

# 2021 Spring Sports Meeting



# Spring Sport Head Coaches

<b>Baseball</b>	<b>Kevin Morrow</b>
<b>Softball</b>	<b>Todd Galownia</b>
<b>Track-Boys</b>	<b>Ralph Baker</b>
<b>Track-Girls</b>	<b>Michelle Smith</b>
<b>Tennis-Boys</b>	<b>Ron Schaub</b>
<b>J.H. Track</b>	<b>Buck Morton, Jeff Meyer, Heidi Roush, Kayla Duryea</b>



# Covid-19

**-Please continue to keep in mind that COVID-19 is a severe illness that can be life threatening. We ask parents and students together to assess the risk involved in any extracurricular activity that they choose to participate in, and make a decision they feel comfortable with.**



# Covid-19

**-We will continue to follow the guidelines put forth by Governor Mike DeWine, and continue to consult with the Richland County Health Department, OHSAA, and the National Federation of High School Sports.**

**-Please understand that due to the nature of sports, as well as being transported to and from athletic activities, you run the risk of being identified as a close contact, which would result in needing to follow the established quarantine guidelines.**



# Covid-19

**-Do to the nature of Covid-19 and how the guidelines are continually evolving to combat this disease, please check our district webpage for our most up to date guidelines.**



# Covid-19 Sport Related Questions

**-Covid-19 related questions that arise throughout the course of the season should be directed to:**

**-Gennar Feucht: (Athletic Trainer)**

**[gennar.feucht@ohiohealth.com](mailto:gennar.feucht@ohiohealth.com)**

**-Jeff Eichorn (Athletic Director)**

**[eichorn.jeff@lexington.k12.oh.us](mailto:eichorn.jeff@lexington.k12.oh.us)**

**(419) 884-1111**



# Athletic Code of Conduct

**-Please remember to review the Athletic Code of Conduct that can be found in both the High School & Junior High School Handbooks.**

**Point of Emphasis to Remember: Any student involved in the Lexington Local School's athletic program shall be subject to the athletic code of conduct for their entire high school career, year round, both in season and out of season.**



# Sports Medicine

## Athletic Trainers

**Gennar Feucht, ATC**

Contact: (614) 668-0199

**Chistan White, ATC**

Contact: (856) 776-3069



## Team Physician

**Dr. Brandon Crouch**

Office: (419) 520-3500

375 W. Main St.

Lexington, OH 44904

## Orthopedic Specialist

**Dr. Emily Exten**

Office: (419) 756-8899

335 Glessner Ave.

Mansfield, OH 44903



# Pre-Participation Checklist



<https://lexington-oh.finalforms.com/>  
LINK ON SCHOOL WEBSITE

1. Create PARENT Account
2. Create STUDENT Account
3. Complete Information/Sign Forms
4. Add Additional Students

**\*\*Account instructions are available in the Athletic Office\*\***

**Paper Physical Packets Still Must Be Turned in to the Athletic Office**

- Contact Information
- Health History & Medical Profile
- Medications
- Injuries & Hospitalizations
- Past & Ongoing Health Conditions
- OHSAA PPE Physician Questions
- Emergency Medical Authorization
- Athletic Code of Conduct
- Co-curricular Eligibility Policy
- OHSAA Preseason Meeting Presentation
- OHSAA Student Athlete Eligibility
- Concussion Acknowledgement
- ImPACT Testing Consent
- Sudden Cardiac Arrest Awareness
- OHSAA Authorization
- OHSAA PPE Physical (for Physicians)

# Pre-Participation Checklist

***FINAL FORMS***

**Read BEFORE you sign, and must be completed prior to off-season/in-season participation**

**Compliance is YOUR responsibility**





# THE OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

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**Information for  
2020-21 Meetings**





## • General OHSAA Eligibility Standards

- Eligibility rules exist to help maintain competitive balance in school sports and to promote the purpose of education-based athletics.
- As a student-athlete, **YOU** are primarily responsible for your compliance.



## • OHSAA Scholarship Standards

- To maintain eligibility, high school students must have received **passing grades in a minimum of five one-credit courses**, or the equivalent, in the immediately preceding grading period.



## • OHSAA Scholarship Standards

- To maintain eligibility, 7th-8th grade students must have received **passing grades in a minimum of four classes** in the immediately preceding grading period.



