



Avon Lake City Schools Athletic Handbook 2025-2026



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Dear Student and Parent(s)/Legal Guardian(s):

Each year, Avon Lake High School students have the opportunity to become involved in interscholastic athletics. The Avon Lake City Schools Athletic Department is pleased to have you participate and take full advantage of these opportunities. The purpose of this handbook is to provide you with a document that outlines the responsibilities and expectations for those participating in all interscholastic athletic programs.

Academics in our high school are our top priority, but we also believe participation in a well-directed athletic program can be very beneficial to the total educational experience offered at Avon Lake High School.

Avon Lake High School is a proud member of the Southwestern Conference (SWC). The Southwestern Conference is comprised of the following schools: Amherst, Avon, Avon Lake, Berea-Midpark, Elyria, Midview, North Ridgeville, and Olmsted Falls. Avon Lake High School is also a member of the Ohio High School Athletic Association (OHSAA). Our Board of Education adheres to the Constitution, Bylaws and Sports Regulations of the OHSAA. This enables us to participate in state tournaments and championships sponsored by the OHSAA.

A student cannot expect to receive “special” treatment just because (s)he is involved in an athletic program, but we strongly feel it takes a “special” kind of student to make the sacrifice of taking on the normal school load plus the demands of participating in athletics.

Within this handbook you will find our statement of philosophy, the goals of the Avon Lake City Schools Athletic Department, eligibility requirements, transportation policy, ticket policies, drugs, alcohol, tobacco & criminal activity policy, and other pertinent information. It is our hope that this handbook is helpful to you. If you should have any questions please do not hesitate to call or e-mail.

Sincerely,

A handwritten signature in dark ink, appearing to read "Dale Krzynowek". The signature is fluid and cursive, with the first name "Dale" and last name "Krzynowek" clearly distinguishable.

Dale Krzynowek, Director of Athletics
Avon Lake City Schools
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STATEMENT OF PHILOSOPHY

The Avon Lake City Schools Athletic Department is built around the philosophy that dynamic athletic programs are vital to the educational, social, and emotional development of the student. We believe that the athletic program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that would prepare them for adult life in our society. In this regard, the athletic program should function as an integral part of the total curriculum. It should offer opportunities to serve the institution, to assist in the development of fellowship and goodwill, to promote self-realization and all-around growth, and to encourage learning the qualities of good citizenship.

Athletics plays an important role in the life of Avon Lake High School as the young people involved learn lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully. Through participation in athletics, students develop a healthy self-concept as well as a healthy body. In areas of competition, activities add to our school spirit and help all students, spectators as well as participants, develop pride in their school.

The athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. At all times, the athletic programs must be conducted in such a way so as to justify it as educational.

GOALS OF THE ATHLETIC PROGRAM

1. To provide opportunities to deal with success and failure.
2. To provide activities for learning self-discipline, loyalty, team play, leadership qualities, personal pride, respect for the rights of others, and the will to be successful.
3. To teach attitudes of responsibility and cooperation and to help students realize that participation in interscholastic athletics is a privilege with accompanying responsibilities.
4. To strive always for excellence within the bounds of good sportsmanship and fair play.
5. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
6. To provide activities that help create unity in the school and community.
7. To provide opportunities that will allow the program to serve as a “place” where student-athletes may cope with problems and handle situations similar to those encountered under conditions prevailing in the “real world.”
8. To be socially competent and operate within a set of rules, thus gaining respect for the rights of others.
9. To develop an understanding of the value of activities in a balanced educational process.
10. To develop high ideals of fairness in all human relationships.

A. ACADEMIC ELIGIBILITY

The Avon Lake Board of Education recognizes the positive values associated with and gained from participation in interscholastic extracurricular activities. Further, the Board of Education understands the incentives which participation in interscholastic extracurricular activities provides to students to achieve success and maintain a satisfactory level of performance in the classroom.

In order to be academically eligible in grades 9-12, a student athlete must be currently enrolled and must have been enrolled in school the immediately preceding grading period. During the preceding grading period, the student athlete must have received passing grades in a minimum of five (5) one-credit courses or the equivalent, which count towards graduation, and earn a grade point average of 1.50 (C-) or above. A student athlete enrolling in the 9th grade for the first time and is participating in a fall sport, **MUST** have been enrolled in and earned passing grades in a minimum of four courses in the preceding grading period. A failing grade may not preclude a student athlete from participation. Summer school and other educational options may NOT be used to substitute for failure to meet academic standards during the last grading period of the school year.

