

NORTHRIDGE ATHLETIC HANDBOOK

GRADES 7-12



This handbook offers a guide to expectations and standards of conduct. It is not meant to be all-inclusive but will serve as a guide to our goals of establishing sportsmanship, ethics, integrity and standards of behavior amongst our athletes, fans and staff.

Updated 8/12/2020

The Northridge Local School District Student-Parent Athletic Handbook is an extension of the expectations and regulations set forth by the Ohio High School Athletic Association (OHSAA), of which our school is a member. This handbook is also intended to provide information pertaining to the general aims and objectives of the athletic department and serve as an outline of how the athletic department will function in its every day duties in order to fulfill these objectives.

Northridge Local School District Vision And Mission Statements

Vision – Our vision is to ensure that every student reaches their fullest potential.

Mission – Our mission is to empower all students with the knowledge and skills necessary to be college and career ready.

Northridge High School Athletics strives for our student athletes and staff to be the best we can be both on and off the playing field.

It is important that our student athletes of Northridge Local Schools take pride not only in the many teams that represent our schools and community, but also take pride in the academics, actions, and behaviors that represent our school system.

It is imperative that our students, our school and community demonstrate support for each other and feel that same sense of Northridge pride!

Go to Website: www.gonorthridgevikings.org

Follow us on Twitter: @NorthridgeAthle

GO VIKES



Behavior Expectations of the Student Athlete

Accept and understand the seriousness of the responsibility and the privilege of representing your school and community.

Accept and follow the instructions of the coach.

Live up to the standards of sportsmanship established by the school administration and the coaching staff.

Treat opponents as guests or friends. Demonstrate respect for all opponents.

Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.

Respect the integrity and judgment of game officials. The officials are doing their best to help promote the sport. Treat them with respect, even if you disagree with their judgment.

Coaches have the ability to rate the officials. If you have concerns e-mail or call the coach after the game.

Having great success means having great expectations.

Ohio High School Athletic Association Athletes Fair Play Code

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper since fighting and disrespect can spoil the activity for everyone.
4. I will respect my opponents.
5. I will do my best to try to be a true team player.
6. I will remember that winning isn't everything. Having fun, improving my skills, making friends and doing my best are also important.
7. I will acknowledge all good plays or performances by both my teammates and my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions, show them respect and understand they have given their time to be with me.



Fan Expectations

It is the expectation of the Northridge Local Schools that all spectators demonstrate sportsmanship towards players, coaches, game officials and other fans.

Examples of unacceptable behavior include but are not limited to the following: Threatening actions or verbal abuse of players, fans, coaches and game officials; unauthorized entry onto the playing area, team bench area or locker room; throwing objects or disrespect toward anyone.

Unacceptable fan behavior may result in the fan's removal and a denial of a minimum of two athletic contests as well as a meeting with the administration.

A fan that uses physical assault at an athletic contest will be prosecuted and denied admission to all future contests until the district superintendent reinstates him or her.

An athletic contest is not a place for drugs or alcoholic beverages. People under the influence of alcohol or illegal substances will be asked to leave the premises.

Sportsmanship is everyone's responsibility.

Ohio High School Athletic Association Fans Fair Play Code

1. I will remember that young people play sports for THEIR enjoyment, not to entertain me.
2. I will not have unrealistic expectations and will understand that doing one's best is as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
3. I will respect the official's decisions and will encourage all participants to do the same.
4. I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
5. I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will show respect for my team's opponents because I realize there would be no game without them.
7. I will not use bad language and will not harass athletes, coaches, officials or other spectators.
8. I will always show good sportsmanship since young people learn best by example.



Educational Values of Athletics

We believe in interscholastic athletics.

We believe there are substantial educational outcomes from a soundly conceived and executed program for the players, the student body, and the school as a whole.

We believe the potential values to the participants are genuine. Rigorous competition under prescribed regulations and policies provide for adolescent boys and girls the opportunity to develop ideas and habits of health, fair play, initiative, achievement and emotional control.

We believe students can be taught to win gracefully and to lose in the same fashion.

We believe that many students have found a purpose in their schoolwork and in their lives through athletics.

We believe that athletics provides for the student body tangible values. Athletics can make substantial contributions to moral and can provide an outlet for enthusiasm.

We believe the athletic program, though differing in nature from the academic program, does justify its existence by providing a profitable educational experience for the participant.

