.

3. If a student-athlete is injured but plans to return to play during the season or not, that player must continue to be subject to weekly grade checks to remain rostered and potentially letter in that respective sport.

NOTE: If a student-athlete is in online learning classes, 4% of the class must be completed each week. This will be confirmed by Success Academy Administrators.

## Important Information for Coaches, Parents, & Guardians

### Transportation

Transportation to away athletic contests are provided by the school district. Any time student-athletes are riding to an athletic contest, the “Code of Conduct” is in effect. Student-Athletes are not permitted to transport themselves to athletic contests. If a parent/guardian would like to take a student-athlete home after a contest, a written note or email must be provided at least 24 hours prior to the event to the coach by the parent or legal guardian. Non-family members, even with a note from legal guardian, CANNOT provide transportation of student-athletes. No Exceptions.

### Athletic Equipment

Equipment provided to a student-athlete is issued exclusively to that individual. A student-athlete is responsible for the security of these items. Equipment is not to be loaned to other student-athletes. **Equipment and/or uniform items that are lost or stolen are a student-athlete’s financial responsibility and will be invoiced from the Athletic Department.**

### General Information

Please utilize our website [norwoodindians.org](http://norwoodindians.org) or Facebook/Twitter for daily updates, announcements, schedules and information.

### NCAA/NAIA Eligibility Center Information

For specific information regarding the NCAA Eligibility Center, visit: [www.web3.ncaa.org/ecwr3](http://www.web3.ncaa.org/ecwr3)

For specific information regarding the NAIA Eligibility Center, visit: [www.playnaia.org](http://www.playnaia.org)

The NCAA/NAIA recommends that student-athletes register at the beginning of their junior year.



# Norwood Athletics Participation Award

## Athletic Awards

Awards are meant to recognize accomplishments of student-athletes during each interscholastic athletic season. The Athletic Department and coaching staff determine the qualifications for these and any other special awards given.

The Norwood Athletic Department provides the following awards for participation:

### High School Athletic Awards

#### Junior Varsity

1<sup>st</sup> Junior Varsity - Sport Pin & Certificate of Participation

Additional Junior Varsity -Sport Pin & Certificate of Participation

#### Varsity

1<sup>st</sup> Varsity - Chenille Varsity Letter, Sport Pin & Certificate of Participation

Additional Varsity - Chenille Chevron, Sport Pin & Certificate of Participation

Four-Year Varsity -Plaque, Chenille Chevron, Sport Pin & Certificate of Participation

### Middle School Athletic Awards

All participants receive a certificate of participation in their sport. Coaches may give additional/individual awards at their discretion.

### Other Athletic Awards

#### MVC All-Conference Recognition

The conference will provide awards for 1<sup>st</sup> Team All-Conference, 2<sup>nd</sup> Team All-Conference, and Honorable Mention selections in each conference varsity sport. The conference will also provide awards for Player of the Year selections.

#### MVC All-Academic Recognition

The conference will provide awards for All-Academic Team members in each conference varsity sport. Athletes earning this award must be a member of a varsity or middle school team in the current season and must have a quarterly grade point average of 3.500 or higher at the most recent official school quarterly calculation.

## **MVC All-Star Recognition Ceremony**

The conference hosts a Fall and Winter Awards Ceremony to celebrate 1<sup>st</sup> Team All-MVC, Players of the Year, and other special awards. Dates are scheduled at the beginning of the school year.

## **Norwood Coaching Standards**

This document is designed to provide all Norwood's coaches, student-athletes, and parent/guardians with a common coaching frame of reference. These points of emphasis are to be considered guidelines in teaching sports within the Norwood City School District. Remember, athletics are important and valuable to all those who participate. We will treat our athletes, fellow coaches, administrators, and officials with respect at all times. Coaches are expected to adhere to the "Code of Conduct" and any coach in violation may face disciplinary action.

- Student-athlete learning and teaching is the center of Norwood interscholastic athletics. Norwood City Schools coaches are expected to "teach" the fundamentals of the sport.
- Norwood City Schools coaches are expected to be exemplary role models both in and out of the athletic arena and leaders of young people in every sense of the word. Reinforcement of sportsmanship is critical.
- Norwood City Schools coaches are expected to communicate with the parents of their student-athletes on a consistent basis. All parent phone calls are expected to be returned within 24 hours.
- Norwood City Schools coaches are expected to hold pre-season meetings to communicate team policies, coach's philosophy, substance abuse policy information, reiterate attendance and academic expectations, and all other information specific to the program. Ground rules for parental communications are outlined at these meetings.
- Student-athletes will be coached from a constructive perspective. Demeaning the efforts of a young person does not reinforce learning and has no place in the Norwood City Schools District. Student-athletes should never be ridiculed at any time especially in front of their peers.
- Norwood City Schools coaches are expected to communicate with student-athletes, parents, and officials in a respectful manner. Use of profanity and degrading remarks will not be tolerated by the Norwood City School District.
- Norwood City Schools coaches are expected to be sensitive to the diversity of our student-athletes. Multi-cultural and socioeconomic differences give athletes a wide variety of perceptions. Casual remarks or comments made in front of a diverse group of athletes may be offensive or hurtful to some young people. Coaches are absolutely expected to be sensitive to all athletes under their direction.
- Norwood City Schools coaches are expected to be consistent with discipline. Inconsistency leaves a coach open to charges of favoritism and undermines the morale of the team.
- Coaches are to keep a perspective on the grade level and who is being coached. An overzealous approach can take the fun out of the sport.
- Norwood City Schools coaches are expected to be punctual for all practices, meetings and contests.
- Norwood City Schools coaches are expected to be thoroughly prepared for all practices and contests.

