

-TABLE OF CONTENTS

INTRODUCTION.....	3
PAY TO PARTICIPATE POLICY	4
CLUBS	6
Art.....	7
Academic Challenge.....	8
AFS International Club.....	9
Chess.....	10
Delta Epsilon Phi.....	11
Drama Club	12
Encore	13
French Club.....	14
German Club.....	15
Girls Leaders Club.....	16
Huddle/Shuddle.....	17
Interact.....	19
Junior Statesmen of America.....	20
Key Club	21
Latin Club.....	22
Medianmite.....	23
Medinian	24
Mock Trial Team	25
National Honor Society.....	26
Other Course Related Activities.....	39
Pathways to Success Student Assistance Program	27
Penguin Bowl.....	28
Rock Fest.....	29
Ski Club.....	30
Spanish Club.....	31
Speech and Debate Team	32
S.P.I.C.E.....	33
Students Against Destructive Decisions.....	34
Student Council.....	35
Technology Club	36
Volunteer Opportunities for Teens	37
Volunteer Tutoring Program.....	38

ATHLETICS

Introduction.....	40
Philosophy of the Medina Athletic Department.....	41
Philosophy of Sportsmanship	42
Philosophy of Winning	42
Baseball	43
Boys Basketball	44
Girls Basketball.....	45
Cheerleading.....	46
Boys Cross Country	47
Girls Cross Country.....	48
Fastpitch Softball	49
Football	51
Boys Golf.....	53
Girls Golf	55
Girls Gymnastics.....	56
Boys Lacrosse	57
Girls Lacrosse.....	58
Boys Soccer	59
Girls Soccer.....	60
Swimming	61
Boys Tennis.....	62
Girls Tennis	64
Boys Track.....	66
Girls Track	67
Volleyball	68
Wrestling.....	70
Medina Athletic Boosters Club.....	71

Introduction

WELCOME TO MEDINA HIGH SCHOOL

Just as you choose your classes each year, you should also examine extracurricular options and decide which best suits your needs and interests. The Medina High School Activities Guide is a comprehensive overview of all the school sponsored clubs, activities and sports offered throughout the year. Detailed descriptions which include a contact person, fees, approximate time commitments and scholarship activities are listed when available for each activity. This booklet has been developed with the direct help of the advisors, head coaches, and assistant coaches of the various clubs and sports. Make sure you do not over commit yourself; often students find themselves overwhelmed by the increasing demands of high school academics and extracurricular responsibilities. For example, you may have played two sports and been involved in student council in middle school but now find that you no longer have the adequate time to keep up your grades with the demands of practice, after school meetings, and increase in homework. Remember the most important job over your high school years is as a student. Be realistic about your other commitments before you sign-up for a new one.

There's no doubt about it when looking at being admitted into a college: Couch potatoes who earn A's just don't cut it in the admissions process. Because residential colleges depend on an involved student body, admissions officers are very interested in how applicants have spent their nonacademic time.

The strength of your high school curriculum and the grades you earn are the two most significant factors in your application to any college. The ways in which you have used your time are important criteria, after course selection and grade point average.

What colleges like to see on a student's high school record is sustained involvement in a few well-chosen activities, ideally leading to some leadership capacity in either the junior or senior year. Colleges take a dim view of the cafeteria-style method of selecting activities; a few activities your freshmen year, different activities your sophomore year, more your junior year and yet different ones your senior year with no commitment to any of them. By the time a student is in the latter years of high school, he should demonstrate a strong and deep commitment to a few activities. The student who has risen to the first chair as a violinist, is co-head of the environmental club, and has tutored math for three years will be a more appealing applicant than someone who claims membership in a dozen clubs yet gives no appearance of any significant contribution to the school or community.

Bear in mind that participation in school and community activities should begin early in your high school career. Colleges are not impressed with students who only become involved their senior year in order to have activities to list on their applications.

Chose your activities wisely, talk to others who have participated in the club or sport, involve your parents in your decision and pay attention to time commitments. Overextending and adding stress is not the idea of extracurricular activities. Enjoy your high school years, you only get one chance!

