

Hilliard Davidson

Parent Meeting 2020–2021



Athletic Department

Welcome:

- ▶ Athletic Director: Nathan Bobek
- ▶ Assistant Athletic Director: Jay Cauley
- ▶ Athletic Secretary: Robin Richards

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Phone: 614-921-7230

Website: <https://www.hilliardschools.org/davidsonwildcats/>

Follow us on Twitter: @hd_athletics

OHSAA PRESEASON PRESENTATION

- ▶ [OHSAA Preseason Parent Information](#)



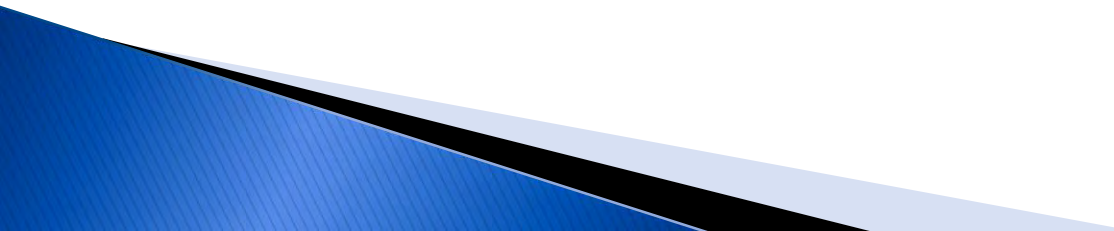
Hilliard Davidson Athletic Boosters

The Boosters:

Classic Booster Club that supports all teams.

- ❑ They are comprised of Parents, Family and Fans

The Officers:

- ❑ President – Tonya Curry
 - ❑ Vice Presidents – Nancy Bradfield
 - ❑ Secretary – Gio Hickey
 - ❑ Treasure – Cathy Koenig
- 

Davidson Athletic Trainers

- ▶ Sean McHenry: Is an Ohio Health Employee in his 13th year with Hilliard Davidson Athletics.
- ▶ Amanda Quinlan: Is an Ohio Health Employee in her 3rd year where she primarily works with our Weaver athletes.
- ▶ Michael Zapotosky: Is an Ohio Health Employee in his 1st year where he works primarily with Davidson athletes.
- ▶ Dr. Ben Burkam: Is our team physician. He is in his 2nd year at Hilliard Davidson. Dr. Burkam works out of the McConnell Spine, Sport and Joint Center. He also serves as the team physician for the Columbus Blue Jackets.
- ▶ Partnership with Ohio Health
- ▶ All medical issues should go through these trainers which enables us to work closely with you and our team Doctor.

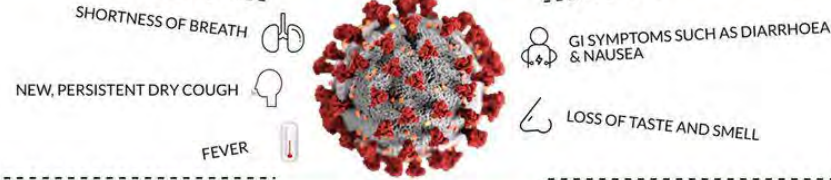
COVID Return to Play

COVID Return to Play Protocol:

- ▶ The return to play protocol may not begin until 10 days after symptom onset, 7 days symptom free, and 24 hours fever free without the use of fever reducing medication
- ▶ Gradual return to activity cannot begin until we have received a clearance letter from Franklin County Health Department AND clearance letter after physician (MD/DO) cardiac evaluation.
- ▶ The protocol then includes gradual acclimation to exercise and sport activity over a minimum of 7 days, which is closely monitored by our Athletic Training Staff.

COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)

10 DAYS
REST FROM ONSET

&

AT-LEAST
7 DAYS
SYMPTOM FREE

&

OFF ALL TREATMENT, E.G. PARACETAMOL

→

GRTP
GRADUATED
RETURN TO
PLAY PROTOCOL

GRADUATED RETURN TO PLAY PROTOCOL UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 7 DAYS MINIMUM	STAGE 3A 10 DAYS MINIMUM	STAGE 3B 10 DAYS MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 1 DAY MINIMUM	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	
EXERCISE ALLOWED	WALKING, LIGHT JOGGING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	

RETURN TO COMPETITION
IN SPORT SPECIFIC TIMELINES

ACRONYMS: I-PPRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

Concussions

- ▶ Brain Injury: All brain injuries are serious!
- ▶ Symptoms: appears dazed, vacant facial expressions, confused about simple tasks, forgetful, displays poor coordination, answers questions slowly, slurred speech, behavior or personality changes, seizures or convulsions, loses consciousness
- ▶ If you notice any of these symptoms see our trainers or a doctor!
- ▶ Baseline test: ImPACT test
- ▶ You will have to complete a concussion acknowledgement form

Lindsay's Law

What is it?

- ▶ A Sudden Cardiac Arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating, cutting off blood flow to the brain and other vital organs. Sudden cardiac arrest is fatal if not treated immediately, most often by a defibrillator.

Who is Lindsay?

- ▶ Senate Bill 252 is named for national heart health advocate and former Miss Ohio Lindsay Davis who suffers from a heart condition and has since dedicated her career to raising awareness of this potentially fatal condition.

Lindsay's Law

What does this mean for us?

▶ Coaches –

- A. Must watch the video
- B. Read the SCA information sheet
- C. Acknowledgement that they completed the material

▶ Parents/Students:

- A. Must watch the video
- B. Read the SCA information sheet
- C. Acknowledge they did this in Home Access
- D. [Click here for video](#)
- E. [Click Here for Information Sheet](#)

FINAL FORMS

Parents and Athletes must set up an account and answer questions on Final Forms. Information for that is listed below:

[Click Here for Final Forms Instructions for Returning Athletes.pdf](#)

[Click Here for Final Forms Instructions for Athletes Making a New Account.pdf](#)

[Click Here for Final Forms Web-Site](#)



Athlete Must Have

- ▶ **Physicals** are due prior to practices or tryouts. Every athlete must have a copy on file in the Davidson Athletic Office prior to practices or tryouts. Physicals are good for 13 months from the date of the doctor's visit. Final Forms will have a print out that goes to the doctor and then a hard copy comes back to Davidson Athletics or you can print off the following:
 - ▶ https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/PPE_2020-21.pdf

PARTICIPATION FEES

- ▶ Participation Fee: \$100 for HS or \$80 for MS payable on-line at:
- ▶ www.mypaymentsplus.com
- ▶ If a student is on free or reduced lunch
 - Reduced – HS \$50/MS \$40
 - Free – HS \$0/MS \$0

College Information



NCAA RECRUITING FACTS

College sports create a pathway to opportunity for student-athletes.

490,000 Student-Athletes 19,500 Teams 3 Divisions 1 Association

DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.

PARTICIPATION

- 179,200 student-athletes
- 351 colleges and universities

ATHLETICS SCHOLARSHIPS

59 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2017 Graduation Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 9,629
Average Number of Teams per School: 19
Average Percentage of Student Body Participating in Sports: 4 percent
Division I National Championships: 26

DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

PARTICIPATION

- 121,900 student-athletes
- 308 colleges and universities

ATHLETICS SCHOLARSHIPS

62 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2017 Academic Success Rate: 72 percent*

OTHER STATS

Median Undergraduate Enrollment: 2,485
Average Number of Teams per School: 16
Average Percentage of Student Body Participating in Sports: 9 percent
Division II National Championships: 25

DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful nonathletics opportunities.

PARTICIPATION

- 190,900 student-athletes
- 443 colleges and universities

FINANCIAL AID

80 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$17,000 on average

ACADEMICS

2017 Academic Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 1,748
Average Number of Teams per School: 18
Average Percentage of Student Body Participating in Sports: 26 percent
Division III National Championships: 28

Want to play NCAA sports? Visit ncaa.org/playcollegesports

*Graduation rate for student-athletes, including those who transfer from one school to another.