- Norwood City Schools coaches are expected to dress appropriately for practices and games. The professional dress of a coach sets the tone for the team and the program.
- Norwood City Schools coaches are expected to be familiar with the districts policies on depositing/fundraising and general monetary accountability procedures.
- When teams are selected by a “tryout” method, Norwood City Schools coaches must ensure that athletes who have been cut are given the opportunity to understand what their deficiencies are and what they can do to improve their skills.
- Norwood City Schools coaches will be familiar with basic OHSAA bylaws regarding eligibility contest restrictions and non-contact periods as well as all regulations established by the Miami (cont’d) Valley Conference. If unclear on any policy or procedure, Norwood City Schools coaches will refer to the Athletic Director.

## Parent Expectations & Information

### Role of Parents in Norwood Athletics

Parents are expected to understand that athletic events at Norwood City Schools are learning experiences for student-athletes. Parents are to be a positive role model through their own actions and by censuring those around them at events where behavior is unbecoming.

A ticket to a contest is a privilege to observe athletic tests of skills, not to verbally assault others or be obnoxious. Any spectator exhibiting unacceptable behavior can be removed from a contest at the discretion of the site manager, officials or police at the event.

Unacceptable behavior includes but is not limited to, inappropriate language, harassing opposing student-athletes, officials or other spectators and any physical altercation.

Parents are expected to exhibit exemplary sportsmanship at all times. Any parent or spectator is prohibited from using any controlled substance before and during games and afterwards on or near the site of the event. Any removal from a contest can result in a future ban from Norwood City Schools Athletic events.

### Communication between Athletes and Coaches

Norwood City School coaches will make communication with parents their highest priority. Parents can expect the team philosophy and team rules to be discussed prior to the season. Requirements such as fees, equipment and location and times of all practices, games or meetings come from the head coach. Parents should discuss with coaches their concerns through the proper chain of command (below) and any conflicts that may arise throughout the season. Appropriate topics to discuss with coaches are the treatment of your child, both mentally and physically, ways to help your child improve, and concerns about your child's behavior on and off the playing field.

Coaches will not discuss strategy/play calling or anything regarding another student-athlete.

**Do NOT approach a coach after a contest.** Schedule a time the next day to discuss any issue.

- Chain of Command (follow these steps with any issues)
- Coach & Athlete
- Parent, Coach, & Athlete
- Athletic Director, Parent, Coach, & Athlete
- Principal, Athletic Director, Parent, Coach, & Athlete
- Superintendent, Principal, Athletic Director, Parent, Coach, & Athlete

### Communication between Parents and the Athletic Department

The Athletic Department makes it our highest priority to communicate with parents for all Norwood Athletic events. Please utilize our website *norwoodindians.org*, our district Athletic Department social media pages or sports specific social media pages for important announcements, forms, practice information, game changes and all athletic news.

If you have any concerns or questions, please feel free to contact us to discuss those issues. We make it our pledge to you that we will return your phone call or email within 48 hours.

### The Parent Pledge

By consenting to this handbook, you consent to the “Parent Pledge” as laid out by the Ohio High School Athletic Association:

- As a parent, I acknowledge that I am a role model.
- I will remember that interscholastic athletics are an extension of the classroom, offering learning experiences for student-athletes.
- I will show respect for all players, coaches, spectators, officials, those administering the contest, support groups and opposing fans.
- I will participate in cheers that support, encourage and uplift the teams involved.
- I understand the spirit of fair play and good sportsmanship is expected by the Norwood City School District, the Miami Valley Conference, and the Ohio High School Athletic Association.
- I hereby accept my responsibility to be a model of good sportsmanship that comes with being a parent of a Norwood City School District student-athlete.

Name: \_\_\_\_\_

Student-Athlete Name(s): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Norwood Athletic Programs

The Athletic Department retains membership in and abides by the constitutions, by-laws, and regulations of the Ohio High School Athletic Association (OHSAA) and the Miami Valley Conference (MVC). Any student enrolled at Norwood High School or Middle School (grades 7-12) who meets the academic requirements for participation in athletic activities may try out for any interscholastic sport.

