



Ohio High School Athletic Association

Doug Ute, Executive Director

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ADMINISTRATOR UPDATE

2024-25 School Year, No. 2

TO: Member Schools' Superintendents, Principals and Athletic Administrators
FR: OHSAA Executive Director's Office

The following are updates and reminders for member school superintendents, principals and athletic administrators. Please share this update with other interested administrators and coaches on your staff.

NEW! Let's Make Sporting Behavior A Priority

With the fall sports seasons upon us, administrators are reminded that making sporting behavior a priority during our contests and events must be a priority. Please remind your coaches, participants, student groups and parents that they represent the entire school community, and any unsporting actions are a poor reflection on everyone and defeat the purpose of interscholastic athletics, which are educational in nature.

Here are some tools to assist in creating positive environments for your contests or events:

- **A video message from National Federation of State High School Associations Chief Executive Officer Karissa Niehoff on sporting behavior** – <https://www.youtube.com/watch?v=UdA2SXDG6c4>.
- **A 6:30 NFHS video called The Parent Seat, an excellent resource to show at parent meetings that explains their role of during game day and provides suggestions on how they can cope with the roller coaster of emotions that they will feel** – <https://nfhslearn.com/library/videos/the-parent-seat>
- **Sporting behavior scripts for one or two students to read live prior to home basketball games** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/PregameStudentScript.pdf>
- **Ideas to assist administrators in creating a positive school environment** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/SchoolEnvironment.pdf>
- **Ideas to assist administrators in setting expectations for parents** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/ParentExpectations.pdf>
- **Ideas to assist administrators in engaging with student fans** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/EngagingStudentFans.pdf>
- **Ideas to assist administrators in protecting officials** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/ProtectingOfficials.pdf>
- **Ideas to assist administrators in supporting coaches and student-athletes** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/SupportingCoachesStudentAthletes.pdf>
- **Printable sporting behavior posters and banners** – <https://www.ohsaa.org/Respect-the-Game/Posters-and-Banners>
- **Sporting behavior scripts for public address announcers** – <https://ohsaaweb.blob.core.windows.net/files/Respect-the-Game/SportsmanshipPublicAddressScripts.pdf>
- **Guidelines for public address announcers** – <https://www.ohsaa.org/Respect-the-Game/Public-Address-Announcer-Guidelines>

Public Address Announcers Play Key Role in Promoting Educational Athletics, Sporting Behavior

With the purpose of interscholastic athletics to prepare our students for the next phases of their lives, administrators are reminded that public address announcers play a key role in not only supporting this message but also promoting sporting behavior at our various athletic contests. Administrators are reminded that the National Federation of State High School Associations (NFHS) Learning Center has a free course on public address announcing that is designed to provide the best practices of announcing at high school events by explaining the expectations of school administration, appropriate behavior before and during a competition and the specific times during an event where announcers should be active. Multiple audio examples of P.A. announcers are provided to help illustrate what to do and what not to do while announcing. To take the course for yourself or to share with your public address announcer, go to: <https://nfhslearn.com/courses/p-a-announcing>.

NEW! Legislative Updates Sent To Schools

Member school administrators were emailed information last week on recent legislative action on school-related law changes that were recently approved by the Ohio General Assembly and/or Governor DeWine. If you did not receive this email, you can access the update here: <https://ohsaaweb.blob.core.windows.net/files/BulletinBoard/20240724SchoolLegislativeUpdate.pdf>.

NEW! Information Available on Preventing Exertional Heat Strokes in Football

The National Federation of State High School Associations (NFHS) has shared a foundational paper co-authored by a multidisciplinary group, including the NFHS, and titled "Preventing Exertional Heat Stroke in Football: Time for a Paradigm Shift" that was recently published in a leading sports medicine journal. Exertional Heat Stroke (EHS) is consistently among the top three causes of death in sports and football has the highest incidence of EHS in the U.S. Specifically, 100 percent of high school (and college) EHS deaths in football occurred during conditioning sessions and 97 percent of all football EHS related deaths occurred in linemen. As the clear at-risk population, linemen require additional measures beyond the universal interventions typically employed in the prevention of heat related injuries. **The authors remind us of the following key principles:**

***Things to Know - Football EHS is tied to:**

1. High-intensity drills and conditioning that is not specific to individual player positions.
2. Physical exertion as punishment.
3. Failure to modify physical activity for high heat and humidity.
4. Failure to recognize early signs and symptoms of EHS.
5. Death when cooling is delayed.

***Things to 'Do' - To prevent football EHS:**

1. All training and conditioning should be position specific.
2. Physical activity should be modified per the heat load.
3. Understand that some players have a "do-or-die" mentality that supersedes their personal safety.
4. Never use physical exertion as punishment.
5. Eliminate conditioning tests, serial sprints, and any reckless drills that are inappropriate for linemen.
6. Consider air-conditioned venues for linemen during hot practices.