B. PHYSICAL/PARTICIPATION RESPONSIBILITIES

1. The OHSAA requires that a physical examination be taken annually.
2. All student athletes must have a current physical form on file in the athletic office before any participation.
3. All student athletes must also complete an Emergency Medical Authorization Form for every sport in which they participate.
4. It is the responsibility of the parent(s)/guardian(s) and the student athlete to communicate with the coach as a way to gain firsthand knowledge about the student's participation in that sport. A team/parent meeting will be scheduled for each sport prior to the first contest.
5. A student athlete planning to participate in more than one sport needs to make sure that an updated physical is on file at all times during the year. Physicals are valid for 13 months from the date of the exam.

C. SCHOOL ATTENDANCE ELIGIBILITY

1. Ohio law requires attendance each day that school is in session. Regular attendance and punctuality are necessary for academic success.
2. Student athletes must be in attendance for five (5) periods a day to be eligible to participate in athletic practice or interscholastic contests scheduled for that date. The only exceptions to this policy are prior-approved absences (i.e. funeral, appointment with doctor/dentist, driver's examination, school-sponsored field trip, administrator's discretion, etc.).

D. TEAM MEMBERSHIP

1. A student athlete, when (s)he joins a sport, is expected to dedicate the time specified for practice by the coach(es). Regular attendance and participation at practice sessions is required. Discipline for violation(s) of team rules will be left up to each individual Head Coach.
2. If the number of student athletes trying out for an activity is more than the program can accommodate, selection will be made by the coach(es) based on demonstrated ability/skill, desire, "coachability," character, and/or other established criteria.
3. Any student athlete who is not selected for one activity may try out for another sport during that season provided roster spots are available. Student athletes who are dropped from one activity for disciplinary reasons, or who quit, shall not be eligible to compete in another sport for that particular season without the mutual agreement of the coach(es). If this agreement is not reached, the student athlete may appeal the decision of the coach(es) to the Director of Athletics for review.

E. HAZING

It is the position of the Avon Lake City Schools Athletic Department and the Avon Lake Board of Education that hazing activities of any type are inconsistent with the educational process and shall be prohibited. Under no circumstances will hazing be tolerated. Hazing is defined as any act of coercion or harassment toward another, including the victim, into actions that create substantial risk of mental or physical harm to any person as part of an initiation.

F. SPORTSMANSHIP

Good sportsmanship by student athletes, coaches, parents and fans is an expectation. Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic programs of Avon Lake High School.

G. TEAM TRAVEL

1. All student athletes are required to ride the bus to and from all athletic contests. If the parent(s)/guardian(s) of a student athlete wish to have the student athlete return from a contest with them due to a special circumstance, a Travel Release Form must be completed and submitted to the Head Coach prior to leaving for the contest.

Note: The responsibility for the safety and accountability of each student athlete is too important for coaches and administrators to permit any deviation from the transportation policy.

H. RISK OF PARTICIPATION/INJURIES

1. All athletes and their parents must realize the risk of serious injury, which may be a result of athletic participation. In any sport, particularly contact sports, there is a risk of injury. Injuries to organs, paralysis, and even death may occur. It is the responsibility of each student athlete to report his/her injuries to the responsible parties (i.e. coach(es), athletic trainer(s), etc.).

I. INSURANCE

1. The parent(s)/guardian(s) should provide evidence of health or accident insurance coverage. If the parent(s)/guardian(s) do not have health or accident insurance for the student athlete, the parent can ask the Head Coach to inform them of the availability of coverage through a carrier approved by the Board of Education (Guarantee Trust Life Insurance Company DBA Love Insurance Agency 1-800-622-1993).

J. CARE OF EQUIPMENT

1. The Avon Lake City Schools Athletic Department will provide adequate and safe equipment.
2. Each student athlete is responsible for the proper care and safekeeping of the uniform and/or equipment issued to him/her.
3. All athletic equipment used is school property and may be used only during a particular sports season. It is the responsibility of each student athlete who is issued any type of uniform and/or equipment to return that equipment to his/her coach at the completion of his/her participation of each sports season. Each student athlete will be held financially responsible for lost equipment. The replacement of lost equipment is necessary. The student athlete will be expected to reimburse the school for lost equipment according to actual replacement prices.
4. School-purchased athletic equipment shall only be worn during practice or contests unless authorized by the coach for game day wearing.

K. STATE ASSOCIATION RULES

Students participating in interscholastic athletics must also abide by specific rules of eligibility as stipulated by the Ohio High School Athletic Association (OHSAA). This includes mandatory suspensions for any ejection from an athletic contest. A copy of the OHSAA rules and eligibility brochures are available in the Director of Athletics office.

L. ATHLETIC & ACTIVITY PARTICIPATION CONFLICTS

Avon Lake High School students are encouraged to participate in many school activities and it is not uncommon for students to be involved in more than one extra-curricular activity at a time. While such conflict is not encouraged or recommended, it does happen.

