



New Richmond District Athletic
Handbook

2022 - 2023

Dear New Richmond High School Student Athlete and Parents/Guardians:

This handbook is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. The New Richmond High School Athletic Department believes that a dynamic program of student activities is vital to the educational development of the student. Its Athletic Program will provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life.

The New Richmond School District is very proud of the wide variety of opportunities for athletic participation. These opportunities are believed to be a critical part of a student's total development as they assist in the building of positive character and leadership traits.

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of each team in our athletic program.

Likewise, it is felt that you have committed yourself to certain responsibilities and obligations. It is the athletic department's intent through this handbook to acquaint you with policies that are necessary for an organized program of athletics. This handbook originated for prospective athletes and their parents/guardians to become familiar with the Interscholastic Athletic Code of Conduct and the policies of the New Richmond High School Athletic Department.

These rules need broad-based community support to be fully effective. This is only achieved through communication amongst all parties involved. It is our hope that this handbook serves as a means to accomplish this objective.

Yours in sports,

Doug Foote
Athletic Director/Dean of Students

New Richmond School District Athletic Handbook for Student-Athletes, Parents & Coaches



New Richmond High School

1131 Bethel-New Richmond Road, New Richmond, Ohio 45157

Principal: Joseph Stewart 553-3191 ext. 10001 stewart_j@nrschools.org

Athletic Director: Doug Foote 553-3191 ext. 10003 foote_d@nrschools.org

New Richmond Middle School

1141 Bethel-New Richmond Road, New Richmond, Ohio 45157

Principal: Court Lilly 553-3161 lilly_c@nrschools.org

Athletic Director: Tyler Klein 553-3161 ext. 11206 klein_t@nrschools.org

School District

1135 Bethel-New Richmond Road, New Richmond, Ohio 45157

Superintendent: Tracey Miller 553-2616 Miller_t@nrschools.org

Board of Education

Robert Wooten Member

Todd Wells Member

Amy Story Member

Tim DuFau Member

Jonathan Zimmerman Member

Mission Statement

The goal of the extracurricular program is to provide every participant the opportunity to grow mentally, morally, physically, and emotionally. The athletic program provides a means of expression and self-improvement. The program allows participants to develop social skills through being part of a team, committing oneself to striving for their personal best and being a part of something bigger than themselves.

Philosophy

The Board of Education recognizes the value of interscholastic athletics as an integral part of the total school experience for students of the District and to the community. The program should foster the growth of school pride within the student body, adult leadership, and the community. The game activities and practice sessions should provide many opportunities to teach the values of competition and good sportsmanship. Athletics is neither a program of recreation for all, nor is it one of rehabilitation for those of questionable dedication. However, we believe student participation in athletics provides a worthy use of leisure time and encourages as many students as possible to be involved. The New Richmond Board of Education further encourages the development and promotion of sportsmanship, ethics and integrity in all phases of the educational process in all segments of the community, including administrators, participants, adult supervisors, parents, fans, spirit groups and support groups.

Objectives

- Strive always for the highest quality of competition that will produce successful teams.
- Promote academic excellence in the classroom.
- Ensure growth and development that will maintain a high number of individual participants.
- Increase attendance at each contest, building gate receipts, thereby enabling the continuing upkeep and improvement of uniforms, equipment, and facilities.
- Promote cooperation throughout the athletic department, while supporting all athletic and extracurricular programs.
- Recognize and promote the lessons learned regarding good sportsmanship, ethics, teamwork and the value of competing – win or lose.
- Provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the real world.

Fight Song

Fight the team across the field, show them New Richmond is here.

Set the earth reverberating with a mighty cheer

Rah! Rah! Rah!

Hit them hard and see how they fall,

Never let their team get the ball.

Hail! Hail! The gang's all here,

And we're going to win tonight, Fight!

Alma Mater

New Richmond, our alma mater

The home where Lions roar

We of thy honor, everlasting, evermore

New Richmond, our alma mater

We pledge in song to you

Hail, all hail our alma mater

New Richmond High School



SOUTHERN BUCKEYE ATHLETIC AND ACADEMIC CONFERENCE

AMERICAN LEAGUE

SCHOOL	NICKNAME	COLORS
Batavia	Bulldogs	Green & White
Clinton Massie	Falcons	Blue & Red
Goshen	Warriors	Red & Gray
New Richmond	Lions	Red & Black
Western Brown	Broncos	Brown & Gold
Wilmington	Hurricane	Orange & Black

NATIONAL LEAGUE

SCHOOL	NICKNAME	COLORS
Bethel-Tate	Tigers	Scarlet & Gray
Blanchester	Wildcats	Blue & White
Clermont Northeastern	Rockets	Blue & Gold
East Clinton	Astros	Scarlet & Gray
Felicity-Franklin	Cardinals	Red & White
Georgetown	G-Men	Black & Gold
Williamsburg	Wildcats	Blue & White

LEAGUE COMMISSIONER	Pat Hill
LEAGUE SECRETARY & TREASURER	Pat Hill
LEAGUE PRESIDENT	Matt Earley

New Richmond High School Head Coaches

Academic	Daniel Heflin
Baseball	Steve Nicodemus
Basketball (boys)	Eric Thompson
Basketball (girls)	Michael Ducolon
Boys Bowling	Joel Gilpin
Girls Bowling	Rylan Shebesta
Cheerleading	Chasity Deavers
Cross Country	Doug Smiddy
Football	Brian Pitzer
Boys Golf	Daniel Heflin
Girls Golf	Alan Lindner
Soccer (boys)	Tyler Klein
Soccer (girls)	Sudi Mohan
Softball	Trisha Payne
Swimming (boys)	Rick Mahan
Swimming (girls)	Judy Middeler
Tennis (boys)	Rylan Shebesta
Tennis (girls)	Brian Benzinger
Track (boys)	Toby Lewin
Track (girls)	Doug Smiddy
Volleyball	Jeff Davis
Wrestling	Greg Minor

COMMUNICATION GUIDE

Appropriate lines of communication are vital to all parties involved in high school athletics. Concerns are best handled and resolved as close to their origin as possible. The staff should be given the opportunity to consider the issue and address the concerns. A complaint about school personnel will be investigated fully and fairly, however no such action will take place until it is in writing and signed. Anonymous complaints will be discarded.