Implementation of new or enhanced existing clinical policy guidelines requires leadership initiated and supported change by all involved. While it is the role of football coaches and strength coaches who *have* the responsibility, authority, and expertise to define 'how' to train, all stakeholders are encouraged to familiarize themselves with these research-based recommendations. Please feel free to share the research study with all of your respective football coaches and strength coaches, which is available here:

<https://ohsaaweb.blob.core.windows.net/files/Sports/Football/2024/Preventing-exertional-heat-stroke-in-football-Anderson.pdf>.

NEW! NFHS Learning Center Publishes Updated Fundamentals of Coaching Course

The National Federation of State High School Associations (NFHS) has announced a major update to its flagship coaching course on the online NFHS Learning Center, as "Fundamentals of Coaching" has been optimized with introductory information for coaches navigating the current high school landscape. The NFHS Learning Center's inaugural course offering, "Fundamentals of Coaching" has been delivered one million times since its debut in January 2007 and has become a primary component for new-coach training in most NFHS-member state associations. This newest refresh, which was produced in collaboration with the University of Washington's Center for Leadership in Athletics, marks the third time the course has been modernized in its 17-year history (2012, 2018).

Most of the revisions to "Fundamentals of Coaching" were focused on making the course more efficient for users while maintaining its primary goals: helping coaches understand the role athletics should play in the educational mission of schools and providing them with a roadmap for individual student development and team success. In addition to a new host and all-new videos and animations, the course now features a wide range of engaging content for coaches, including questions, drag-and-drop activities, image quizzes and more, designed to help learners reflect more deeply on how they can incorporate the ideals of a true interscholastic coach into their personal approach.

For more information on the updated "Fundamentals of Coaching" course, please visit:

<https://nfhslearn.com/courses/fundamentals-of-coaching>.

NEW! Ohio State Board of Education Quarterly Newsletter Available

The August 14, 2024, back-to-school edition of the Ohio State Board of Education quarterly Educator Essentials Newsletter is available to view at this link: <https://content.govdelivery.com/accounts/OHSBOE/bulletins/3ae9b9c>. Administrators who would like to receive the newsletter can subscribe for free on the link above.

REMINDERS

Registration Open for OHSAA Regional Update Meetings and Administrators' Workshops

The OHSAA Executive Director's Office will be conducting in-person OHSAA Regional Update Meetings this month and September for school superintendents, principals and athletic administrators in each of the six OHSAA athletic districts. The meetings are designed to provide updates and reminders on key issues, and attendance is highly recommended. **To register, go to:** <https://ohsaameetings.hometownticketing.com/embed/all?schools=2>.

The dates, locations and times are: Thursday, Aug. 22, **Cambridge** (Pritchard Laughlin Civic Center, 10:00-12:00); Tuesday, Aug. 27, **Waverly** (Waverly High School Auditorium, 10:00-12:00); Tuesday, Sept. 3, **Streetsboro**, (Streetsboro High School Auditorium, 11:00-1:00); Wednesday, Sept. 4, **Westerville** (Quest Conference Center, 9:30-12:00*); Tuesday, Sept. 10, **Findlay** (Findlay High School Auditorium, 10:00-12:00), and Thursday, Sept. 12, **Cincinnati** (Princeton High School Matthews Auditorium, 10:00 to 12:00).

In addition, the OHSAA will be hosting a virtual Administrator Workshop that will provide an overview of important issues in the areas of eligibility and sport management. Designed specifically for new administrators but also for those who desire to "brush-up" in these areas as they relate to the OHSAA and your school, the virtual Administrator Workshop will be held between 10:00 a.m. and 1:00 p.m. on Monday, Aug. 26. **To register, go to:** <https://www.ohsaa.org/meetings>. Two in-person OHSAA Administrator Workshops were held earlier this month.

Mandatory Online Rules Meetings Requirements

Please remind your coaches that all 10 OHSAA fall sports have a mandatory on-line rules meeting requirement. Rules meetings have been posted in *myOHSAA*, and details will be sent from the OHSAA Sport Management team to coaches. Here is the schedule for fall 2024 sports:

Sport	Start Date	Late Fee Begins	End Date	OHSAA Credit Coordinator for Coaches
Football	Already Started	Sun., Aug. 25	Tues., Oct. 1, 11:59 PM	Beau Rugg (brugg@ohsaa.org)
Field Hockey	Already Started	Already Started	Mon., Sept. 23, 11:59 PM	Emily Mason (emason@ohsaa.org)
Girls Volleyball	Already Started	Already Started	Mon., Sept. 23, 11:59 PM	Emily Mason (emason@ohsaa.org)
Soccer	Already Started	Already Started	Mon., Sept. 23, 11:59 PM	John Kronour (jkronour@ohsaa.org)
Golf	Already Started	Already Started	Mon., Sept. 9, 11:59 PM	Monroe Britton (mbritton@ohsaa.org)
Girls Tennis	Already Started	Already Started	Mon., Sept. 9, 11:59 PM	John Kronour (jkronour@ohsaa.org)
Cross Country	Already Started	Already Started	Mon., Sept. 23, 11:59 PM	BJ Duckworth (bjduckworth@ohsaa.org)
Late Fee Begins	Day after first date of competition			