**Pay-to-Participate Program
Medina City Schools
2008-2009 School Year**

A pay-to-participate program will be in effect for the 2008-09 school year for athletics, music, and clubs. The following are the guidelines:

- A fee will be charged for each music, sport, or club at the middle school and high school level per attached list.
- At the high school level, \$100 per extracurricular sport, \$100 per non athletic extracurricular activity, \$50 per co-curricular music and \$20 per club with a high school student cap of \$150 per student and a \$450 family cap.
- At the middle school level, \$50 per extracurricular sport, \$25 per co-curricular music and \$10 per club with a middle school cap of \$75 per student.
- There is a full waiver of fees for students on free lunch and one-half (1/2) waiver of the fee for students on reduced lunch. Please bring your official letter documenting your free or reduced lunch status when paying participation fees.
- Participation fees for all extracurricular activities (athletics, non co-curricular music, clubs) are due prior to the first contest/activity/performance. Failure to pay will result in exclusion.
- Participation fees for co-curricular music programs are due the first official week of school. Failure to pay will result in a financial obligation. Unpaid financial obligations will result in withheld grade cards, diplomas, and exclusion from commencement ceremonies and parking privileges during school days.
- Participation fees for middle school and high school are to be paid in the main office at each school.
- No refunds for students becoming academically ineligible, students removed for disciplinary reasons, or for students who quit after the first official practice or meeting.
- If a student sustains a season ending injury and is unable to play (doctor's note required) a refund will be pro-rated.
- There are no guarantees of participation/playing time.

Please retain the top portion and return the bottom portion with your payment

=====

Fees may be paid by check, cash, or credit card. Checks should be made payable to Medina City Schools.

Cash
 Check – Number _____
 Credit Card – Number _____ MC/Visa Exp Date ____ - ____ - ____

Name as it appears on credit card: _____

Student Name _____ Grade _____

School _____

Please list each music/sport/club in which this student will be currently participating

1) _____	Fee _____
2) _____	Fee _____
3) _____	Fee _____
4) _____	Fee _____

Total obligation for this student \$ _____ (\$150.00 cap per HS student, \$75.00 cap per MS student)

A \$450.00 family cap is in place. Anyone who feels they have reached this cap should contact the building administrator. Please bring documentation to support all **paid** pay-to-participate fees and proof of residency. The children's address must be the same as the parents' address.

I, as parent/or legal guardian of the above participant, have read and understand the policies and rules set forth for pay-to-participate.

Signature of parent/legal guardian

Date

**Medina High School
Pay-To-Participate
2008-2009**

Sports \$100

Cross Country-Boys' & Girls'
Gymnastics
Swimming-Boys' & Girls'
Tennis-Boys' & Girls'
Track-Boys' & Girls'

9th Grade

Baseball
Basketball-Boys' & Girls'
Cheerleading - Football
Cheerleading - Basketball
Football
"B" Soccer-Boys' & Girls'
Volleyball
Wrestling

Junior Varsity

Baseball
Basketball- Boys' & Girls'
Cheerleading – Football
Cheerleading - Basketball
Football
Golf-Boys' & Girls'
Lacrosse-Boys' & Girls'
"B" Soccer-Boys' & Girls'
Soccer-Boys' & Girls'
"A" Softball
"B" Softball
Volleyball
Wrestling

Varsity

Football
Baseball
Basketball- Boys' & Girls'
Cheerleading – Football
Cheerleading - Basketball
Golf-Boys' & Girls'
Lacrosse-Boys' & Girls'
Soccer-Boys' & Girls'
Softball
Volleyball
Wrestling

Co-curricular Music \$50

Beeliner
BAND (Pay only 1)
 Symphonic Band
 Concert Band
 Concert Winds
 Marching Band

Starduster
Emerald Silks
Symphony Orchestra
String Orchestra
Concert Choir (Male and Female)
Freshman Choir (Male and Female)
H.S. Choir (Male and Female)
Women's Chorus

Extracurricular Music \$100

Men's Chorus
Jazz Ensemble
Chamber Orchestra
ENCORE

Clubs \$20

Debate Team
Medinamite
Medinian
Musical Play (cast)
Fall Play (cast)
SPICE (cast)

CLUBS

Art Club

Contact person: Mrs. LoBuglio
MHS room 2001 Voice mailbox #9427
lobuglim@mcsoh.org

Selection process/eligibility: Current and former art students

Meeting/practice times: 6 -7 times per year

Estimated total time commitment per week/month: changes but not excessive, usually 2 hours per month

Cost: activity costs

Special activities: travel in United States and Europe

Average number of participants: varies from 20 to 50

Requirements to maintain membership: All MHS students with an interest in art and creative endeavors may participate in the Art Club

Scholarship positions: Medina County Art League

Leadership positions: selected by seniority and active participation.
President, Vice-President, Secretary.

Academic Challenge

Contact person: Mr. Smith
MHS room 2129 Voice mailbox #9212
smithd2@mcsoh.org

Selection process/eligibility: Open to all Medina High School students.
Team selection based upon performance in practice.