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student athletes. As parents, when your son/daughter becomes involved in the program, you have the right to understand what expectations are placed on your child. This all starts with clear communication from the coach of your son/daughter.

As your child becomes involved in the various athletic programs of New Richmond High School, it is our hope that he/she will experience some of the most rewarding moments of his/her life. It is important to understand that things may not always go as your child wishes. At these times, discussion with the coach may be desirable (in fact, encouraged) to clear up the issues and avoid any misunderstanding.

Appropriate concerns to discuss with coach

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Inappropriate concerns to discuss with coach

- Playing time
- Play Calling
- Position Assignments
- Team strategy
- Matters concerning other student athletes

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. It is imperative that certain matters be left to the discretion of the coach.

Procedure to follow if you have a concern to discuss with a coach

There are situations that may require a conference between the coach and a parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue:

- Contact the coach the day after a contest to set up an appointment.
- If a coach cannot be reached after a reasonable period of time, call the Athletic Director. An appointment with the coach will be arranged for you.
- **Important:** Please do not attempt to confront a coach before, during, or after a contest or practice session. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution and, in fact, often cause more harm than good.

The next step

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be determined.

Chain of command

The New Richmond High School in conjunction with the Athletic Department follows the chain of command listed below. We ask that you observe this order if you elect to pursue any concern you may have with regard to the athletic program.

1. The Coach
2. Athletic Director
3. Principal
4. Superintendent
5. Board of Education

Communication parents should expect from coach

- Philosophy of the Coach
- Expectations the coach may have for your student-athlete and the team
- Times and locations of all practices and contests and any changes in that schedule as far in advance as possible
- Team requirements, i.e. fees, special equipment, eligibility, attendance, out-of-season conditioning, etc.
- Procedure that will be followed should your child become injured during participation
- Athletic Code of Conduct and any additional rules that may affect your child's participation
- Requirements to earn a letter
- Disposition of lost/outstanding equipment at the end of the season

Communication coach expects from parents

- Concerns expressed directly to the coach FIRST
- Notification of schedule conflicts well in advance of the conflict
- Special needs of the student-athlete, i.e. physical limitations that may not be obvious to the coach

What can be expected from the athletic department

- Hire coaches who are leaders, role models and persons of character.
- Recognize and promote the accomplishments of athletic teams and individuals.
- Provide a safe and secure environment for practice and competitions.
- Ensure that everyone involved adheres to the rules and policies of the New Richmond Exempted Village School District, The Ohio High School Athletic Association, the Southern Buckeye Athletic and Academic Conference, and the New Richmond Athletic Department.

Communicating with YOUR Children from the OHSAA “Role of a Parent in High School Athletics”

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child’s athletic ability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful, but don’t coach them. It’s tough not to, but it is a lot tougher for the athlete to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be “out there trying”, to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure. Don’t pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Remember, there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
6. Don’t compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted. Criticism of the coach to your child puts the athlete in a terrible “No Win” situation.
7. Don’t compare the skill, courage, or attitude of your child with other members of the team.
8. Get to know the coach. Then you can be assured that his or her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his or her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting. Many times an athlete will define all coach criticism as being “yelled at”.
10. Make a point of understanding courage and the fact that it is relative. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear and discomfort.

Ways to find information

Websites: <http://nrschools.org/Athletics.aspx>

www.nrlions.com

Twitter: [@nrhsathletics](https://twitter.com/nrhsathletics) - Most current athletic news and schedule changes.

Arbiter: <http://www.arbiterlive.com/School/15872>

Paperwork-must be completed on Final Forms

- Physicals/OHSAAForm/ConcussionPage/ Sudden Cardiac Form (Lindsay Law)
- Page 3 & 4 only of the physical needs to be handed in
- Drug Consent Form
- Handbook Acknowledgement Page
- Emergency Medical Authorization Form

- Proof of Insurance or Waiver

Final Forms:

- Physicals must be completed by the first official practice.
- All other documents must be completed by the first contest.

Signing Day

- The New Richmond High School Athletic Department will hold a signing ceremony at the end of the year for those athletes committed to continue their athletic career in college. At times if there is a number of athletes committed to college after any season we may hold a signing day at that time.
- Signing Day is for those athletes that are competing for a New Richmond Sports Team only.

Code of Conduct

As a member of a New Richmond athletic team, an athlete represents the New Richmond Exempted Village School District and is therefore subject to the Student Code of Conduct included in the Student Handbook. Participants are also subject to rules and disciplines as outlined by the coach/advisor/sponsor of each activity. The minimum standards set by the school do not necessarily meet the standards of conduct, dress, and appearance expected of participants in extra-curricular activities. Your actions outside the school day or school calendar are subject to discipline during your athletic season. Participation in extracurricular activities, including interscholastic sports, is a privilege and not a right. Therefore, the Board of Education authorizes the Superintendent, principals, and assistant principals to prohibit a student from participating in any particular or all extra-curricular activities of the District for offenses or violations of the Student Code of Conduct/Student Discipline Code.

In addition, student athletes are further subject to the Athletic Code of Conduct and may be prohibited from participating in all or part of any interscholastic sport for violations therein.

Students prohibited from participation in all or part of any extra-curricular activity are not entitled to further notice, hearing, or appeal rights.

A coach has a right, and in some cases, the responsibility to establish additional training rules such as standards of training, behavior, meeting times, attendance expectations, and requirements necessary for participation. These will be furnished in writing with full explanations and disciplinary consequences. Copies of these additional rules should be furnished to both parent and athlete and a copy should remain on file in with the Athletic Director.