When conflicts occur, the student should notify the coach and/or advisor of the conflicting activities as soon as possible so they can meet and arrive at a solution in everyone's best interests. Whenever possible, the staff discussions should consider the following prioritization of activities:

1. State Championship level activity
2. Regional Qualifier level activity
3. District Qualifier level activity
4. Conference level activity
5. Building level activity
6. Practice/rehearsal

M. TICKET POLICY

Children under school age (school age = grades 1-12) need not purchase General Admission tickets for athletic events.

All tickets sold at the gate are General Admission. All General Admission tickets are available On-Line or at the gate for the following prices:

	<u>Adult</u>	<u>Student</u>
Varsity Football	\$10.00	\$5.00
Junior Varsity Football	\$5.00	\$3.00
Freshmen Football	\$5.00	\$3.00
Boys & Girls Soccer - V/JV	\$8.00	\$5.00
Volleyball - V/JV/FR	\$8.00	\$5.00
Freshmen/JV Standalone Volleyball	\$5.00	\$3.00
Boys & Girls Basketball - V/JV/FR	\$8.00	\$5.00
Freshmen/JV Standalone Basketball	\$5.00	\$3.00
Ice Hockey	\$10.00	\$5.00
Boys & Girls Swimming & Diving	\$8.00	\$5.00
Boys & Girls Wrestling	\$8.00	\$5.00
Boys & Girls Lacrosse	\$8.00	\$5.00

N. ATHLETIC AWARDS

Freshmen Award	Participation Certificate & Class Numerals
First Junior Varsity Award	Participation Certificate & J.V. Letter*^
Additional J.V. Award	Participation Certificate
First Year Varsity Award	Participation Cert., Varsity Letter*^ & Insert
Second Year Varsity Award	6" x 8" Plaque
Third Year Varsity Award	7" x 9" Plaque
Fourth Year Varsity Award	12" x 15" Picture Plaque

*The Head Varsity Coach establishes the Varsity Letter Requirements/Policy.
^A student athlete will receive only one (1) chenille letter. Certificate, inserts, and/or plaques recognize all other letters earned.

O. DRUGS, ALCOHOL, TOBACCO & CRIMINAL ACTIVITY POLICY

The Avon Lake City Schools Athletic Department expects student athletes to represent their school, their community, their parent(s)/legal guardian(s), and themselves in a positive fashion at all times.

Insubordination, involvement in illegal acts, conducts in direct violation of Avon Lake's codified ordinance, Ohio Revised Code (ORC), the Athletic Code, Avon Lake City Schools Board of Education Policies and/or the philosophy and goals of the athletic program may result in violation of team rules.

Attendance at events/parties where drugs and/or alcohol are possessed and/or consumed illegally is unacceptable. Athletes present at events/parties where drugs and/or alcohol are possessed and/or consumed illegally will be subject to the consequences outlined in this document.

VIOLATIONS OF THE ATHLETIC CODE INCLUDE:

1. The use or possession of tobacco in any form, including chewing and snuff.
2. The purchase, possession, or consumption of alcoholic beverages. For the purpose of the Athletic Code, offenses related to Drugs, Alcohol, Tobacco & Criminal Activity are cumulative throughout a high school career. The period of eligibility begins on the first day of practice freshmen year for fall sports and concludes without interruption upon the final competition of your senior year.
3. The purchase, possession, use, concealment or sale of a controlled substance (steroids are included in this item).
4. Any illegal act or involvement in such activities that are in direct violation of Avon Lake's codified ordinance or the Ohio Revised Code (i.e. disorderly conduct, domestic violence, theft, curfew, disturbing the peace, etc.).

Parent(s)/legal guardian(s), teachers, coaches and/or other school staff should inform school officials of any violation of this policy. Any student athlete reported for a violation of the Drugs, Alcohol, Tobacco & Criminal Activity Policy shall have a fair hearing if either party feels it is necessary. If so, the following process shall be used:

1. Information obtained by the school that indicates a student athlete is in violation of the Drugs, Alcohol, Tobacco & Criminal Activity Policy will be referred to the Director of Athletics, Head Coach and/or Assistant Principal. The Head Coach will meet with the student athlete to discuss the alleged incident/violation.
2. Results of the meeting and/or investigation will be channeled through the Director of Athletics, with the Head Coach and/or Assistant Principal to determine if the offense constitutes a violation.
3. Parent(s)/legal guardian(s) will be notified and a hearing will be set with the Director of Athletics and Head Coach. If the student is not actively on a team's roster when the incident

occurs, once s(he) becomes an active participant the Director of Athletics, Head Coach, student athlete and parents/guardians will review the offense and identify whether a violation has occurred.

4. Violation(s) of school rules by a student athlete, at a minimum, shall result in the specific consequences as presented in the Avon Lake High School Student Handbook. Additional consequences pertaining to athletic participation may be considered.
5. Any initial appeal of the decision pertaining to athletic eligibility and/or discipline, will be directed to the building Principal.
6. The student athlete and/or parent(s)/legal guardian(s) may appeal any disciplinary decision by using the approved Board of Education procedures.