## OHSAA Scholarship Standards

- ❑ Students taking College Credit Plus must comply with OHSAA scholarship standards.
- ❑ All students participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools, when their schools do not offer the sport they wish to play, must also comply with OHSAA scholarship standards.
- ❑ Semester and yearly grades have no effect on OHSAA eligibility unless your school provides grades at the end of a semester or school year pursuant to Board of Education policy.



## • OHSAA Scholarship Standards

- To attempt to regain OHSAA eligibility, summer school grades, College Credit Plus and other educational options (e.g. work permitted after the conclusion of the grading period) **shall not** be used to bring a student into compliance with the OHSAA scholarship bylaws, nor can they be used to compensate for the lack of courses taken in the preceding grading period.
- **If you drop a course or change your schedule, it is critically important that you contact your principal or athletic administrator to see if this affects your eligibility.**





## • OHSAA Scholarship Standards

- No high school student will be eligible if he or she has been enrolled in high school for more than **eight** semesters.
- No 7th-8th grade student will be eligible if he or she has been enrolled in 7th-8th grade for more than **four** semesters.



- **OHSAA Non-School Team and Program & Out-of-Season Standards**

- You will be ineligible if you are a member of a school team competing on a non-school team in the same sport during your school team's season (example: Practicing/playing on/with a travel baseball/softball team during our school's season).
- Coaches and schools cannot require that you participate in an open gym/open facility **OR** in a conditioning or instructional program. Violations of this regulation will result in penalties.



## • OHSAA Non-School Team and Program & Out-of-Season Standards

- There are certain restrictions regarding tryouts, practices and competitions with non-school teams before, during and after the school season.
- There are also restrictions for instruction you can receive from school coaches outside of your season in an OHSAA team sport (baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball) and some OHSAA individual sports (cross country, track & field and wrestling).
- There are no restrictions for instruction you can receive from school coaches outside of your season in all OHSAA individual sports (bowling, cross country, golf, gymnastics, swimming & diving and tennis, track and field and wrestling).



## • OHSAA Transfer Standards

- Once eligibility has been established at a member high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics for a period of time at your new school. For specifics on the period of ineligibility, visit [www.ohsaa.org](http://www.ohsaa.org). and contact Mr. Eichorn
- This regulation has several exceptions, most of which require a ruling from the OHSAA Executive Director's Office.



## • OHSAA Transfer Standards

- ❑ Should you have transferred to this school, you must ensure all applicable paperwork has been submitted to the OHSAA **AND** the state office has granted approval for eligibility.
- ❑ Full eligibility will be granted only if one of the exceptions to the OHSAA transfer regulation has been met.



## • General OHSAA Eligibility Standards

- There **ARE** exceptions to some OHSAA regulations. If you believe you qualify for an exception or you have questions pertaining to your eligibility or about any of the regulations, **please consult with your school principal or athletic administrator.**
- You can also review all OHSAA regulations on eligibility standards by going to the OHSAA website at [www.ohsaa.org](http://www.ohsaa.org).



## • Your Health & Safety

- Before the season's first practice (or prior to your first participation should you join the team after the season has started), you must have had a physical examination within the past **13 months** AND an examination clearance form must be on file at the school.
- Physical examinations are valid for 13 months from the date of the exam. Exams taking place from May 1 to June 1 are valid for one year plus through the end of the next school year's spring season.



## • Concussions

- ❑ It is **EXTREMELY** important for everyone involved in school sports to recognize the potential dangers associated with concussions and review their responsibilities in protecting student-athletes.
- ❑ Concussions are **NOT** just a problem in football . . . concussions can happen in just about any sport!
- ❑ A concussion is a traumatic brain injury that interferes with normal function of the brain. “Dings” and “bell ringers” are **SERIOUS** brain injuries and you do **NOT** have to have loss of consciousness for it to be considered serious. Young athletes are at increased risk for serious problems.





## • Concussions

- ❑ In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion . . . such as loss of consciousness, headache, dizziness, confusion or balance problems . . . shall be **IMMEDIATELY** removed from the contest or practice and **shall not return to play that same day.**
- ❑ Thereafter, the student shall not return to practice or competition until cleared with **WRITTEN AUTHORIZATION** from a physician or health care provider approved by the local board in accordance with state law.