General Rules

1. Students who have been suspended from school may not practice, compete, or participate in an extra-curricular activity or team-related activity while serving school suspension.
2. If an athlete is dismissed because of a violation of a team rule, or the athlete should quit a team after the first scheduled scrimmage or contest, the athlete is not eligible to participate on any other current team or organized training for an upcoming sport until the completion of that team's schedule and any disciplinary process to regain eligibility. Exceptions may be considered by the principal and athletic director after input from the coaches involved.
3. If an athlete fails to return issued equipment or fails to make appropriate payment for lost items, until these obligations have been met, that athlete will:
 - not receive team awards
 - be deemed not eligible to participate in any future New Richmond athletic sport.
 - The charges will be added to their school fees
 - If the athlete is a senior, their diploma and transcripts will not be released.
4. Once a student/parent signs the handbook acknowledgement form, the students athletic career begins immediately regardless if they choose not to participate in a sport.

Substance Statement

It is the belief of the New Richmond High School Athletic Department that there is no such thing as responsible use of controlled substances/mood-altering chemicals, alcohol, or tobacco by any high school student. Adolescent use is not only against the law - it jeopardizes the student's health and safety, and it inhibits attainment of individual potential. Therefore, any use of controlled substances/mood-altering drugs, alcohol, or tobacco by student athletes will not be tolerated.

It is further believed that participation in interscholastic athletics is a privilege, not a right. Student athletes are in a highly visible setting of leadership and/or competition/performance. Therefore, student athletes will be held to a higher accountability of conduct and behavior than the student who chooses neither to participate nor to represent New Richmond High School.

The New Richmond High School Athletic Department believes in athletes making a twelve-month year-round commitment to a substance free lifestyle. There is no off-season for taking proper care of your body.

Random Student Drug Testing:

The New Richmond Exempted Village School District has implemented a policy to randomly select student athletes for drug testing throughout the school year in order to promote the health, safety, and welfare of students. Although students risk the loss of athletic participation through this policy, it is designed to be non-punitive with regard to academics. The results of random drug tests will not be documented in any students' academic records. All students and parents/guardians/custodians must sign an "Informed Consent Agreement" for drug testing in order to be eligible for athletics. Once a signed form is on file with the district, it remains valid for all athletics while the student remains enrolled at New Richmond High School. The consequences for a positive drug test are spelled out in Board of Education Policy 2431.01.

Drug, Alcohol, and Tobacco Policy

Refer to the High School Student Handbook.

Violations of Drug Alcohol, and Tobacco Policy for Athletes

A student athlete who has violated the New Richmond Exempted Village School District Policy regarding drugs, alcohol, controlled substances and tobacco will be subject to the following penalties:

First Offense

- Denied game participation for 20% of scheduled regular season games/contests as maximum number allotted by the OHSAA. The athletic director and/or building 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.
 1. The student athlete will seek and complete a school sponsored drug/alcohol/tobacco/vaping assessment. The student athlete may seek an assessment from a certified agency approved by school administration specializing in teen drug/alcohol/tobacco abuse/vaping education/intervention and treatment at the student's expense as another option. The student athlete must provide **written documentation** indicating completion of any follow-up counseling and/or treatment prescribed by the assessing agency/personnel. These are the only two viable options.
 2. If the violation occurs with less than the agreed to suspension of the scheduled games remaining, or if a student is not participating on a team at that time, the penalty (or remaining percentage) will carry over to the next sport season in which the student has previously participated, even possibly into the next academic school year.
 3. The athlete may be permitted to participate in practices during the time period when the student is denied game participation. The athlete may travel with the team to games, sit on the bench, but will

- not dress in uniform for games/contests.
4. The student who is in violation will not be allowed to serve in any leadership positions for one year.

Second Offense

- Denied game participation for 50% of scheduled regular season games/contests as maximum number allotted by the OHSAA. The athletic director and/or building 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.
 1. The student athlete will seek and complete a school sponsored drug/alcohol/tobacco/vaping assessment. The student athlete may seek an assessment from a certified agency approved by school administration specializing in teen drug/alcohol/tobacco abuse/vaping education/intervention and treatment at the student's expense as another option. The student athlete must provide **written documentation** indicating completion of any follow-up counseling and/or treatment prescribed by the assessing agency/personnel. These are the only two viable options.
 2. The athlete may be permitted to participate in practices during the time period when the student is denied game participation. The athlete may travel with the team to games, sit on the bench, but will not dress in uniform for games/contests.
 3. The student who is in violation will not be allowed to serve in any leadership positions for one year.

Third Offense

The athlete on a third offense will be suspended for one calendar year but then allowed to participate after that year depending on administrative approval.

Self-Referral

A self-referral is not to be used as a means of avoiding the consequences of a code violation.

1. Code violations already reported or pending violations cannot be self-referred.
2. This procedure may only be used ONE time during a student's New Richmond School District academic and athletic career by the student or by the parent of the student, in order to seek help for his/her problem.
3. A self-referral must be reported the next day after the occurrence.
4. A student cannot be self-referred if police intervention has taken place.
5. A self-referral to an administrator must be initiated by a student-athlete or parent of a student athlete and may not occur as a result of information from another source.
6. The principal and/or principal designee reserves the right to make final determination concerning acceptance of a self-referral.
7. This self-referral will still be considered a first offense as far as the policy is concerned. The student athlete will not be denied participation for their sports season.

Supplements – The Athletic Department and the New Richmond Board of Education do not, under any circumstances, endorse or advocate the use of any legal dietary supplements. Any parent or student interested in the use of any such legal dietary supplements is advised to consult with their own physician for pertinent information regarding this subject. No coach or trainer should, under any circumstances, dispense, recommend, or permit the use of any drug, medication, diuretic, or performance enhancing supplement. The choice of any such usage is strictly a parent-student decision and should be done in a careful and intelligent manner.

