

OSNABURG LOCAL SCHOOLS ATHLETIC POLICY

INTRODUCTION / PHILOSOPHY

The coaches and school administration in the Osnaburg Local School District believe education based athletics can be an important part of any student's maturation process, and affords us the opportunity to teach them valuable life lessons through the classroom of sports.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at all costs" and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way so as to justify it as an educational activity.

OBJECTIVES OF EAST CANTON ATHLETICS

The student/athlete shall learn teamwork. To work with others in a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. **ATHLETES MUST PLACE THE TEAM AND ITS OBJECTIVES HIGHER THAN PERSONAL DESIRES**

- **TO BE SUCCESSFUL** – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- **SPORTSMANSHIP** – To accept success and defeat like a true sportsman, knowing we have done our best. We must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- **TO IMPROVE** – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach the goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
- **ENJOY ATHLETICS** – It is necessary to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
- **TO DEVELOP DESIRABLE PERSONAL HEALTH HABITS** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

RESPONSIBILITIES OF EAST CANTON ATHLETES

Being a member of an East Canton 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 hard work of many people over many years. As a member of an interscholastic squad, you have inherited a great tradition, a tradition you are challenged to uphold and improve upon.

- **RESPONSIBILITY TO YOURSELF** – The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your school experiences. Your studies and your participation in other extracurricular activities, sports included, prepare you for your life as an adult.

- **RESPONSIBILITY TO YOUR SCHOOL** – Another responsibility you assume as a squad member is to your school. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.
- **RESPONSIBILITY OF LEADERSHIP** – You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You are on a 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 your school spirit and community pride. Make East Canton proud of you and your community proud of your school by your faithful commitment to these ideals.
- **RESPONSIBILITY TO FAMILY** –As a squad member, you also represent your family. Follow all of the training rules, practice to the best of your ability every day, and play the game “all out.” You will earn the respect of your friends and community, and make your family proud.

**** Remember, the younger students in East Canton are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them. ****

RECOGNIZED SPORTS OF OSNABURG LOCAL SCHOOLS

Baseball – Varsity, Junior Varsity
 Basketball - Boys and Girls: Varsity, Junior Varsity, Jr. High
 Bowling- Boys and Girls: Varsity, Junior Varsity
 Cheerleading – Varsity, Junior Varsity, Jr, High
 Cross Country – Boys and Girls: Varsity, Jr. High
 Football – Varsity, Junior Varsity, Jr. High
 Softball – Varsity, Junior Varsity
 Track – Boys and Girls: Varsity, Jr. High
 Volleyball – Varsity, Junior Varsity, Jr. High

STUDENT REQUIREMENTS FOR PARTICIPATION

To be involved with interscholastic athletics in the Osnaburg Local School system, the students must do all of the following:

- **PHYSICAL EXAMINATION** – Each student/athlete must have on file in the Athletic Department Office a completed physical form signed by a doctor. Physicals expire at the end of the school year and must be done before any participation will be allowed.
- **ATHLETIC EMERGENCY MEDICAL FORM** – Each student/athlete must have a card filled out and signed by the parent/guardian before they can participate.
- **CONCUSSION INFORMATION FORM-** Each student/athlete must have this form signed by the parent/guardian and the student/athlete.
- **MANDATORY ATTENDANCE AT THE PRESEASON MEETING** – There will be a mandatory meeting at the beginning of each sport season for all parents, players, and coaches to review policy procedures and the Athletic Handbook. Player/Parents who do not attend this meeting will not be allowed to participate until they have meet with the Athletic Director and the head coach of that sport.
- **PARTICIPATION FEE** – The participation fee is **\$50 per sport**.

SCHOLASTIC ELIGIBILITY REQUIREMENTS

To be eligible to participate in interscholastic athletics in the Osnaburg School system, all student-athletes will be required to meet the following standards:

Ohio High School Athletic Association (OHSAA) Requirements:

- All beginning seventh graders are eligible insofar as the scholarship bylaw.
- **GRADES 7-12:** To be eligible, a student-athlete must be currently enrolled in a member school and have received passing grades in a minimum of five one-credit courses, or the equivalent, in the immediately preceding grading period.
- **Note:** 9th grade fall athletes must have met the above criteria from their last 8th grade grading period.