Meeting/practice times: Generally 1 or 2 days after school, decided by
participants, for approximately 1 hour

Estimated total time commitment per week/month: 1-2 hours a week

Cost: \$10-12 t-shirt (optional)

Special activities: monthly challenge meets in Medina County in October,
November, and January. County league meet in February or March.

Average number of participants: 8-15

Requirements to maintain membership: attend practices and meets

Scholarship positions: none

Leadership positions: President selected by participants

AFS International Club

Contact person: Simon Spelling
MHS room 1114 Voicemail box # 9218
spellings@mail.mcsoh.org

Selection process/eligibility: Open to all Medina High School Students.
Begins in September.

Meeting/practice times: scheduled by officers

Estimated total time commitment per week/month: 1-2 meetings per month

Cost: depends on activities

Special activities: Varies, planned for our exchange students

Average number of participants: 4-5 Exchange Students usually through Rotary, AFS, YFU, and ISE Programs and about 25 Medina Students

Requirements to maintain membership: attend meetings

Scholarship opportunities: for those students interested in being exchange students

Leadership positions: President, Vice President, Treasurer, and Publicity officer. The elections are held at the beginning of the school year.

Chess Club

Contact person: Mr. Smith
MHS room 2129 Voice mailbox #9212
smithd2@mcsoh.org

Selection process/eligibility: Open to all Medina High School students.
Team selection based upon performance in practice.

Meeting/practice times: Once a week

Estimated total time commitment per week/month: 1-2 hours a week

Cost: none

Special activities: no

Average number of participants: 20

Requirements to maintain membership: no

Scholarship positions: none

Leadership positions: President selected by participants

Delta Epsilon Phi

Contact person: Ms. Lyon
MHS room 2109 Voice mailbox #9076
lyond@mcsoh.org

Selection process eligibility: 3 semesters of German, German GPA of 3.6, overall GPA of 3.0. Selections and invitations occur in February or March.

Meeting/practice times: varies, once per month.

Estimated total time commitment per week/month: minimum 2 activities and induction ceremony

Cost: \$25.00 one time club fee

Special activities: Induction, fund raising, community service, Fenn Elementary program and peer tutoring.

Average number of participants: 25

Requirements to maintain membership: Enrollment in German, maintain GPA

Scholarship opportunities: yes – to Germany

Leadership positions/selection: yes – club election and also run German Club

Drama Club

Contact person: Mrs. Steffen

MHS studio theater

steffenm@mscoh.org

Voice mailbox #9219

Selection process eligibility: Drama club general membership meeting at the beginning of year. To be cast in a show, students must compete against one another at audition. To be on a crew – set, make-up, lights, etc. – students just need to volunteer.

Meeting/practice times: 1st Tuesday of every month for 30 minutes

Estimated total time commitment per week/month: As needed for each production

Pay to Participate fee: \$20.00 (actors and performers in the play, musical and SPICE only) Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: Items needed for performance

Special activities: Presentations each year include: Fall Play, Spring Musical, and SPICE

Average number of participants: Drama Club : 75, Spring Musical : 50, Fall Play : 25, SPICE : 40

Requirements to maintain membership: Participate in shows or crews

Scholarship opportunities: Yes, based on acting skills, Thespian Membership

Leadership positions/selection: Club elections in the spring

Encore Entertainment Company

(see Course Registration Guide for more information)

Contact person: Mr. Skidmore
MHS room 2002 Choir Office Phone # 330-636-3241
skidmort@mcsoh.org

Selection process eligibility: Vocals are selected by audition from the Medina High School choirs at the end of the school year for the following performing year. Students who are singers in Encore must also sing in one of the following choirs that meet during the day: Women's Chorale, Women's Chorus, Concert Choir or Chorale. The instrumentalists accompanying this group must be members of one of the high school instrumental ensembles and should be a member of one of the vocal ensembles (i.e. Men's Chorus, Concert Choir or Chorale). Students must maintain a GPA above 2.5.

Meeting/practice times: Rehearsal and performance schedules will be determined by the Director. In addition to 2 or 3 competitions, Encore performs for school and community groups in the Medina area and performs in all Medina High School Choir concerts. Private vocal instruction is strongly encouraged as singing members must perform in 2 vocal recitals each year, one in the Fall (classical recital) and one in the Spring (Showstoppers/Broadway-Pop recital).

Estimated total time commitment per week/month:

Pay to Participate fee: \$100.00 Extra-Curricular Pay to Participate. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: Also a special outfit must be purchased by each member of the group. Students are also required to provide their own uniforms for Showtime (spring show) production numbers. Approximate uniform costs: \$300.00 - \$350.00.