Transportation

The time on the bus is an important team time for many reasons. All athletes are expected to travel to and from away contests with the team.

In the event that it is necessary to provide alternate transportation, the following policies are in place:

Alternate Transportation

- A student will NEVER be permitted to leave with another student.
- The parent or guardian may sign out their student in a direct, face-to-face conference with the head coach after the contest. Upon signing the student out, the parent takes custody and full responsibility for transporting the student home. The school district is released from all liability at that point. The courtesy of advance notice by phone, email, or written note to the coach that this will need to occur is strongly encouraged.
- In the event of an emergency or extremely unlikely occurrence when it is absolutely necessary for an adult other than the parent or guardian to transport a student from a contest, permission must be granted by the Principal or game administrator. The adult taking the student must sign them out in a direct, face-to-face conference with the head coach after the contest. The adult takes full responsibility for transporting the student home or to another destination. The school district is released from all liability at that point.

Eligibility– All students must be officially enrolled in the New Richmond Exempted Village School District per district and OHSAA policies and procedures.

Academic – The New Richmond Board of Education has adopted the following. Students in grades 9-12: To be 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 (Note: Students taking College Credit Plus courses must comply with these standards along with those participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools in the district of residence of the parents).

1. Students in grades 9-12: To be 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 (Note: Students taking College Credit Plus courses must comply with these standards along with those participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools in the district of residence of the parents).
2. Students in grades 7-8: To be eligible, a student-athlete must have received passing grades in a minimum of four subjects in which enrolled the immediately preceding grading period. Students who are participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools in the district of residence of the parents must also comply).
3. For eligibility, per OHSAA guidelines summer school grades shall not be used to substitute for failing grades received in the final grading period of the regular school year or for lack of enough courses taken in the preceding grading period. o Please note: Semester average and yearly average have no effect on eligibility.

If a student is **academically ineligible**:

- Under no circumstances can an ineligible athlete participate in a game or contest.
- If an athlete is ineligible at the beginning of a season and can become eligible during that season they can try out, practice and participate in scrimmages.

Pay to Participate:

Students who wish to participate in the school district's extra-curricular programs, will be required to pay one hundred twenty-five dollars (\$125) for middle school students, and one hundred seventy-five dollars (\$175) for high school students, with a family cap of three hundred dollars (\$300).

The Pay-to-Participate fee set forth herein must be paid in full prior to the first contest. The Pay-to-Participate fee will not, however, be refunded once a position on a team/squad is secured and the student chooses to quit.

Payment of the Pay-to-Participate fee does not guarantee any student playing/participation time or control over the conditions of the team or program. The Pay-to-Participate fee will not be refunded or prorated for a student who becomes injured or ineligible during the season, or for a student who is removed from the team/squad for academic or disciplinary reasons.

The Pay-to-Participate fee also will not be refunded because canceled events or competitions cannot be rescheduled, or because a full allotment of games cannot be scheduled.

Students who wish to participate in the school district's extracurricular programs, and the parents/guardians of all such students, will be required to execute an acknowledgment relating to these Pay-to-Participate fee rules at or before the time the Pay-to-Participate fee is paid.

Transfer Rule

If a student transfers after the fifth day of the student's ninth grade year or after having established eligibility prior to the start of school by playing in a contest (scrimmage, preview or regular season/tournament contest), the student will be ineligible for 50% of the second half of the season and postseason tournaments from the date of enrollment in the school to which the student transferred. A student is considered to have transferred whenever enrollment is changed from one school to another school, or whenever the student participates in a practice, scrimmage or contest with a school-sponsored squad of a school in which the student has not been enrolled. Subject to the specific provisions of this Section 7 – Transfer – the following exceptions to the general transfer bylaw may apply:

EXCEPTION 1 — If the parents or legal guardian have made a bona fide legal change of residence from one public school district to another public school district, the student may enroll in either the public school within the boundaries of that public school district that includes the new residence of the parents or legal guardian or any non-public school. The student is ineligible until ruled eligible by the Commissioner's office upon submission of an accurately completed Affidavit of Bona Fide Residence and accompanying guidelines. Parents making a bona fide legal change of residence into the state of Ohio for the first time may enroll the student in any school that accepts that student. That student shall be eligible insofar as transfer is concerned in accordance with this bylaw.

Note 1: These forms can be found at <http://www.ohsaa.org/eligibility/forms/AffidavitBonaFideResidence.pdf>.

Note 2: See the definition of a bona fide residence in Bylaw 4-6-1.

Bylaw 4-6-1: The districts for all public schools are established by the State Board of Education and defined for athletic purposes. In addition, school districts with multiple high schools may establish attendance zones within those districts. In determining one's residence for purposes of these bylaws, the following criteria shall apply: (a) where the parents and family members sleep the majority of the time, (b) where the mail is received, (c) where the meals are prepared and eaten, (d) where the parents are registered to vote, and (e) where important family activities take place during significant parts of each day. Note: It shall not be considered a "bona fide" change of residence as prescribed in Bylaw 4-7-2, Exception 1, or Bylaw 4-7-4 (1) if the parents of a transfer student vacates the residence prior to one year from the date of transfer and the student remains in the school into which the transfer was approved. Penalty for the student: ineligibility for one year from the date the parents vacate the residence.

*There are 10 more exceptions to the transfer policy. If you have switched schools or plan to do so you are strongly encouraged to set up a meeting with the Athletic Director to review the entire OHSAA policy to determine eligibility.

Attendance Policies

If the athlete is not in attendance the day of a contest (or day prior in case of a weekend contest), the athlete will not be eligible to participate without the permission of the principal/assistant principal. A student participant must be present in class by 7:40 a.m. unless they have an excused tardy.