CONSEQUENCES FOR VIOLATION OF THE DRUGS, ALCOHOL, TOBACCO & CRIMINAL ACTIVITY POLICY

First Offense:

A student athlete will:

1. Be ineligible for all contests at all levels in their specific sport until 10% of the scheduled regular season/tournament contests are completed. Publicly apologize to teammates & coaching staff.
 - Participation in scrimmages is at the coach's discretion, but do NOT count toward the 10% suspension, regardless of whether or not participation occurs
 - Participation in team practices is at the coach's discretion

Refusal or failure to complete the above will result in the suspension of the current season and forfeiture of any awards.

If the violation occurs at the end of the sport season (where the number of scheduled games remaining do not meet the conditions of the consequence) the student athlete may be denied participation for up to 10% of the next season or the next sport that (s)he participates including exclusion from post season team functions, as determined by the Director of Athletics and the respective Head Coach.

Note: A student athlete who lies about the facts involved will be subject to the level of consequence for the current incident, plus one.

Denial of participation will only be served in a sport or activity in which the student has previously participated during the prior school year, either within ALCSD or another school district in which the student attended. Official proof of full participation in a sport or activity occurring outside of the ALCSD is defined as completion of the season as a rostered player and or full year of official participation as a recognized member of the activity in question, will be required. Official proof is defined as written documentation from the school district in which the student participated in athletics or activities which outlines the students level of participation coupled with associated rosters and or attendance records.

Second Career Offense:

Suspension for 50% of the current season. The Director of Athletics may determine additional consequence

- Participation in scrimmages is at the coach's discretion, but do NOT count toward the 50% suspension, regardless of whether or not participation occurs
- Participation in team practices is at the coach's discretion

For those student athletes who are subjected to a penalty because of a second offense related to the use of drugs or alcohol, it is required that prior to further participation they have a chemical assessment and be involved with a Drug/Alcohol Abuse intervention program at parent(s)/guardian(s) expense.

If the violation occurs with less than 50% of the season remaining the student athlete may be denied participation for up to 50% of the next season or the next sport that (s)he participates, as determined by the Director of Athletics and the respective Head Coach.

The student athlete will NOT receive any awards in that sport for that season whether earned previously or not.

Second Offense (in 365 days):

Suspension for the rest of the current season. The Director of Athletics may determine additional consequences.

For those student athletes who are subjected to a penalty because of a second offense related to the use of drugs or alcohol, it is required that prior to further participation they have a chemical assessment and be involved with a Drug/Alcohol Abuse intervention program at parent(s)/guardian(s) expense. Students subject to this penalty as a result of a third career offense, must successfully complete the Drug/Alcohol Abuse intervention program at the parent(s)/guardian(s) expense.

If the violation occurs with less than 50% of the season remaining the student athlete may be denied participation for the entire next season or the next sport that (s)he participates, as determined by the Director of Athletics and the respective Head Coach.

The student athlete will NOT receive any awards in that sport for that season whether earned previously or not.

Third Career Offense: Suspension for the rest of the current season. The Director of Athletics may determine additional consequences.

For those student athletes who are subjected to a penalty because of a third offense relating to chemical misuse, it is required that prior to further participation that they have a chemical assessment and successfully complete an Alcohol/Drug Abuse intervention program at parent(s)/guardian(s) expense.

If the violation occurs with less than 50% of the season remaining the student athlete may be denied participation for the entire next season or the next sport that (s)he participates, as determined by the Director of Athletics and the respective Head Coach.

The student athlete will NOT receive any awards in that sport for that season whether earned previously or not.

Third Offense (in 365 days): Exclusion from ANY athletic AND team participation for one calendar year (12 months from date of violation).

For those student athletes who are subjected to a penalty because of a third offense relating to chemical misuse, it is required that prior to further participation that they have a chemical assessment and successfully complete an Alcohol/Drug Abuse intervention program at parent(s)/guardian(s) expense.

The student athlete will NOT receive any awards in that sport for that season whether earned previously or not.

Subsequent Offense(s): Exclusion from ANY athletic AND team participation for the duration of their time at Avon Lake High School.

ALMA MATER

From sunsets on Lake Erie
We took Maroon and Gold
And put them deep within our hearts
Their glories to enfold
Their loyalty and knowledge
Will last our whole lives through,
For Avon Lake will always be
Our Alma Mater true.

FIGHT SONG

Fight on for Avon Lake
Champions of the year
Fight team to victory,
We lead you with a rousing cheer-
Rah! Rah! Rah!
Raise all your banners high
Maroon and Gold shall wave
Fight team to victory
Through all eternity
Fight for Avon Lake!