CONDUCT OF ATHLETES

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

- **ON THE FIELD** – In the area of athletic competition, a true athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game. You should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest, whether in defeat or victory.
- **IN THE CLASSROOM** – In the academic area, a good athlete becomes a good student. A person cannot be lethargic or a problem in the classroom and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or floor and will never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. In addition to maintaining good scholarship, an athlete should have respectful attention to classroom activities and show respect for other students and faculty at all times.

ATHLETIC CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and concern.

All athletes shall abide by a code of conduct which will earn them honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality or violations with the law, tarnish the reputation of everyone associated with that athletics program. The code shall be in effect 12 months a year.

PENALTIES FOR VIOLATIONS OF THE CODE OF CONDUCT

When an athlete has been found to have committed a serious conduct violation as outlined above, the coach involved and the Athletic Director shall meet and determine the penalty according to the degree of the infraction. (The penalty shall range from a minimum of 10% of the current season or succeeding season to a maximum of permanent denial of participation.)

The Superintendent or other school district administrative personnel are also authorized to suspend a student from any or all athletics and extracurricular activities for a violation of the Athletic Code of Conduct; the Student Code of Conduct; Athletic Training Rules and Regulations; OHSAA Requirements; or any other rules or regulations of East Canton Schools.

Prior to any denial of participation in athletics, the athlete and their parent will be given an opportunity to informally meet with the coach and the Athletic Director to challenge the reason for the denial of participation or to otherwise explain his or her actions. Any denial of participation will be determined by the coach and Athletic Director. The provision of the informal meeting or any other due process is not applicable in the case of normal disciplining procedures in which a student/athlete is removed from athletic activity for one day or less.

EJECTIONS FROM INTERSCHOLASTIC CONTESTS

Any student/athlete or coach that is ejected from an interscholastic contest for unsportsmanlike conduct shall be subject to penalties put forth by OHSAA and East Canton HS/MS. The OHSAA penalty for ejection is a denial of participation in 10% of the scheduled season. **In addition, the East Canton Athletic Department will also deny participation in contests another 10% of the scheduled season.**

EXAMPLE: Football player is ejected from game. He will receive 1 game suspension mandated by the OHSAA plus he will be suspended another game mandated by the East Canton Athletic Department Code of Conduct Policy. Basketball player ejected from a game. He/she is suspended 2 games mandated by OHSAA plus he/she will be suspended another 2 games mandated by the East Canton Athletic Department Code of Conduct Policy. The bottom line is that being ejected from a contest is a serious offense.

TRAINING RULES AND REGULATIONS

Medical research clearly shows that the use of tobacco, alcohol, and any type of mood modifying substance produces harmful effects in adolescents.

The community of the East Canton School District is concerned with the health habits of student/athletes and is convinced that athletes and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use substances is greatly reduced.

Students have to decide if they want to be athletes. If you wish to be an athlete, you must make the commitment in order to be a competitor. A big part of this price is following a simple set of training rules which the East Canton Athletic Department believes to be fair.

NO USE OF TOBACCO

Research states that the use of tobacco, in any form, is physically harmful to young adults. The harm done by this is not only a health problem. The people of the school district follow the progress of young athletes, and any deviation from accepted training rules reflect negatively on the whole team. If one squad member breaks the rules, the whole team is branded as non-trainers. (The rule is in effect for 12 months of the year, in or out of season.)

NO ALCOHOLIC BEVERAGES

There is no way to justify athletes using alcoholic beverages, even though social pressures may be hard to resist. The people who would like to draw the athlete into their drinking situations will be the first to criticize the athlete if they do not come through in the game. (This rule is in effect 12 months of the year, in or out of season.)

NO USE OF DRUGS

Simply stated, drug abuse is the consumption of any chemical substance or smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for the mood modifiers. (This rule is in effect for 12 months of the year, in or out of season.)