OHSAA 2024-25 Handbooks on the Way

The OHSAA Executive Director's Office is in the process of mailing the 2024-25 *OHSAA Handbook* to member school superintendents, principals, athletic administrators and guidance counselors. Quick access to the 2024-25 OHSAA Handbook is available here: <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/Handbook.pdf>.

Athletic Administrators Encouraged to Update Items in FinalForms and myOHSAA; OHSAA Technology Information Update Available

Member school athletic administrators are highly encouraged to login to your FinalForms *and myOHSAA* accounts to ensure all items are appropriately up to date. When updating your information, please utilize these checklists:

High Schools: <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/2024-25OHSAAFallChecklist-HS.pdf>

7th-8th Grade Schools: <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/2024-25OHSAAFallChecklist-MS.pdf>

In addition, the first quarterly OHSAA Technology Update newsletter for the 2024-25 school year is available by going here: <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/memos/24-25TechnologyNewsletter-Vol1.pdf>

For questions, contact OHSAA Manager of Membership Services Alexis Holderman at aholderman@ohsaa.org. For general OHSAA technology questions, contact Senior Manager of Eligibility & Technology Ronald Sayers at rsayers@ohsaa.org.

Ohio State Coach Beyond Program Offers Student-Athlete Mental Health Trainings

The Ohio State University's Coach Beyond program has a **FREE** one-hour training session on Supporting Student-Athlete Mental Health that is approved for the new PAP requirements in Ohio. Access and instructions for completing the **online training** requirement can be found here through the USCAH platform: <https://uscah.com/cdn/FREE-Coach-Beyond-USCAH-MH-Training-QR-2.pdf>. Want an **in-person training** from Coach Beyond at your district? Reach out to coach_beyond@osu.edu to start scheduling!

Best Practices for Hosting Tryouts: Gearing up for tryouts? Check out Coach Beyond's **free** video on best practices for hosting tryouts. It includes tips for setting your selection criteria, running tryouts, and how to notify athletes who have not been selected. You can find it here: go.osu.edu/cbtryouts.

About Coach Beyond: In 2021, the OHSAA and LiFEsports at The Ohio State University started collaborative work to change the landscape of coach training and education in Ohio. Ultimately, this partnership grew into a statewide initiative known as Coach Beyond. Over the last three years, a team of coaches, athletic administrators, OHSAA administrators and LiFEsports leaders set out to audit coaching education, conduct a statewide needs assessment, design and pilot trainings and ultimately train 15,000 coaches by June 2024. We are excited to share that this goal has been reached, with 19,000 coaches receiving this training. To learn more about Coach Beyond, please visit this website: <https://lifesports.osu.edu/coach-beyond/about-coach-beyond/>.

Bylaw 4-4 (Scholarship) Important Reminders

Administrators are reminded to make sure that **ALL** fall and winter student-athletes are scheduled for at least five (5) one-credit courses or the equivalent at the high school level or four (4) classes at the 7th-8th grade level. If an athlete does not pass the five-credit/four-class standard in the first grading period this fall, they will become ineligible at the start of the fifth school day of the second grading period. For schools on quarters, this likely will fall toward the end of your fall season, rendering these athletes ineligible for the rest of the season. **Check your student-athlete schedules and work with your guidance counselor to ensure this does not happen!** For questions, contact Kristin Ronai (kronai@ohsaa.org) or Ronald Sayers (rsayers@ohsaa.org) from our eligibility staff.

No Contact Period in August

The mandatory no-contact period for coaches in the sports of baseball, basketball, ice hockey, lacrosse and softball began August 1, 2024, and lasts through August 31. Any coach, paid or volunteer, approved by the Board of Education to coach in those sports is prohibited from providing coaching or instruction during this time. This includes any type of tryouts in or out of school for purposes of non-interscholastic competition.

Pupil Activity Permit for Coaches

Ohio law requires coaching or pupil activity permits for individuals (paid or unpaid) who will direct, supervise or coach a student activity program that involves athletics, routine or regular physical activity or activities with health and safety considerations. School districts determine which staff members need to have a permit. Details are available through the State Board of Education website at: <https://education.ohio.gov/Topics/Teaching/Licensure/Audiences/Coaching-Permits>.

Thank you for your attention to this information. Please contact us if we can be of service!