Special activities: Fall and Winter vocal recitals
2 – 3 Winter Competitions

Average number of participants: 28 singers/dancers, pit band members, crew members

Requirements to maintain membership: Audition and attend rehearsals

French Club

Contact person: Ms. Watt
MHS room 1218
wattj@mcsoh.org

Voice mailbox #9211

Selection process eligibility: Students join by signing up and paying dues in the fall.

Meeting/practice times: One activity per month after school in Rm 1218.

Estimated total time commitment per week/month: 1 – 4 hours per month

Cost: \$5.00 to defray expenses and buy supplies

Special activities: Crepe Party, Mardi Gra Party, fundraising sale, car wash, Christmas Party, dinner at French restaurant, French movies, International Dinner with the other language clubs, International Festival for elementary children, Art Day, Moyen Age Day.

Average number of participants: 20-25

Requirements to maintain membership: pay dues

Scholarship opportunities: yes, as a senior

Leadership positions/selection: Co-presidents, secretary, treasurer. All selected by advisors.

German Club

Contact person: Ms. Lyon
MHS room 2109 Voice mailbox #9076
lyond@mcsoh.org

Mrs. Pfeiffer
MHS room 1132 Voice mailbox #9091
pfeiffem@mcsoh.org

Selection process eligibility: Anyone (in German classes or not). May join at any point in the year.

Meeting/practice times: varies, once a month

Estimated total time commitment per week/month: 2 hours

Cost: \$10 yearly

Special activities: German and American movies in German, crafts, songs, games, German culture and food

Average number of participants: 30-40

Requirements to maintain membership: participation in at least 1 activity per semester

Scholarship opportunities: yes, as a senior

Leadership positions/selection: no – Delta Epsilon Phi officers run club

Girls Leaders Club (GLC)

Contact person: Mrs. Linek
MHS room 2114 Voice mailbox #9071
linekj@mcsoh.org

Selection process eligibility: 10-11 grade girls must have 3.0 GPA and fill out an application. Teachers give recommendations based on service, leadership and character. We look for young women who have a desire to serve their school and community in many ways.

Meeting/practice times: Thursday mornings at 6:55am – usually two times per month

Estimated total time commitment per week/month: Members are required to have a total of 35 service hours per year (5 hours over the summer and 15 hours each semester).

Cost: yearly dues are \$5.00

Special activities: We are a service organization. Girls work Safety Town in June, help with special events at elementary schools, tutor, work community events and do many more activities.

Average number of participants: 50 - 60

Scholarship opportunities: none

Leadership positions/selection: Officers selected by members at end of year, committee heads plan and carry out many of our activities.

Requirements to maintain membership: Members are required to have a total of 35 service hours by end of school year and maintain 3.0 GPA.

HUDDLE

(Helping Us Develop Dedication, Leadership & Enthusiasm)

SHUDDLE

(Still Helping Us Develop Dedication, Leadership & Enthusiasm)

Contact Person: Mrs. Lasher
MHS House 1 Office Phone #330-636-3223
lascherc@mcsoh.org

Mrs. Hershey
MHS House 1 Office Phone #330-636-3217
hersheyb@mcsoh.org

Selection process eligibility: Applications are accepted in March each year. Students are interviewed, evaluated, and selected by May for the coming school year. Traditionally, qualified sophomores, juniors and seniors are placed in fourth grade classes (HUDDLE members) and sixth grade classes (SHUDDLE members). Leadership abilities will be assessed using academics, teacher/staff recommendations, and an interview process. Acting as role models and presenting lessons designed to build resilience by increasing self-esteem and confidence, the HUDDLE and SHUDDLE leaders hope to present alternatives to alcohol and other drug use for the elementary and middle students. Students MUST be tobacco, alcohol and other drug-free, be involved in school and/or community activities, have average or above average grades, and be comfortable talking in front of groups. (3.0+ cumulative GPA is recommended)

Meeting/practice times: Members attend a full day of training in September. Members and their parents are invited to an Induction Program before the first lesson. Meetings are scheduled monthly, usually one week before each lesson. Members, in teams of three, visit elementary and middle schools once each month during the last 1 or 2 periods of the day.

Estimated total time commitment per week/month: Depends on preparation time needed for lesson plans, however, a minimum of five hours per month due to monthly meetings and monthly lesson presentations.

Cost: This program is generously funded by the Medina City Schools Foundation.

Average Number of Participants: Approximately 75 HUDDLE members and approximately 80 SHUDDLE members; it varies depending on the number of 4th and 6th grade classrooms.