NO POSSESSION OF ILLEGAL DRUGS OR DRUG PARAPHERNALIA

Any substance which an individual may not sell, offer to sell, exchange, give, possess, use, distribute, or purchase under State or Federal Law: This definition also includes all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided in the prescription or by the manufacturer. This includes anabolic steroids. Possession of drug paraphernalia is not allowed and penalties will be the same as those of other drug/alcohol/tobacco violations.

EAST CANTON ATHLETIC DEPARTMENT ALCOHOL/TOBACCO POLICY

Any student using or possessing alcohol or tobacco shall be denied participation in interscholastic athletics. This rule is in effect for 12 months of the year.

USE OR POSSESSION – FIRST VIOLATION

1. Restriction from athletic participation (competition) for a minimum of 50% of the scheduled contests of that season. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. An athlete disciplined for the first time will practice with the team but cannot travel with the team or sit on the team bench during contests. All training rules and requirements of the sport team must be followed by the athlete during the period of denial of participation.
2. The Athletic Director, upon request of the athlete and their parents, may reduce the denial to a minimum of 20% (10% if athlete is self referred) of the athlete's current and/or next occurring season's athletic contests provided the athlete fulfills all of the following:
 - The athlete agrees to a meeting(s) (3 total hours) with a school liaison to access the pressures, addictions and consequences of tobacco and alcohol use in our student/athletes environment. Assessment must be completed prior to reinstatement with evaluation reports for documentation available to the Athletic Director.
 - The athlete agrees to have revoked any leadership positions such as, but not limited to, team captain, and will not hold any leadership positions on athletics teams for the remainder of the school year.
 - The athlete must attend practice, and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.
 - The athletic department has the right to have the athlete randomly drug tested twice over the course of one calendar year from the time of the violation. These drug tests will also be at the expense of the athlete and their family. If the athlete fails the drug test this would be considered a second violation of the drug/alcohol policy and subject to second violation penalties.

USE OR POSSESSION – SECOND VIOLATION

1. Upon confirmation of the second violation, athletic participation (practice and competition) will be denied for one full calendar year of when the violation occurred.
2. The Athletic Director, upon request of the athlete and their parents, may reduce denial of participation to a minimum of 50% of the athlete's current and/or next occurring season's athletic contest provided the athlete fulfills all of the following:

- The athlete agrees to an evaluation at a drug abuse counseling center at the athlete's expense. They must also agree to fulfill the assessment recommendations completely. Assessment must be completed prior to reinstatement with evaluation reports for documentation available to the Athletic Director.
- The athlete agrees to have revoked any leadership positions such as , but not limited to, team captain and will not hold any leadership positions on athletic teams the remainder of the school year.
- The athlete must attend practice and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.
- The athletic department has the right to have the athlete randomly drug tested twice over the course of one calendar year from the time of the violation. These drug tests will also be at the expense of the athlete and their family. If the athlete fails the drug this would be considered a third violation of the policy and third violation penalties would apply to the athlete.

USE OR POSSESSION – THIRD VIOLATION

The student/athlete found in violation of the alcohol/tobacco policy for a third time shall be denied participation in interscholastic athletics for the remainder of their athletic careers while a student in the Osnaburg Local School system.

EAST CANTON ATHLETIC DEPARTMENT DRUG POLICY

Any student using or possessing, buying or selling counterfeit drugs, look-alike, illegal drugs, or any substance represented to be an illegal drug, shall be denied participation in interscholastic athletics. This rule is in effect for 12 months of the year.

USE OR POSSESSION – FIRST VIOLATION

1. Restriction from athletic participation (competition) for a minimum of 50% of the scheduled contest of that sport. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. An athlete disciplined for the first time will practice with the team but cannot travel with the team or sit on the team bench during contests. All training rules and requirements of the sport team must be followed by the athlete during the period of denial of participation.
2. The Athletic Director, upon request of the athlete and their parents, may reduce the denial to a minimum of 20% if the athlete's current and/or next occurring season's athletic contests provided the athlete fulfills **all of the following:**
 - The athlete agrees to an evaluation at a drug abuse counseling center at the athlete's expense. The must also agree to fulfill the assessment recommendation completely. Assessment must be completed prior to reinstatement with evaluation reports for documentation to the Athletic Director.
 - The athlete agrees to have revoked any leadership positions such as, but not limited to, team captain and will not hold any leadership positions on athletic teams for the remainder of the school year.
 - The athlete must attend practice and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.
 - The athletic department has the right to have the athlete randomly drug tested twice over the course of one calendar year from the time of the violation. These drug tests will also be at the expense of the athlete and their family. If the athlete fails the drug test this would be considered a second violation of the drug/alcohol policy and subject to second violation penalties.