We believe the welfare of the individual student is always to be the primary concern. The game exists for the student—never the student for the program.

***Today's student-athlete is tomorrow's leader.
Without an Education, it will be impossible to meet the challenge
of our ever-changing world.***

***Parent and Athlete Communication
with Coaches, Administration and Other School District Personnel***

We believe that communication is the key to being successful in any endeavor. Many times problems arise where a simple discussion may solve the problem. We urge you to see the appropriate personnel when an issue arises that may have you concerned.

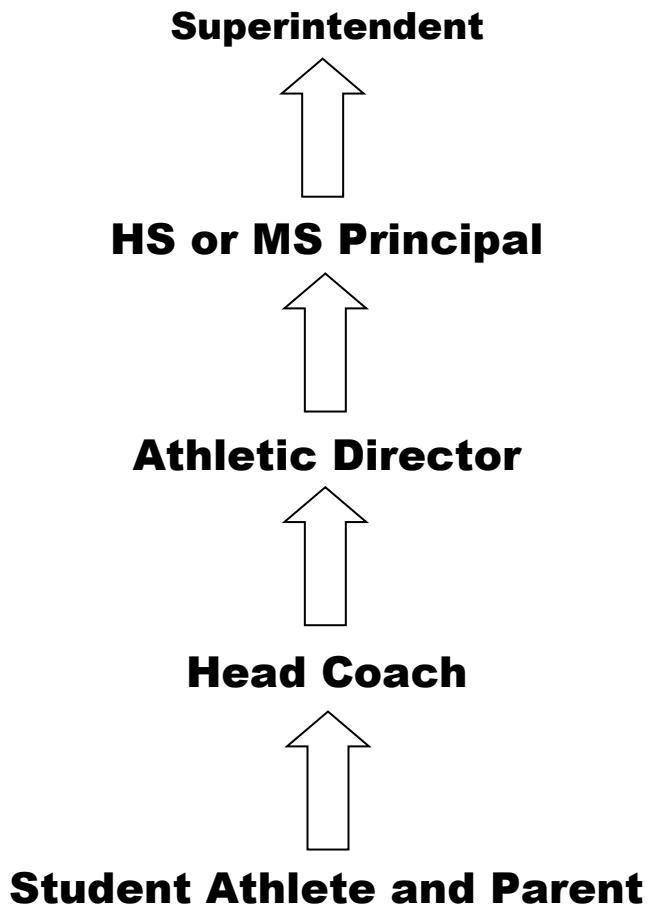
However, we as an athletic staff, feel that it does not benefit anyone's interest to discuss three things. Therefore, we ask that you do not discuss the following:

1. Other players
2. Game strategy and/or game decision making
3. Playing time

Our rationale for believing this centers around our obligation to the Northridge Athletic Department to do what is in the best interests of the athlete, team and program.

We will discuss what your son or daughter needs to do in order to improve or to help the team be successful. We do ask that if you have a question, comment or thoughtful consideration that you do not see us after a game, but set up a convenient time to express yourself with the coach in question.

It is our belief that the most effective outcomes result from direct communication. We are open to communication to foster ideas and overcome challenges. Therefore, please see the flowchart below to assist you when determining with whom to speak.



Interscholastic Sports Offered by the Northridge Athletic Department

Northridge Athletics offers a wide range of competitive athletic opportunities. Sports offerings include open sports and try out sports. Northridge High School is a member of the Licking County League and is a sanctioned Ohio High School Athletic Association organization.

Fall:

Cross Country

Football

Golf

Soccer

Volleyball

Cheerleading

Winter:

Basketball

Wrestling

Swimming

Cheerleading

Bowling

Spring:

Baseball

Softball

Track & Field

For up to date schedules: Go to [Arbiterlive.com](https://arbiterlive.com)

<https://arbiterlive.com/Teams?entityId=16530>

'Let the players play, the coaches coach, the officials officiate and the spectators be positive!'

Ohio High School Athletic Association

Northridge Middle School/High School Athletic Code of Conduct, Policies and guidelines

The Northridge Athletic Department and School Administration strongly believes that our student athletes should be held to the highest standards of conduct. The Viking Student Athlete is a person who is a leader both in the community and amongst our student body. Student athletes are often emulated and therefore we believe that the student athlete has the responsibility for showing good wholesome leadership to those with whom he or she comes in contact. The Code of Conduct and Policies and Guidelines have been established to support this belief.