Tardy Policy

Students are expected to be on time for school and for all classes. **This is also expected of students involved in extracurricular activities.** A student is considered **TARDY** to school if he/she arrives to class **after** 7:40 a.m.

Vacations

Vacations by athletes during their OHSAA defined sports season are discouraged. Those wishing to schedule a vacation during a sports season need to evaluate the commitment necessary to participate on an interscholastic athletic team. If an athlete does plan to go on a family vacation with a parent/guardian/custodian or is attending a school-related activity during a school recess, advance notice must be given the appropriate coach by the first day of official team practice. Each day of participation missed requires a day of practice before the athlete may resume participation in interscholastic athletic events. For each interscholastic event missed, participation will be denied for an equal number of interscholastic events. If more than three interscholastic events are missed, participation for the remainder of the interscholastic season will be denied.

Unexcused absence

Not going with a parent/guardian/custodian or with a school-related group is an unexcused absence. If the athlete wishes to continue participation, he/she will be denied participation immediately upon return in a minimum of two interscholastic athletic contests. If more than two interscholastic events are missed due to this absence, participation for the remainder of the interscholastic season may be denied.

Equipment

Every student-athlete is responsible for all uniforms and equipment issued to them during the sport season. The Athletic Department spends a great deal of money annually to provide its student-athletes with the finest available uniforms and equipment. New uniforms are purchased on a rotation per sport. Since uniforms must fit a variety of athletes each year, they cannot be custom fitted. These uniforms are made and purchased in general sizes.

Parents and students must therefore realize that an athlete's uniform may not always be a perfect fit. Uniforms may be tucked at the waist, but should never be altered in any way without the expressed consent of the coach or the athletic director. The student-athlete is financially responsible for any items, which are lost, stolen, or otherwise, destroyed or damaged, and must be replaced by the Athletic Department. The replacement cost will be determined by the athletic director. Coaches will designate an equipment and uniform turn in day when a season is concluded. If an athlete does not, within good reason, turn his/her uniform and/or equipment in by the designated date, the coach may refer the athlete to a building administrator for possible disciplinary action.

An athlete's financial obligations are to be met as soon as possible. Until such obligations are met, the athlete will not be issued any other athletic equipment and may have his/her grade card and/or transcript withheld. Seniors will not be permitted to participate in the graduation ceremony until all financial obligations are paid in full.

In several sports, athletes will be required to purchase a portion of the uniform such as socks or hats. The

purchased items become the athlete's property. Coaches may also make available to Athletes practice apparel or optional "spirit packs".

The school and its employees are not responsible for any item(s) left unattended in the locker room. All athletes should keep any valuables locked up. It is recommended that the athlete purchase a combination lock for this purpose.

Hazing

Hazing or the initiation of new members into an activity is strictly forbidden by the New Richmond Board of Education Student Code of Conduct. Violations of this policy by athletes and/or coaches will result in severe penalties, which may include suspension or expulsion from school, and suspension or dismissal from athletics.

The Ohio Revised Code defines hazing as "doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person." It is a 4th degree misdemeanor if convicted.

Any incidents of hazing should be immediately reported to a coach, the Athletic Director or any other school administrative official. The incident and the individuals involved will be dealt with the utmost immediacy.

Two Sport Policy

A student athlete wishing to play two sports during the same season (example: soccer and cross country) must discuss this with the head coaches of the two teams involved. If both coaches are in agreement that the practice schedules and game schedules can be worked out for the student-athlete to play two sports, and the student athlete feels that he/she is willing to commit to this demanding schedule, then that student-athlete may participate in both sports during the same season. The coaches involved must make sure that the parents of this student-athlete are well aware of all practice and game arrangements prior to the season beginning. The coaches involved must discuss this situation with the Athletic Director at the time of the initial request by the student athlete. The athlete must select his/her primary sport and must attend all practices and games scheduled for that sport.

Tryouts

Tryouts for sports activities will occur on the first day(s) of practice as mandated by the OHSAA. Conditioning may be held prior to the first official day of practice. Attendance at conditioning is not mandatory, but a coach may take attendance. Conditioning is offered to the athlete as a head start for the rigorous training during the season. An athlete is expected to be present for the first day of tryouts unless extenuating circumstances exist.

These circumstances, such as an injury, must be approved by the coach and/or athletic director. An athlete will not be allowed to join any athletic team after tryouts have been held unless approved by the athletic director and/or principal after being petitioned by the coach and/or parents. All tryouts are to be of such a length that coaches can make an accurate assessment of any potential player's abilities, attitude and temperament. The tryout shall be of such length that any potential player may have the proper time to exhibit their abilities to the coaches in order to demonstrate their potential as a member of a team.

Cuts. The New Richmond Board of Education and the New Richmond High School Athletic Department are committed to providing each and every student-athlete who wishes to participate in an activity with a place on a team. Whenever possible the Athletic Department sponsors teams at every competitive level (7th, 8th, 9th, JV and Varsity). However, due to the limitations of some sports, cuts may be unavoidably necessary. It is the coach's responsibility to determine who may be denied participation privileges. The criteria for determining "cuts" may be taken from the following:

- Overall athletic ability
- Mastery of athletic skills necessary in that sport
- Academic eligibility

- Age limitation eligibility
- Disciplinary record
- Attendance record
- Any other factors which the coach deems relevant to the makeup of his/her team.

Season Tickets/Passes

The Athletic Department offers the following passes for sale in the Athletic Director's Office:

- All-Sports Pass - \$90 adults/ \$70 students: Admits bearer to all home athletic events for the entire school year.
- 10 Game Pass - \$60 adults/\$40 students: Admits bearer to any 10 home athletic events during the school year.
- 10 game pass for the student does not work for football games.

Checks can be made out to NRHS Athletics.