USE OR POSSESSION – SECOND VIOLATION

1. Upon confirmation of the second violation, athletic participation (practice and competition) will be denied for one full calendar year of when the violation occurred.
2. The Athletic Director, upon request of the athlete and their parents, may reduce denial of participation to a minimum of 50% of the athlete's current and/or next occurring season's athletic contest provided the athlete fulfills **all of the following**:
 - The athlete agrees to have revoked any leadership positions such as, but not limited to, team captain and will not hold any leadership positions on athletic teams for the remainder of their high school athletic career.
 - The athlete must attend practice and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.
 - The athletic department has the right to have the athlete randomly drug tested twice over the course of one calendar year from the time of the violation. These drug tests will also be at the expense of the athlete and their family. If the athlete fails the drug test this would be considered a third violation of the drug/alcohol policy and subject to second violation penalties.

USE OR POSSESSION – THIRD VIOLATION

The student/athlete found in violation of the drug/alcohol/tobacco policy for a third time shall be denied participation in interscholastic athletics for the remainder of their athletic career in the East Canton School system.

SALE OR DISTRIBUTION –FIRST VIOLATION

The student/athlete in first violation of sale or distribution will be treated the same as a second violation for use or possession. (1 year – 50%)

SALE OR DISTRIBUTION – SECOND VIOLATION

The student/athlete found in second violation of sale or distribution will be treated the same as a third violation for use or possession.

PENALTY DEFINITIONS

1. To calculate the percentage of penalty for suspension, the number of **regular- season** contest scheduled will be used for each respective sport.
2. When a penalty results in a denial of partial contest, the fraction will be rounded off to the nearest whole contest. **EXAMPLE: 3.49 contests will be 3 contest, 3.5 contests will be 4 contests.**
3. A suspended athlete who has a carry-over penalty in to a succeeding sport must complete the season in that sport in good standing in order for the suspension to be credited to that sport.
4. Penalties accumulated in Junior High will carry over into High School.
5. Any Junior or Senior athlete who is serving a suspension from participation will not be permitted to serve their suspension by going out for a sport for the first time.
6. If a parent, by way of formal meeting with the Athletic Director, turns their own child in for a violation of the policy the student/athlete will not be penalized by the policy. However, the student/athlete will have to be evaluated by a drug abuse counseling center and agree to carry out the assessment recommendations with documentation sent to the Athletic Director. This student/athlete will then be randomly drug tested twice during a one calendar year time period from the time that they were turned in. A student/athlete can only be turned in once by their parents during their athletic career as a member of the East Canton School system. All assessments and testings are to be done at the athlete's expense.

ATHLETIC DEPARTMENT GENERAL POLICIES

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

An individual student who attempts to participate in too many extra-curricular activities will be in position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities. Therefore, every attempt will be made to schedule events in a manner so as to minimize conflicts.

Students have the responsibility to do everything they can to avoid a continuous conflict. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors involved immediately when a conflict arises.

When conflicts arise the sponsors/coaches will get together and work out a solution so the student is not to be put in the middle. If a solution cannot be found, then the principal will have to make a decision based on the following:

1. The relative importance of each event.
2. The relative contribution the student can make.
3. How long each event has been scheduled.
4. Talk with the parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by the faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, they should withdraw from that activity.

FINANCIAL OBLIGATIONS AND EQUIPMENT

1. Participation Fee – The fee schedule is on page 2 of this document.
2. Uniforms – In some sports, the athlete will be required to purchase a portion of the game uniform, which will become their property.
3. Equipment – All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment it to be worn only for contest and practice. All equipment not returned in good condition or not returned at all at the end of the season will be subject to a financial penalty.