Prerequisites for Participation

1. Student meets all OHSAA and Northridge Local School policies, bylaws and regulations.
2. All Athletic Forms must be submitted by the start date of the sport. All forms are valid for one calendar year. Forms should be submitted on the electronic system Final Forms (<https://northridge-oh.finalforms.com>) The Physical Examination Form is the only hard copy form that needs to be submitted.
 - a. Physical Examination Form (PPE)
 - b. EMA- Emergency Medical Form.
 - c. Concussion Acknowledgement Form
 - d. Sudden Cardiac Arrest Acknowledgement Form
 - e. Athletic Code of Conduct Sign Off
3. Students and parents must attend a mandatory OHSAA pre-season meeting. Attendance is required for student-athletes to be eligible to participate. If a student-athlete participates in multiple sports they need only to attend the first meeting of the first sport they participate in for the school year.
4. Participation Fees: Participation fees are used to offset cost of conducting interscholastic athletics. Fees are non-refundable if the athlete resigns from the team or is ejected from the team for disciplinary action. Students that are injured in the course of play or experience long-term illness may receive pro-rated refunds of fees at the discretion of the athletic director.

High School athletic fees are \$100.00 per sport with a family cap of \$200.00. This family cap only applies for families with multiple high school children. Fees are applied by season. Family caps are applied to the family when the cap is reached. Once the family has reached the cap, the family will be notified and no other fees will be assessed.

Middle School athletic fees are \$50.00 per sport with a family cap of \$100.00. This family cap only applies for families with multiple children in middle school. Fees are applied by season. Family caps are applied to the family when the cap is reached. Once the family has reached the cap, the family will be notified and no other fees will be assessed.

If a family has students participating in both High School and Middle School sports the family cap is \$200.00 per year. This family cap only applies for families with children participating in both High School and Middle School sports. Fees are applied by season. Family caps are applied to the family when the cap is reached regardless if the middle school child or high school child reaches the cap first. Once the family has reached the cap, the family will be notified and no other fees will be assessed.

Student athletes that have outstanding fees from previous seasons may be withheld from participation in the proceeding season and future athletic teams until the balance is paid. Unpaid fees for seniors will also result in the graduating diploma being withheld until fees are paid.

Academic Eligibility Requirements- We recommend that athletes take 6 courses

1. Students in grades 7-12 must successfully have passed **five, 1 credit classes or the equivalent of** each grading period. The five 1 credit classes must be maintained during the entire grading period.
 - a. The OHSAA 5 credit requirement is determined at the end of each grading period.
 - b. The eligibility or ineligibility of a student continues until the start of the next grading period at which time the immediately preceding grading period grades become applicable.
 - c. According to OHSAA bylaws, Summer school or other academic programs cannot be used to replace failing marks at the end of the semester in order to meet eligibility requirements.
2. Students in grades 9, 10, 11 and 12 must be enrolled and receive passing marks in courses amounting to 5.0 units of credit **and must maintain a minimum 70% cumulative average. This is above and beyond the minimum OHSAA requirements.**
 - a. The weekly eligibility check will begin the third week of each grading period.
 - b. When a student does not meet the weekly standard, he/she will receive a warning the first time the standard is not met. The student will meet with the Athletic Director and determine a plan of action to meet with teachers and improve grade marks. The warning period will be one week. During the warning period, the student is eligible to practice and participate in their sport.
 - c. When a student fails to meet the weekly eligibility the second time, the student will be denied participation until the student meets the standard. Any denial of participation is on a weekly basis. Once ineligible, a student can become eligible when the standard is met.

3. To be eligible for participation in interscholastic contests a student shall be enrolled in school by the fifteenth calendar day of the grading period. Enrollment shall be continuous after a student has officially enrolled in a school until the student is officially withdrawn.
4. Students must also comply who are participating via state law that permits home educated and non-public students to participate at the public schools in the district residence of the parents.
5. Any newly enrolled student either transfer, home school, non-public or alternative learning center that resides within the District boundaries or is under Open Enrollment status must make an appointment with the Athletic Director prior to the start of athletic participation.

