

# NORTH OLMSTED CITY SCHOOLS TRAINING RULES AND REGULATIONS

## GOAL

Our goal is to help the athlete help himself/herself by learning the value of self-discipline through the use of these athletic training rules and regulations.

## OBJECTIVES

1. To teach the athlete the values of training rules.
2. To maintain the unity and morals of all athletic teams.
3. To foster the concept of replacing ones personal goals with team goals.
4. To help the individual athlete obtain his/her full physical potential.
5. To establish a productive pattern of living.
6. To help the athlete to become a positive influence on the school, community, family and self.

## TRAINING RULES AND REGULATIONS

North Olmsted athletes are expected to adhere to the North Olmsted Athletic Department training rules and regulations twelve months each year. Athletes are required to comply with these rules and regulations from July 31<sup>st</sup> or the first day of practice to the last day of school or the last athletic contest.

## RULES

The athletes of North Olmsted must refrain from the following:

1. Drinking alcoholic beverages.
2. Smoking of any kind.
3. Using mind altering drugs.
4. Being involved in malicious behavior in sports or in their everyday activities. Malicious behavior may be defined as, but is not limited to the following examples:
  - A. Vandalism
  - B. Disruption of school activities
  - C. Violations of the rights and responsibilities of other individuals as outlined by the North Olmsted Board of Education in its student code and the North Olmsted Athletic Department in its Athletic Handbook.

## PUNITIVE ACTION

Action will be taken in accordance with the due process procedure of the North Olmsted Athletic Department and the Board of Education. When a member of a sports team does not follow the rules set forth above, or the rules and regulations as set forth by the Athletic Department, denial of participation or removal from a team may be the penalty. Other types of action may involve community service, school or community sponsored self-help programs, or denial of awards.

### \*\*\*\*\*RISK OF PARTICIPATION\*\*\*\*\*

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Students may become seriously injured by participating in sports. This injury could cause permanent physical damage, disability, and even death. The North Olmsted School District will use the following safeguards to make every effort to eliminate injury:

1. Conduct a parent/athlete meeting prior to the start of the season to fully explain the athletic policies, procedures, rules and regulations and to advise, caution and warn parents/athletes of the potential for injury.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport and to keep coaches updated in First Aid and CPR.
3. Instruct all athletes about the dangers of participation the particular sports.

ALL CASES INVOLVING VIOLATIONS OF THE TRAINING RULES AND REGULATIONS BY ANY ATHLETE WILL BE REPORTED TO THE ATHLETIC DIRECTOR AND WILL BE BROUGHT TO THE ATTENTION OF THE ATHLETE'S PARENTS.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE NORTH OLMSTED ATHLETIC DEPARTMENTS RULES AND REGULATIONS AND THE RISK OF PARTICIPATION STATEMENT.

PARENTS'SIGNATURE \_\_\_\_\_

ATHLETES'SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_