GROOMING AND DRESS POLICY

A member of an athletic team is expected to be well-groomed. Appearance, expression and action always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice and a commitment to uphold certain standards expected of athletes in the community. Athletes will not be permitted to participate until deviations of these rules are satisfactorily corrected.

The following grooming and dress rules will be adhered to by team members:

1. Hairstyles and facial hair are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
2. An athlete shall dress presentably at all times, on trips, or at assemblies and banquets.
3. Only uniforms issued or approved by the athletic department will be permitted to be worn for contests. The uniform will be worn in the way it was designed and intended to be worn.

MISSING PRACTICE

An athlete should consult their coach before missing practice. Missing practice or a game without good reason will be dealt with by each individual coach. Sudden illness or some other emergency would be good reasons for missing a game or practice.

TRAVEL

All participating school personnel (coaches, players, cheerleaders, stats, managers, etc.) must be transported by school-provided transportation to and from games. Any special arrangements for individual transportation must be requested by the parent or legal guardian and approved by the Athletic Director or Principal prior to the event.

ATTENDANCE

In order for a student to be eligible to participate in any extra-curricular activities outside of the school day they must be in attendance **by 11:00 a.m. and remain at school for the remainder of the school day.** Students who leave school early due to illness may not participate that same day. Athletes who miss the second half of the day due to an appointment need prior approval of the Athletic Director or Principal to participate.

BANQUETS/AWARDS NIGHT

There will be an All Sports banquets at the completion of each season Fall, Winter and Spring. These are very important to the athletes, their families and the coaching staff. It is a great way to close the season and for the coaches to recognize individual and team accomplishments. It is for this reason that attendance is mandatory. Athletes who do not attend without approval from the Athletic Director or Principal in advance will not receive their awards for that sport season. Athletes will be expected to be properly dressed for the banquet. Athletes may be sent home to change clothes if not properly dressed.

PARENT/COACH COMMUNICATION

INTRODUCTION

We are very pleased that your son/daughter has chosen to participate in the interscholastic athletic program of the Osnaburg Local School District. A goal of the Athletic Department is to provide our athletes with the best environment in which their sport experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved. These communication guides should help coaches, parents, administrators, and athletes communicate more effectively.

Communication You Should Expect From Your Child's Coach:

- Philosophy of the coach
- Expectations the coach has of your child and the team
- Locations and times of all practices and contests
- Team Requirements. For example: fees, special equipment, eligibility, attendance, off-season conditioning, etc.
- Procedure to follow should your child become injured during participation
- Requirements to earn a letter

Communication Coaches Should Expect From Parents:

- Concerns should be expressed privately and directly to the coach first.
- Notification of any schedule conflicts should be made well in advance.
- Specific concerns should be expressed that are directly related to the program.

Appropriate Concerns to Discuss With Coaches:

As your child becomes involved in the various programs at East Canton, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach may be desirable to clear up the issue and avoid any misunderstandings. Listed below are examples of issues that are appropriate for discussion.

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

Issues Not Appropriate to Discuss With Coaches:

It is very difficult to accept the fact that your child is not playing as much as you would want. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things such as those things listed below must be left to the discretion of the coach.

- Playing time/Position assignment
- Team strategy/Play calling
- Matters concerning other student athletes

PROCEDURES

If You Have a Concern to Discuss With a Coach:

There are situations that may require a conference between the coach and 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.

- Call or email the coach to set up an appointment.
- If the coach cannot be reached in a reasonable amount of time, call Joe Bogdan, Director of Athletics, and he will arrange a time on your behalf.

Important: It is inappropriate to attempt to confront a coach before or after a contest or practice session. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and may even escalate the issue.

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 East Canton Schools in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication if you elect to pursue any concern you may have regarding the athletic program:

- Assistant Coach or Head Coach
- Athletic Director
- Building Principal
- Superintendent
- Board of Education

We hope that the information provided in this section will help you and your child to have a rewarding and enjoyable athletic experience.