Sports Foundation

The New Richmond Lions Sports Foundation, a volunteer-member organization, was formed in 2000 in order to promote excellence in education, values, leadership, physical fitness, discipline, sportsmanship and equal opportunities for all athletes at New Richmond High School. The Sports Foundation provides volunteer and financial support to the New Richmond High School athletic teams. Volunteer opportunities are available in many areas; fund-raising, membership, and special projects to name a few. Membership forms can be found on the high school athletic website.

Parent Responsibilities

Every parent is required by the state to attend the Ohio High School Athletic Association Parent Meeting, for each sport their child plays. New Richmond High School offers these meetings three times per school year, prior to each sport season. The meetings are held at New Richmond High School. As a parent of an athlete, you will be called upon by the coaches and Athletic Department to fulfill responsibilities. Examples of these may include:

- Providing pre or post game food
- Working at the gate or concession stand for events in which your child is not participating
- Working various duties for team or Athletic Department events and/or fundraisers

It is unfair to think that "someone else" will always fulfill these roles. Each parent is expected to participate when called upon.

Head Coaching Duties and Responsibilities

As a head coach for the New Richmond Exempted Village School District, you have the following duties, responsibilities and expectations.

1. To instruct athletes in fundamental skills, training and strategies necessary to achieve success.
2. Have knowledge of game rules, OHSAA regulations and SBAAC stipulations and to implement these on a consistent basis.
3. Obtain valid pupil supervision certificate from the Ohio Department of Education.
4. Including CPR certificate, concussion course, background check & fundamentals of coaching class.
5. Know and enforce the New Richmond School District Code of Conduct and Athletic Department training rules and regulations.
6. Submit a participant list within three days of the start of official practice to the Athletic Director.
7. Pass out and collect from participant's: Physicals, OHSAA form, concussion form, drug consent form & handbook acknowledgement page.
8. Pass out team rules to all participants.
9. Assign specific duties to and supervise assistant coaches.

10. Establish good public relations with the media, Sports Foundation, parents and officials.
11. Provide positive information and statistics to the media on a regular basis.
12. Monitor the locker room before & after practices & games until all participants have safely left the building.
13. Secure all doors and windows before leaving facilities.
14. Pass out and maintain records for all equipment and supplies for participants.
15. Report all injuries to the trainer and abide by the trainer's decision.
16. Develop in each athlete a respect for school property and its care.
17. Always be appropriately dressed for practice and games.
18. Always be punctual for practice and games.
19. Collect all equipment and supplies from participant at season's end.
20. Submit a list of missing equipment and cost and a needs list for the next season to the athletic director.
21. Attend clinics and seminars to promote professional growth in your sport.
22. Coordinate middle school, freshmen and reserve programs; evaluate their effectiveness and communicate program needs to the Athletic Director.
23. Submit a list of awards and participate in the Awards Banquet.
24. Begin conditioning sessions for your sport at least two weeks before formal practice begins.
25. Develop an off-season program, which will include weight training, camps, leagues, open sessions or any other means of program development.
26. Assist the Principal and Athletic Director with enforcing the district eligibility policy.
27. Maintain confidentiality of student-athlete health information in compliance with HIPPA guidelines.

Evaluation

All head coaches will have an annual evaluation by the Principal or Athletic Director. In addition, the Athletic Director will conduct an end-of-the-season conference with the head coach to discuss the performance and progress of that program.

Medical Procedures

Participation in interscholastic sports can lead to possible injury to student athletes. Although most injuries are minor in nature, it is possible that an injury can occur that is severe enough to cause a person to become a paraplegic, quadriplegic, or result in death. New Richmond Schools and staff take every precaution to prevent such injuries, but risk does exist. It is the responsibility of any athlete competing in interscholastic activities in the New Richmond Exempted Village School District to understand and comply with the following medical and injury procedures:

1. All injuries, no matter how seemingly insignificant, should be reported to the coach and trainer as soon as possible. The trainer will then make a determination as to how serious the injury is and what further action should be taken. It is the philosophy of the New Richmond Athletic Department that all injuries should be taken seriously and that any action is taken on the side of conservatism.
2. New Richmond High School provides a professional ATC trainer from a local orthopedic group at most, but not all, practices and events. The athletic trainer shall have final say on whether an athlete can participate and what treatment or care is necessary. They are not meant to replace a physician of the athlete's choice.
3. In our partnership with the orthopedic group, they also provide a team doctor. This physician makes periodic visits to our campus to evaluate players and their injuries. When a referral is made by the trainer for an athlete to see a physician, an appointment can be set up rapidly to see our team physician

at the orthopedic office if so desired.

4. When an athlete sees the trainer for an injury, an injury report must be filed by the trainer. If the athlete is referred to a physician, the Athletic Director and trainer must receive a release statement from that physician before the athlete is permitted to return to participation.
5. While injured, athletes are required to follow procedures as laid out by the trainer and/or physician, including attendance at practice and injury rehabilitation. A coach has the right to require attendance at all team functions from the injured athlete.
6. Parents are encouraged to contact the Athletic Training staff regarding questions or concerns related to their child's injuries and care.

Catastrophic Insurance

The Ohio High School Athletic Association provides catastrophic insurance to cover all athletes playing interscholastic athletics as a member of a middle school or high school team. However, parents are required to provide either school insurance or some other policy which will cover athletic injuries for the first \$25,000 for medical expenses.

Awards

To earn a letter, the participant must be eligible through the completion of the season. Any athlete quitting or dismissed from the team for any reason forfeits all rights to earn a letter in that sport. In addition, each particular sport has its own criteria determined by the coach.

- Each participant must play in at least one-half of the varsity games/meets/matches to earn a varsity letter in **Academic Team, Baseball, Basketball, Cross Country, Golf, Soccer, Swimming, Tennis, or Volleyball**.
- **Cheerleading.** Participants must have completed the season.
- **Football.** Participants must have played in 20 quarters of the varsity games or been a regular special teams or specialist player.
- **Track and Field.** Participants must score a minimum number of 12 points or participate in half the varsity meets.
- **Wrestling.** Participants must wrestle in 15 varsity level matches or if wrestling JV most of the year, steps into a varsity role and qualifies for district.
- **Managers & Statisticians.** Faithfully fulfills all duties of the job meeting all criteria established by the coach.
- A coach reserves the right to award a varsity letter outside of these criteria to a senior who has played a vital role on the team.