Updated March 2018.

College Information



Facts about NCAA sports

Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Divisions I and II schools provide more than \$3 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 190,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic grant or need-based scholarship.

Do many high school athletes earn athletics scholarships?

Very few, in fact. About 2 percent of high school athletes are awarded some form of athletics scholarship to compete in college.

Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport? While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

Do many NCAA student-athletes go on to play professionally?

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than sports.

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	7,300,000	546,400	429,400	1,083,300	468,800	35,200	440,300
NCAA Student-Athletes	492,000	18,700	16,600	73,700	34,600	4,100	24,800
Percentage Moving from High School to NCAA	6%	3.4%	3.9%	6.8%	7.1%	11.7%	5.6%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%

*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts.



Weaver Athletics / Eligibility

THIS IS OUR 7TH YEAR FOR THE 7-12 ATHLETIC PROGRAM!

- We will have select MS contests held in Davidson venues!
- ▶ 7th-9th grade: Must have earned a 1.5 GPA for the preceding grade period and pass 4 classes.
 - Probation: Between 1.5 - 1.75 GPA
 - Waiver: May be taken if GPA is below a 1.5. Good once during 7th-9th grade years

High School Eligibility

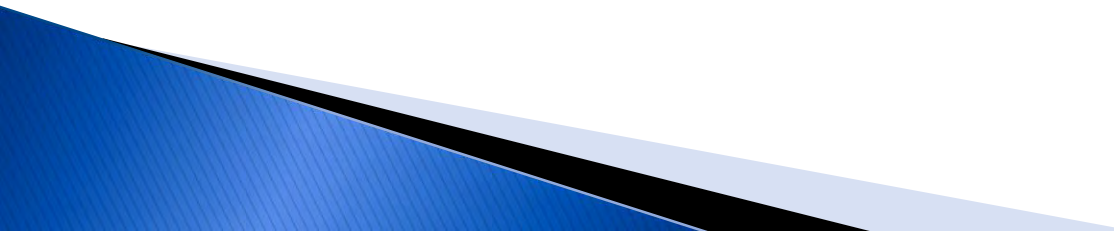
- ▶ 9th grade: Must have earned a 1.5 in the preceding grade period
 - Probation: between 1.5 – 1.75 GPA
 - Waiver: May be taken if GPA is below a 1.5. Good once during 7th–9th grade years
- ▶ 10th –12th: Must have earned a 1.75 in the preceding grade period
 - Probation: between a 1.75 and 2.0 GPA
 - Waiver: May be taken if GPA is below a 1.75. Good once during their 10th –12th grade years
- ▶ A student must be enrolled and pass a minimum of (5) one credit courses or the equivalent. PE is a ¼ credit class and does not count.
- ▶ Also – if enrolled in an online class or a class where college credit is being earned, please make sure how many credits it is worth at the high school level.

Day of the Game

Attendance:

- ▶ **Students must be in school ALL DAY to be eligible to play that night.**
 - If the game is on Saturday, they must be present on Friday
 - Excused items: College visits, family emergencies, religious celebrations, and doctors appointments for check-ups
 - Unexcused items: Driver's test, senior pictures, a day out with mom or dad, etc....

Transportation in Private Vehicles

- ▶ Students may be permitted to drive or ride in private vehicles for trips under the following conditions:
 - ▶ 1. No official school transportation is available
 - ▶ 2. They have pre-approved parental permission in writing to do so
 - ▶ 3. They are legally allowed to drive (i.e., not operating without a valid license)
 - ▶ 4. They are not in an obvious physical or mental state that suggests they should not
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Behavior and Discipline

–It's a privilege, not a right to be a student-athlete & represent Davidson

Students may be removed from the team for the following offenses:

- ▶ 1. Use or possession of alcoholic beverages, drugs, or other mind-altering substances
- ▶ 2. The use of tobacco in any form
- ▶ 3. Destroying or stealing athletic equipment
- ▶ 4. Violation of athletic manual rules, team rules, Board of Education policies, and/or O.H.S.A.A. rules
- ▶ 5. Any conduct unbecoming of a student-athlete (in or out of school, 24/7, 365) may lead to removal or loss of time in a sport. Social media included!!!