Code of Conduct

1. 12 Month Rule

- a. Students participating in an Interscholastic Sport offered by Northridge Athletic Department as listed on page 7 should be defined as an athlete.
- b. All athletes shall abide by the code of conduct that represents Northridge Local Schools and its Athletic Department.
- c. Extra-curricular activities are a privilege to participate in. High levels of conduct are expected.
- d. This code shall be in effect for 12 months a year for those participating on any team.

2. Code of Conduct Rules #1-3

- 1. Use and/or Possession or sale of drugs.** Including but not limited to, marijuana, narcotics, hallucinogens, amphetamines, barbiturates, look-alike, or intoxicants of any kind.
- 2. Use and/or Possession or sale of alcohol and tobacco.** Including but limited to beverages with any level of alcohol content, all forms of tobacco-snuff, cigarettes, e-cigarettes, “juuls,” cigars, pipe tobacco, and chewing tobacco.
- 3. Stealing or Destruction of Property.** Including but not limited to an athlete found stealing or willfully destroying school or personal property.

3. Consequences for Code of Conduct Rules #1-3:

- a. The first offense will be denial of participation for 20% of the regular season and/or post-season competition in their sport at the time of the infraction.
- b. If a second infraction occurs there will be denial of participation for 50% of the regular season. If the infraction occurs during the sport season, the student athlete will be denied participation for the remainder of that sports season, plus 50% denial of participation of the next sports season. The student

will also seek an assessment by a certified professional agency and follow the assessment recommendations.

- c. A third violation will result in the student-athlete being denied participation for the remainder of his/her high school or middle school career.
- d. Restitution will be met by the student athlete in violation of Code of Conduct #3 as determined by the Athletic Director and/or Building Principal.

Code of Conduct - Citizenship

a. Definition

Citizenship -- Students who participate in extra-curricular activities shall conduct themselves in a manner that reflects good citizenship. Participation in extra-curricular activities is a privilege and honor and therefore comes with additional responsibilities. Students violating the citizenship portion of the Northridge Local Schools Extra-Curricular Code of Conduct will be subject to consequences, up to and including expulsion from all extra-curricular activities. The principal/assistant principal, after consulting with the advisor, reserves the right to review the severity of the citizenship offense and determine the appropriate level of disciplinary action to be taken.

b. Expected Behavior and Actions

Behavior: Any behavior that results in dishonor to the participant, her/his team, group, cast or her/his school will not be tolerated. Acts of unacceptable conduct, both on and off school premises, include but are not limited to, violation of rule(s) established by the advisor, theft, vandalism, disrespect, use of alcohol or drugs, involvement in violence, hazing, or any violation of the law or student code of conduct.

c. Consequences

The principal/assistant principal, after consulting with the advisor, reserves the right to modify, waive or skip steps depending on the severity of the citizenship violation.

First Violation

The participant could be excluded from participation in the activity for up to twenty percent (20%) of the "season" of the activity. A first offense could result in the loss of leadership positions in all extra-curriculars for up to one (1) calendar year.

Second Violation

The participant could be excluded from participation in activities for up to fifty percent (50%) of the current "season". A second offense could result in the loss of all extra-curricular leadership positions permanently.

Third Violation

The participant could be excluded from extra-curricular participation for the duration of the student's career.

* If the exclusion for violation #1 or #2 is not completed in the current “season” or if the activity is not currently meeting, any remaining percentage of the exclusion shall be recalculated and applied to the next extra-curricular activity in which the student participates.

Code of Conduct - Due Process and Appeal

1. A student may be removed from participation in any athletic activity for violations of the rules and regulations governing their participation.
 - a. A student may be denied participation from an activity under the consequences from Code of Conduct Policies #1-3.
 - b. A student may also be denied participation from an activity for a period of at least one (1) but not more than ten (10) school days for other athletic policies or guideline infractions.
 - c. Depending on the severity of the infraction, a student may be removed from an activity for the season or school year determined by the Athletic Director. The following procedure shall be enacted for denied participation and/or removal from a team:
 - i. Only the athletic director, or principal may deny participation and/or remove a student from an activity for disciplinary reasons. A coach may recommend denial of participation and/or removal from a team but must be approved by the Athletic Director or Principal.
 - ii. The student shall be informed in person and/or in writing of the intended removal and the reason for the action. The athlete may appeal this action within twenty-four (24) hours to the administration.
 - iii. A hearing with the Athletic Director shall be scheduled within two (2) school days upon receipt of the request unless the time for the hearing is extended by mutual agreement.
 - iv. The student shall be provided an opportunity for an informal hearing to challenge the intended removal and/or explain his/her actions.
 - v. The coach may be present at the hearing with the student and the administration. The Athletic Director shall reside as the hearing officer.
 - vi. Any student who is removed from an athletic team for the remainder of the season for disciplinary reasons will forfeit any award he or she may have received for participation on that team.
 - vii. The athlete will also not be entitled to any reduction or refund of pay-to-participate fees if denial of participation is reached.