Athletes will be presented with the following awards:

- **Freshman Athlete** – freshman patch certificate and pin can be earned providing there is a freshman team.
- **JV Athlete** – (yr.1) JV letter and certificate, (yr 2 and on certificate & pin).
- **VAR Athlete** – (yr.1) VAR letter, pin, certificate, (yr 2 and on pin, certificate).

The following awards will be presented with the stated criteria:

- **Scholar Athlete** – athletes who carry a 3.5 GPA for the completed grading period for their season. This is for students who attend NRHS full-time.
- **Athlete of the Week** – one male and one female, not to be duplicated during a season.
- **Athlete of Year** – one male and one female senior outstanding athlete selected by a panel.

- In addition, a coach may award any additional certificates and awards that he/she desires.

Sportsmanship

Sportsmanship Philosophy and Guidelines

The New Richmond High School Athletic Department believes that interscholastic competition involving member schools of the Ohio High School Athletic Association should be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants have a common understanding of those basic principles.

We believe that participation is more important than winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel and is directed to the behavior of spectators, coaches, and players. An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We therefore expect school administrators, coaches, athletes, cheerleaders, and spectators to know and embrace the following fundamentals of sportsmanship.

- Respect should be demonstrated for an athletic opponent and for their school at all times. We should treat visiting teams and their supporters as guests and accord them the consideration all persons deserve. As a visiting school, we should respect the property and dignity of their host school and its athletic teams.
- Respect should be demonstrated for the officials at all times. Officials must be assumed to be and accepted as impartial arbiters who are trained to do their job, and can be expected to do the job to the best of their ability.
- Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the "letter" of the rules.
- All participants should strive to maintain self-control at all times. The desire to win should not be accepted as a reason for abandoning rational behavior. A proper perspective must be maintained by all if the potential educational values of athletic competition are to be realized.
- All participants should learn to recognize and appreciate skill in performance regardless of affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all member schools. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior before, during, and after contests.

Coaches:

The coaches bear the greatest responsibility for the development of sportsmanship as they have the greatest influence on the attitudes and behaviors of players, the student body, and the community. Coaches must value sportsmanship and teach it through their words and by example. Therefore, coaches should embrace the following appropriate behavior:

- Instruct their players in the fundamentals of sportsmanship.
- Teach the value of conforming to the spirit as well as the letter of the rules.
- Make sportsmanlike behavior a matter of team discipline, with appropriate consequences for team members who display inappropriate behavior.
- Remind the student body at every opportunity that visiting teams are guests and, as their hosts, they should be polite and courteous.
- Respect the officials' judgment and interpretation of the rules.
- Demonstrate publicly the ideals of good sportsmanship by such acts as shaking hands with officials and opposing coaches before and after contests.

Coaches should avoid the following inappropriate behaviors:

- Use of profanity.
- Ejection from contests.
- Berating officials or players.
- Inciting spectators/players to inappropriate behavior

Athletes:

Because athletes are admired and respected, they exert a great deal of influence over the actions and behavior of the spectators. It is important that players:

- Treat opponents with the respect that is due them as guests and as fellow athletes.
- Shake hands with opponents and wish them good luck when appropriate.
- Exercise self-control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see.
- Never argue or make gestures indicating lack of respect for the officials' judgment.
- Accept both victory and defeat with pride and compassion. Congratulate opponents in a sincere manner following either victory or defeat.
- Accept seriously the responsibility and privilege of representing the school and community.

Athletes should avoid the following inappropriate behaviors:

- Use of profanity.
- Ejection from contests.
- Berating officials or fellow athletes.
- Inciting spectators and/or other athletes to inappropriate behavior. Leaving the bench area when not competing, or becoming involved in any type of altercation.

It should be noted that coaches and athletes ejected from interscholastic athletic contests will be accountable to the disciplinary procedure in the bylaws of the Ohio High School Athletic Association as printed in the Association's handbook. Further action above and beyond this may be invoked by the school administration.

Cheerleaders:

Cheerleaders are representatives of the student body. By setting a good example, the cheerleaders can influence and control the actions of the student spectators. They should:

- Establish standards of desirable behavior in keeping with the fundamentals of good sportsmanship for the cheerleaders and student spectators.
- Use positive cheers to encourage their own team without demeaning their opponents.
- Use discretion in deciding when to cheer and which cheers to use.
- Never attempt to distract opposing players or in any way interfere with their performance.
- Serve as hosts for visiting cheerleaders.

Spectators:

Partisan spectators by their behaviors and reactions determine to a large extent the reputation for sportsmanship of their school. Spectators should be reminded, and should keep in mind, that athletes are friendly rivals as members of opposing interscholastic teams. They expect to be treated in that manner. Spectators should be reminded too, that the contest should be between the teams and athletes engaged in the competition and not between their supporters. It is important that all spectators:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect, cooperate, and respond enthusiastically to the cheerleaders, coaches, and athletes of all teams.
- Censure fellow spectators whose behavior is inappropriate.
- Be positive toward players and coaches regardless of the outcome of the contest.
- Respect the judgment and the professionalism of the officials and coaches.
- Spectators should avoid the following inappropriate behaviors:
 - Verbal/physical abuse of contest officials.
 - Berating athletes, coaches, officials, or other spectators with chants, signs, or cheers.
 - Interruption of contests by throwing objects, entering the area of competition or becoming involved in disruptive behavior.