## • Concussions

- In addition, participants and parents must review and sign the Ohio Department of Health's "Concussion Information Sheet" prior to participation and are highly encouraged to review a short presentation on concussions available at no cost ([www.nfhslearn.com](http://www.nfhslearn.com)).



## • Concussions

- While return-to-play policies are very important, parents must also work with school administrators and teachers in developing concussion management guidelines for student-athletes who have been concussed and are returning to the classroom (i.e. Return to Learn).



## • Sudden Cardiac Arrest

- ❑ Sudden Cardiac Arrest (SCA) is the most common cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.
- ❑ Participants and parents are required to view the Ohio Department of Health's sudden cardiac arrest video.
- ❑ In addition, participants and parents must review and sign the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation.



## Additional Health & Safety Guidelines

- ❑ The OHSAA does not permit the use of any form of alcohol, tobacco (including electronic cigarettes) or illegal drugs. **In addition, please reference the Lexington Athletic Code of Conduct in your student handbook.**
- ❑ Besides the health risks involved, use of any of these items will result in students being disqualified from contests and violators likely facing additional school and legal penalties.



## Additional Health & Safety Guidelines

- ❑ Another prominent issue is the use of performance enhancing supplements.
- ❑ The increased availability of these items allows students easy access to a wide variety of products aggressively marketed to include promises — endorsed by faulty research claims — of extraordinary weight loss, explosive power or tremendous strength gains.
- ❑ It is important for parents to educate themselves about what substances their child may be using and about the potential risks involved with uneducated supplement use.



## Additional Health & Safety Guidelines

- ❑ Beyond performance enhancing supplements, there are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance.
- ❑ Use of these drugs will result in disqualification from all interscholastic athletics.
- ❑ The OHSAA website ([www.OHSAA.org](http://www.OHSAA.org)) provides a wealth of information to assist parents, coaches, students and anyone interested in learning more about sports medicine and healthy lifestyles.



## • Respect The Game

- The OHSAA's vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, contest officials, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.
- As a student-athlete, you must always remember to Respect The Game!





## • Respect The Game

That means you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:

- Treat opponents, coaches and officials with respect.
- Ensure that your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.



## Organization Helping Student-Athletes Achieve

- For more information and additional resources, visit the OHSA website ([www.OHSAA.org](http://www.OHSAA.org)) and follow them on Twitter ([twitter.com/OHSAASports](https://twitter.com/OHSAASports)) and Facebook ([facebook.com/OHSAA](https://facebook.com/OHSAA)).





# NCAA/NAIA



- **Visit your Guidance Counselor**

- Check for athletic eligibility
- Apply for clearinghouse junior year

- **Market Yourself**

- Be an advocate
- Watch social media
- Communicate effectively
- Visit the SCHOOL

# Transportation Policy

- **All team athletes/personnel will use school transportation to and from athletic contests.**
- **Parent permission must be given for any exceptions**



# Athletic Booster Club

Meetings are held the second Wednesday of each month at 7:00 p.m. in the field house meeting room.

Brick & Granite Program applications are available in the Athletic Office



## Lexington High School Multi-Sports Complex Fund-Raising Drive

### The Lexington Athletic Boosters Club

has embarked on a fund-raising effort to fund the new Multi-Sports Complex. This complex will house a state-of-the-art weight room, a multipurpose room and batting cages. This project will be funded entirely by the Athletic Boosters and donations, not by any government or school funding.

The current phase of the project's fund-raising is the Brick and Granite Program, in which an exterior wall of the Multi-Sports Complex will be constructed of inscribed bricks and granite slabs. Your name, statement or organization can be inscribed on a brick or granite slab for a tax-deductible donation of \$50.00 for each brick or \$500.00 for each granite slab. The bricks measure 4" x 8" and the granite slabs are 8" x 12". Please consider participating in this program to support this much-needed facility. These bricks and granite slabs are manufactured just for you and will become a lasting memorial or advertisement for your family, business or organization!



### Brick and Granite Program

Please complete this form for each brick or granite slab purchased. Please enclose \$50.00 for each brick and \$500.00 for each granite slab purchased.