Appeal Process

- a. The student and his/her parent or guardian may request an appeal of the denial. The appeal must be made within twenty-four (24) hours of the denial of participation notification and/or time of the hearing with the Athletic Director.
- b. The review board shall consist of the Principal, advisor/head coach one (1) from another activity/sport, and a teacher not involved in an activity/athletic program.

Policies and guidelines

Attendance – Day of Contest/Practice

A student who is absent from school for more than one period for reason other than school related or acceptable excuse may not attend or participate in any school activity or practice on that day unless approved by the principal. Examples of acceptable excuse are doctor's excuse, funeral, court appearance, or principal's prerogative.

Disrespect Towards Others

Disrespect towards teammates, coaches, members of the opposition's team, or game officials will not be tolerated. This type of behavior may result in disciplinary action.

Hazing and Bullying

Hazing and Bullying will not be tolerated and will result in disciplinary action.

Hazing is defined as any act 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.

Bullying is an intentional written, verbal, electronic or physical act that a student has exhibited more than once toward a student or students. The behavior causes mental or physical harm to the other student creating an intimidating, threatening or abusive educational environment.

Suspension or In-School Suspension

Suspension from school and In-School Suspension may result in disciplinary action. Multiple suspensions may result in dismissal from the team.

Out of School Suspension: Any athlete serving an out of school suspension will be denied participation and practice while serving their suspension. While serving an out-of-school suspension, the athlete may not be on school property or attend Northridge functions anywhere else.

In School Suspension: Any athlete under disciplinary in-school suspension will not be allowed to participate in a contest or practice during the suspension.

Involvement in an Altercation In-Season and Out-of-Season

Student athletes who leave the bench or stands during an altercation on the playing surface will be denied participation in 10% of the seasons contest. If an incident occurs at the end of the season or involves an athlete out of season, the denial would carry over into the next season that the athlete competes. A second violation in a season would result in dismissal from that team.

Ejection of Players from Athletic Contest: Disqualification for unsporting conduct or flagrant violation

All ejections, disqualifications or flagrant violations will be enforced under OHSAA regulation and recommendations. Further disciplinary action may occur if necessary determined by the Principal and Athletic Director.

Quits the Team

We believe that commitment is a meaningful characteristic in the student athlete's overall development. Therefore, if a student quits a team he/she will be denied participation in any/other sport related activities until that season ends. This includes such things as preseason workouts, lifting, and open gym. Quitting the team does not entitle the student to any reduction or refund of pay-to-participate fees.

Equipment

Accurate records will be kept on all school equipment issued to an athlete. The athlete will replace any equipment lost or stolen. It is highly recommended that locks be used on lockers.

Transportation

All policies of conduct and behavior set by the Northridge Athletic Department and Transportation Services are expected to and from all athletic events. Transportation is an expenditure for the athletic department. All students should ride provided transportation to and from athletic events. If in emergency or urgent situations, a student needs to ride with their parent/guardian a transportation release form must be completed. Students are to only be transported by their legal parent/guardian.

Medications

Athletes should follow NLSD Board Policy when prescribed medication by a healthcare provider.

Supplement Use

The Northridge Athletic Department prohibits the possession and/or use of legal over-the-counter performance enhancing supplements by any Northridge athlete. The Athletic Department discourages the use these supplements, except multivitamins, at all times.

Head Coach and Training Rules

The Head Coach in each sport will set additional training rules for their specific sport with the Athletic Director's approval. Training rules will meet all OHSAA Sport By-laws and NFHS Recommendations.

Vacation Policy Several of our sports seasons occur during Northridge Local Schools breaks, including winter or spring break. If a vacation is imminent:

- a. Contact the coach as soon as possible.
- b. If an athlete misses a scheduled event (practice/scrimmage/or game) during a break, the student must make up the equivalent number of missed events (practice/scrimmage/or game) before game participation. This will also include vacations or missed days not during a school break as well.
- c. Students athletes may return to practice, but will be withheld from games until the equivalent days are made up. Communication is key.