Tobacco, Alcohol, and Drug Policies

Again

- ▶ This is 24/7 – 365 day a year policy
- ▶ See Athletic Manual for details
 - Pages – 18 – 21

Social Media

- ▶ Twitter
- ▶ Facebook
- ▶ Vine
- ▶ Instagram
- ▶ Vimeo
- ▶ Snap Chat



▶ **REMEMBER – WHEN YOU POST SOMETHING, IT IS PERMANENT!!**



Hazing

- ▶ Hazing means doing any act or coercing another, including the victim, to do any act of intimidation or harassment to any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person
- ▶ **Notify the coach, A.D., or the principals immediately!**

Bullying

- ▶ Bullying, harassment and intimidation is an intentional written, verbal, electronic or physical act that a student has exhibited toward another particular student more than once. The intentional act also includes violence within a dating relationship. The behavior causes both mental or physical harm to the other student and is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive educational environment for the other student. This behavior is prohibited on school property, on a school bus or at a school sponsored activity. Students found responsible for harassment, intimidation or bullying by an electronic act may be suspended
- ▶ **Notify the coach, A.D., or the principals immediately!**

Uniforms and Equipment

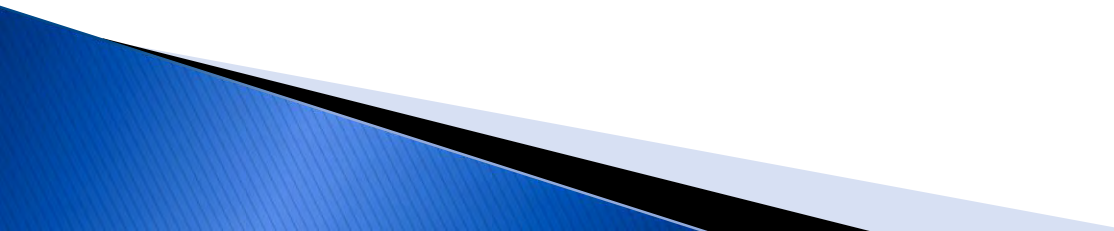
- ▶ Once the items have been issued to the athletes, it is their responsibility to take care of that property
- ▶ If anything gets lost or damaged the athlete is financially responsible for those items
- ▶ Please have your athlete get a **LOCK!**
- ▶ **PLEASE CLEAN PRIOR TO RETURNING THEM!**

Coach Must Haves

- ▶ [According to OHSAA Bylaw 6:](#) Coaches must meet the requirements of the Ohio Department of Education. They must have a Pupil Activity Permit (PAP) – issued by ODE upon verification of the following:
 - Current CPR Card
 - Completion of a Sport's first aid course
 - BCI/FBI Background Check
 - Completion the NFHS Fundamentals of Coaching course
 - Online–concussion form coaches must complete prior to renewing their PAP
 - Sudden Cardiac Arrest Certification

Parents

Please know and demonstrate the Fundamentals of Sportsmanship:

- ▶ Respect, cooperate, and respond enthusiastically to the cheerleaders, coaches, and athletes of all teams. Censure fellow spectators whose behavior is unacceptable
 - ▶ Be positive toward players and coaches regardless of the outcome
 - ▶ Respect the judgment and the professionalism of the officials and coaches
- 

Communication with the AD and Coaches

- ▶ 1. Athletes should approach the coach first
- ▶ 2. Parents should then contact the coach
- ▶ 3. Set up conference with AD and coach
- ▶ Realize that if you come to me with concerns first, I will immediately go to the coach:
 - You may not hear what you want or expect to hear
 - Anonymous letters and emails will be disposed
 - We do not know until we know

Mission Statement

Promote a culture
that provides our Student-Athletes
with the best experience while
building skill that will prepare
them to be successful in
life.