Name of Purchaser(s) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_

Use the spaces below for your inscription. This will be a permanent engraving, so please **CAREFULLY PRINT** all information as this will be the **only** reference for your inscription. Allow a space for each letter, numeral, dash, period, space or other character. Be sure to include all punctuation. (If your name or organization is longer than the maximum space per line, it can be hyphenated.)

Brick 4" x 8" \$50.00 3-Line Maximum, 13-Character Maximum per Line


Granite Slab 8" x 12" \$500.00 4-Line Maximum, 10-Character Maximum per Line


Please make check payable to:  
Lexington Athletic Boosters

Send form and check to:  
Lexington Athletic Boosters  
3517 St. Rt. 546  
Lexington, OH 44504

# Athletic Patron

We would appreciate your support as an athletic patron to help defray some of our ever increasing costs. Please be looking for this form in early summer as we begin to prepare for the 2021-2022 sports season.



## LEXINGTON HIGH SCHOOL ATHLETIC DEPARTMENT

103 Clever Lane  
Lexington, Ohio 44904  
Phone: 419-884-2101



JEFF EICHORN  
Athletic/Athletics Director  
Email: eichorn.jeff@lexington.k12.oh.us

TRICIA BROWN  
Athletic Secretary  
Email: brown.tricia@lexington.k12.oh.us

August 7, 2020

Dear Prospective Patron:

With the fall sports season almost upon us, we are keeping our fingers crossed that we will be able to have an athletic season during these uncertain times. With that said, as we continue to move forward with our planning, it is time once again to organize the patron page of the football-basketball souvenir program. The athletic department is very appreciative of the financial support it receives from the parents of our athletes and from the community in general.

We are once again requesting you consider being an athletic patron. For a ten dollar (\$10.00) contribution or more, or a twenty-five dollar (\$25.00) contribution if a business, your name will be listed on the patron page of our souvenir program which is sold at each home football and basketball contest. More importantly, you will be helping the athletic department defray some of its ever increasing costs.

If you would like to be a patron, please complete the form below and return it to us with cash or a check payable to the Lexington High School Athletic Department.

Please note, our deadline for sending names to the printer is Friday, August 21. Thanks for your continued support of the Lexington athletic program.

GO LEX!  
JEFF EICHORN  
Athletic Director

(Detach and Return)

Sample Patron Names:  
Mr. & Mrs. John Doe & Family  
Mr. & Mrs. John & Jane Doe & Family

The John Doe Corporation  
John and Jane Doe & Family  
The John Doe Family

NAME \_\_\_\_\_  
(as you want it to appear in the program)

STREET \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

Please make check (\$10.00 minimum-\$25.00 business) payable to Lexington Athletic Department

**HOME OF THE MINUTEMEN**



# LEXINGTON HIGH SCHOOL ATHLETIC DEPARTMENT

103 Clever Lane  
Lexington, Ohio 44904  
Phone: 419-884-2101



**JEFF EICHORN**  
Athletics/Activities Director  
Email: eichorn.jeff@lexington.k12.oh.us

**TRICIA BROWN**  
Athletic Secretary  
Email: brown.tricia@lexington.k12.oh.us

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CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

Please make check (\$10.00 minimum-\$25.00 business) payable to Lexington Athletic Department

**HOME OF THE MINUTEMEN**

# LHS SENIOR AWARDS

## Purple Blanket Award

Earn 18 points

- Varsity Letter=2 Points
- GPA of 2.0 - 2.59= 2 Points
- GPA of 2.6 - 3.49= 4 Points
- GPA of 3.5 - 4.0= 6 Points

## 3x4 Award

- Participate in 3 sports for 4 years of High School
- Can be ANY level
  - Freshman
  - JV
  - Varsity





# Communication

- [www.Lexington.k12.oh.us](http://www.Lexington.k12.oh.us)

- Athletics Link
- Remind

- Twitter

- @LexAthleticDept



- Facebook

- Lexington Athletic Department



- [www.ArbitrLive.com](http://www.ArbitrLive.com)

- Follow our teams!



- <https://lexington-oh.finalforms.com/>

# Have a Great Season

- **We look forward to a great spring season and please don't hesitate to contact the athletic office if/when you have any questions:**
- **Jeff Eichorn: Athletic Director**
- **Tricia Brown: Athletic Secretary**