Locker Room, Weight Room & Training Room Rules

No cleats are to be worn anywhere in the building, No bare feet in the weight room.

Northridge Athletic Department

No horseplay that may result in injury, Keep the music tolerable and non-offensive.

No food in the training room or weight room, No profanity. No spitting.

Do not enter the training room without permission and/or supervision of your coach.

Place the weights back to their correct location and off the floor when done, follow sanitary procedures mandated by the Health Department.

ALWAYS KEEP YOUR BELONGINGS LOCKED UP

Open Gyms, Fields, Courts, etc.

- a. All open gyms/fields/courts, etc. must follow the guidelines of the OHSAA. All facility requests must go through the Athletic Department.
- b. Multi-sport athletes must complete their current season before any participation is permitted in another school sport.

Participation on Independent Teams

- a. 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 during the same season is prohibited. Penalty for violations is ineligibility for the remainder of that season. For cheerleading purposes, this is defined as competition cheerleading on a school team vs. outside team. Participation outside of the school season is prohibited following the listed guidelines.
- b. The number of players from the same school squad (roster) is limited, as follows:
 - i. soccer-5;
 - ii. baseball/softball-4;
 - iii. volleyball-3;
 - iv. basketball-2.
 - v. Football squad members are prohibited from non-interscholastic participation.
- c. This rule is not in effect from June 1- July 31.
- d. An athlete may have contact with the school coaching staff in an interscholastic program for 10 days from June 1-July 31. In addition, interscholastic coaches in the team sports of baseball, basketball, cross country, field hockey, football, ice hockey, soccer, softball, track & field, volleyball, and wrestling may provide individual instruction as defined as no more than four individuals present at one time in all combined facilities where the instruction is taking place.
- e. Penalty for violation of out-of-season regulations (except a senior) is ineligibility for the remainder of the season or the ensuing season. For a senior, the penalty is ineligibility for all sports for the remainder of the school year.

Semester Rule

- a. High school students (9-12) may only participate in 8 semesters of athletic participation
- b. Middle high school students (7-8) may only participate in 4 semesters of athletic participation

Northridge Athletic Award Criteria

CERTIFICATES: ALL FRESHMAN AND NON-LETTERING SOPHOMORES, JUNIORS AND SENIORS.

LETTER “N” AND PIN: FIRST YEAR VARSITY AWARD

PLAQUE AND PIN: SECOND YEAR VARSITY AWARD

PLAQUE AND PIN: THIRD YEAR VARSITY AWARD

PLAQUE AND PIN: FOURTH YEAR VARSITY AWARD

- a. Athletes must complete and be in good standing with the school and coach to receive their awards.
- b. Graduation Numbers will be awarded to athletes for JV or freshmen participation along with the certificate.
- c. Letter “N” will only be awarded for the first varsity letter earned by a specific athlete.
- d. Each athlete earning a varsity award will also be awarded that sport’s pin for each varsity letter earned in that sport.
- e. A student who becomes injured may receive the award with the approval of the Head Coach and Athletic Director.
- f. A Junior or Senior may receive a First year award even though the requirements may not have been met. This will be done at the discretion of the Head Coach.
- g. End of the season awards, approved by the coaches, will be financed by the Athletic Department. End of the season awards include:
 - a. Certificates
 - b. Letters
 - c. Plaques
 - d. Pins
 - e. Special Awards
 - i. One (1) Viking Award – Given to the student athlete that best represents their athletic team academically, athletically and socially.
 - ii. Three (3) Coaches Choice Award – Selected by coaches of each team. Only plaques will be given at the Varsity level. Certificates will be given at the lower levels.

- h. All Middle School awards will be the same for each sport and level. Certificates will be awarded for special awards.
- i. A varsity letter may also be awarded for any activity that results in District recognition or above, at the discretion of the Athletic Director and High School Principal.

Covid

During the pandemic, the Athletic Department and coaches will strive to the best of our ability to keep everyone safe. Spectators must wear masks during events, be symptom free, wash hands frequently, social distance and disinfect equipment and used areas. Further, seating limitations may be placed upon our facilities, if so, we will have to limit attendance. We ask that you be patient and cautious during this time.