***The New Richmond Exempted Village School District administration has the right to suspend any fan who is removed from a contest. The length of the suspension will be at the discretion of the administration, which may include one contest, one sport season, or for the remainder of the school year.**

We believe that each participant should be committed to upholding the ideals of good sportsmanship put forth in this document. In this spirit, it should be understood, appropriate disciplinary action will be taken when incidents of inappropriate behavior occur. We also recognize the importance of communication and co-operation among school officials when incidents of inappropriate behavior arise. The quality of our athletic program depends upon this natural respect. We also believe that being proactive is vital to the education of our students and spectators.

Responsibilities of a New Richmond Interscholastic Athlete

Being a member of a New Richmond interscholastic athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic squad, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, and our community. Such a tradition is worthy of the best effort of all concerned. Over many years, our athletic program has achieved more than its share of conference and tournament championships. Many individuals have set records and won All-Conference and other individual honors.

It will not be easy to contribute to such a great athletic tradition. To compete for your school means that you have agreed to abide by a higher code of conduct. You will have to say “**no**” to temptations an athlete cannot afford. When you wear the Red and Black, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go along with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibilities to Yourself

The most important of these responsibilities is to broaden and develop your strength of character. You owe it to yourself to get the greatest possible good from your school experience. Your studies, your participation in other extra-curricular activities, as well as in athletics prepare you for your life as an adult.

Responsibilities to Your School

Another responsibility you assume as a member of an athletic team is to your school. New Richmond cannot maintain its position as having an outstanding school unless you do your best in whatever activity in which you become involved. By participating in interscholastic athletics to the best of your ability, you are contributing to

the reputation of your school. You assume a leadership role when you are on an athletic squad, to the student body and citizens of the community know you. You are on the stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make New Richmond proud of you and your community proud of your school by your faithful exemplification of these ideals.

Responsibilities to Others

As a squad member, you also bear a responsibility to your home and family. You should never give your family anything to be ashamed of. You must measure up to the full code of conduct. You should practice to the best of your ability every day. If you have played the game "all out," you keep your self-respect and your family can be proud of you.

The Fine Line of Being a Student-Athlete's Parent

by Tim Warsinskey

For my first 21 years of covering high school sports, I came to understand an unspoken language with high school varsity coaches when they uttered one word: "Parents."

It spoke gigabytes. I knew what the coach was thinking. We shared an identical image from years on the high school scene: wackos in the stands screaming at officials or stalking outside locker-room doors ready to confront the coach.

Then I became one.

A parent. The guy in the stands with a kid in uniform. It didn't happen overnight, of course. There were countless youth games played, thousands of miles driven and untold drive-thrus visited from the time my son, Ian, was 5 through his senior year at Mentor High. Hockey and baseball were his sports. He became a two-sport starter and earned four varsity letters before graduating in June.

He learned a lot, and of course, so did I.

Here are the 10 biggest lessons I learned from being a high school sports parent:

No. 1. Have no expectations, for your child or the coach.

If you go into his or her freshman year thinking "This kid is going to be a star," you have just set the bar too high. Trophies won from ages 5 to 15 do not mean a thing. What he or she did on the freshman and junior varsity teams is almost as unimportant. So many kids who are young all-stars will fade away. Even among the seemingly "sure bets" as sophomores, some will lose interest, quit, peak early, become ineligible or get kicked off the team.

Conversely, for the little ones, puberty is like a magic bean. It takes them to unexpected places. I'm 5-7.

My wife is 5-foot-nothing. My son grew to be 5-10 and a better athlete than either of us ever were combined. It

was an astonishing transformation, and you will be amazed at the kids who weren't stars at early ages who stick with it and become valuable varsity performers.

No. 2. Give your kid space.

Let her enjoy her successful moments and figure out how to deal with defeat, failure and disappointment. Don't get too wrapped up in the wins and losses. Your job is to make sure your child does not get too high after a win or too low after a loss.

No. 3. Try to have an objective view of your kid's ability and build on his or her strengths.

Don't tear him down by telling him what he did wrong unless the child comes looking for constructive criticism. Most of the time, the kid knows it better than you.

No. 4. Let your child make decisions that matter, with one caveat.

When he or she considers quitting -- and most high school athletes have that moment -- make the child understand quitting is not the first option, especially once the season has begun. Dealing with adversity and persevering are important lessons.

No. 5. Grades really are the most important thing.

The chances that he or she will get a college sports scholarship are almost nil, and even if the stars align and that happens, the kid still has to have good grades.

No. 6. Don't ignore injuries or signs of extreme mental and physical fatigue.

If he or she is hurting, find out what it is. Playing injured can hurt the team and your kid's long-term health.

No. 7. Let your child fight his or her own battles with the coach.

Especially with regard to the No. 1 complaint: playing time. Your kid has to learn how to deal with adults. It's part of growing up. He or she will have to confront professors and bosses, and this is a good place to learn. If it's another issue and you find it necessary to get involved, always wait a day to talk to the coach. Let your emotions subside and think clearly about the point you want to make. If you suspect there is hazing or abuse taking place, report it to the athletic director or principal immediately.

No. 8. Support the team and be a good fan.

Volunteer, and don't wait to be asked. Attend booster club meetings. Get to know the other parents. Make your own positive experience in the stands, no matter what is going on below. When you're at the game or event, cheer for everyone on your kid's team, not just your own. Don't be the jerk in the stands, the one

yelling at the coach, your team, the other team, and mostly the officials. You are embarrassing your school, your kid and yourself. If you don't have anything good to say, sit down and shut up. If you're not enjoying yourself, stay home. You won't be missed.

No. 9. Understand these are competitive sports.

It's not Little League where every kid gets to play. There's going to be disappointment, heartache, unfairness and injuries. Unless it ends in a state championship, it will end in defeat. Your kid is going to make mistakes. The coach will yell at him or her. That's what they do. Let it happen. He or she is not a baby anymore.

No. 10. Enjoy the ride.

It will go by fast. Hug your child when it's over.