### Norwood High School & Middle School Athletic Opportunities

## Athletic Department Offerings 2023-2024

● = Offered at that level.

7<sup>th</sup> & 8<sup>th</sup> = Offer both a 7<sup>th</sup> grade team & an 8<sup>th</sup> grade team.

FALL	VARSITY	JV/FRESHMAN	MIDDLE SCHOOL
Cheerleading	●	●	●
Cross Country (boys)	●		●
Cross Country (girls)	●		●
Football	●	●	7 <sup>th</sup> & 8 <sup>th</sup>
Golf (boys)	●		
Golf (girls)			
Soccer (boys)	●	●	●
Soccer (girls)	●	●	●
Tennis (girls)	●		
Volleyball (girls)	●	●	7 <sup>th</sup> & 8 <sup>th</sup>

WINTER	VARSITY	JV/FRESHMAN	JR. HIGH
Basketball (boys)	●	●/●	7 <sup>th</sup> & 8 <sup>th</sup>
Basketball (girls)	●	●	7 <sup>th</sup> & 8 <sup>th</sup>
Bowling (boys)	●	●	
Bowling (girls)	●		
Cheerleading	●	●	●
Indoor Track	TBD		TBD
Swimming (boys)	●		●
Swimming (girls)	●		●
Wrestling (boys)	●		●
Wrestling (girls)	●		●

SPRING	VARSITY	JV/FRESHMAN	JR. HIGH
Baseball	●		●
Softball	●	●	●
Tennis (boys)	●		
Track (boys)	●		●
Track (girls)	●		●

Norwood High School is a member of the Ohio High School Athletic Association and competes in the Miami Valley Conference.

## Meet Our Head Coaches

<b>FALL SPORTS 2023</b>		
<b>SPORT</b>	<b>HEAD COACH</b>	<b>EMAIL</b>
Cheerleading	Alyssa Barlow	barlow.a@norwoodschoools.org
Cheerleading – Middle School	Kayla Broadus	99kayla.broadus@gmail.com
Cross Country – MS & HS	Maddie Baker	baker.m@norwoodschoools.org
Football	Matt Money	money.m@norwoodschoools.org
Football – Middle School	Chris Kelsch	kelsch.c@norwoodschoools.org
Golf	Nate Hale	hale.n@norwoodschoools.org
Soccer – High School Men	Dan Lueking	lueking.d@norwoodschoools.org
Soccer – High School Women	Abi Rebholz	rebholz.a@norwoodschoools.org
Soccer – Middle School Boys	James Rettig	rettigj03@gmail.com
Soccer – Middle School Girls	Jessie Broach	broach.j@norwoodschoools.org
Tennis – High School Women	Reid Faherty	faherty.r@norwoodschoools.org
Volleyball	John Berling	berling.j@norwoodschoools.org
Volleyball – 7th Grade	Hannah Woodruff	hannahwoodruff18@gmail.com
Volleyball – 8th Grade	Tonya Woodruff	tonyaw1717@hotmail.com
<b>WINTER SPORTS 2023-24</b>		
<b>SPORT</b>	<b>HEAD COACH</b>	<b>EMAIL</b>
Basketball – High School Men	Jason Bose	bose.j@norwoodschoools.org
Basketball – High School Women	Mike Moyers	moyersm@cleanharbors.com
Basketball – Middle School 7 <sup>th</sup> Grade Boys	MJ Gabbard	mg2gabbard@gmail.com
Basketball – Middle School 8 <sup>th</sup> Grade Boys	TBD	
Basketball – Middle School 7 <sup>th</sup> Grade Girls	Ryan Williams	Williamsryan0222@gmail.com
Basketball – Middle School 8 <sup>th</sup> Grade Boys		
Bowling – High School Men	Nate Hale	hale.n@norwoodschoools.org
Bowling – High School Women	TBD	
Swimming – High School	Rachel Mullins	mullins.r@norwoodschoools.org
Swimming – Middle School	TBD	
Wrestling – High School	Derek Alsip	alsip.d@norwoodschoools.org
Wrestling – Middle School	Chris Kelsch	kelsch.c@norwoodschoools.org
Wrestling – HS/MS Women	Rick Stegmaier	rstegmaier@gmail.com
<b>WINTER SPORTS 2023-24</b>		
<b>SPORT</b>	<b>HEAD COACH</b>	<b>EMAIL</b>

Baseball	TBD	
Softball – High School	Patrick Mattingly	patrickmattingly23@gmail.com
Baseball- Middle School	Gib Murphy	murphygib88@yahoo.com
Softball – Middle School	Doug Ayers	jda195617@gmail.com
Tennis – High School Men	TBD	
Track & Field – High School Men	Maddie Baker	baker.m@norwoodschoools.org
Track & Field – HS Women	Reid Faherty	baker.m@norwoodschoools.org
Track & Field – Middle School	Sean Weisgerber	weisgerber.s@norwoodschoools.org