Requirements to maintain membership: Members must abide by a 12 month contract which they and their parents sign in May. Members must remain totally drug free, must have behavior appropriate for positive role models, and must attend all scheduled activities and meetings. Violation of

contract or two unexcused absences from scheduled events may result in removal from the program.

Scholarship opportunities: The Jennifer Stickney Memorial Scholarship is usually awarded to a graduating senior who is a HUDDLE/SHIDDLE member.

Leadership positions/selection: This is a leadership/mentorship program. Members have the opportunity to develop leadership skills as they serve as role models for youth.

Interact

Contact person: Doug Kilbreath
MHS House 2 Office 330-636-3214
kilbread@mcsoh.org

Selection process eligibility: Interact is a service organization affiliated with Rotary International. There are no requirements to join except the commitment to help others.

Meeting/practice times: Meets twice a month in the Media Center

Estimated total time commitment per week/month: Varies

Cost: \$10.00 dues

Special activities: Tutoring in the elementary schools, community service projects (spring park clean-up, caroling; bell-ringing for the Salvation Army, helping the elderly with house projects), and an international project each year.

Scholarship opportunities: None at this time

Leadership positions/selection: Elections every year for President, Vice-President, Recording Secretary, Treasurer, and Executive Board

Junior Statesmen of America

Contact person: Mr. Spelling
MHS room 1114 Voice mailbox #9218
spellins@mscoh.org

Selection process eligibility: Open to all students

Meeting/practice times: Bi-Weekly Thursday meetings, directly after school until 3:15 p.m.

Estimated total time commitment per week/month: 50 minute meetings and optional overnight conventions

Cost: \$5.00 membership tax

Special activities: Debates, Thought Talks and Speakers, JSA also takes student delegations to Regional, State and National Conventions in Ohio and Washington, D.C.

Average number of participants: 20 - 30

Requirements to maintain membership: The \$5.00 tax

Scholarship opportunities: none

Leadership positions/selection: Students are nominated and/or elected to executive positions with the chapter at the end of every school year. Opportunities for leadership are also readily available on the state level of JSA as well as within the conventions (debate and thought talk moderators, debate logistics person, etc.)

Key Club

Contact person: Mrs. Barany
Voice mailbox #9002
baranyp@mcsoh.org

Selection process eligibility: Any student grade 9-12. Service oriented people. Students apply in August and September.

Meeting/practice times: Every Wednesday 7:05 am Distance Learning Lab. Board Meetings 1st Tuesday of every month at 2:45 in Room 1233.

Estimated total time commitment per week/month: minimum 8 hours monthly

Cost: Yearly dues of \$15.00; state and international conventions as well.

Special activities: Key Club is affiliated with Kiwanis. Key Club organizes and staffs community projects that better the lives of children and adults in our local and international community. Decorate the Square (Christmas), Art in the Park (July), Family Christmas, Ohio District Convention in Columbus and International Conventions (summer 2006 Boston, MA), yearly banquet, Cancer Relay For Life, Kiwanis projects.

Average number of participants: 100

Requirements to maintain membership: Regular meeting attendance and a minimum of 8 service hours per month.

Scholarship opportunities: \$500.00 yearly “Keyclubber” of the year award (most positive member)

Leadership positions/selection: President, Vice President, Secretary, Treasurer and various committee chair positions all selected by member vote and require 2 teacher recommendations.

Latin Club

Contact person: Mrs. Sawan
MHS room 1226 Voice mailbox #9201
sawana@mcsoh.org

Mr. Kolo
MHS room 2215 Voice mailbox #9064
koloj@mcsoh.org

Selection process eligibility: Anyone enrolled in Latin (or who has taken two years of Latin previously) Except for State Convention/National Convention

Meeting/practice times: Alternating Wednesday mornings 7 a.m. for meetings. Activities average 1-4 per month in afternoons, weekends, and evenings.

Estimated total time commitment per month: 5 hours including meeting and social events

Cost: \$28 for Club t-shirt, National Latin Exam Fee, OJCL/NJCL (Junior Classical League Affiliates of which we are a part), Breakfast at Meetings. OR \$15 for the same without a t-shirt. OR \$15 for dues (local, state, national ONLY). **Cost of OJCL Convention in March is \$120.

Special activities: *Ave atque Vale (Hail and Fairwell) Picnic* in August; *New Members' Movie Party at school* in September; *Halloween Party* in October; *New Members/International Dinner* in November; *Saturnalia Party* in December; *OJCL Friday Evening Convention Workshops* in January; *Certamen Contest (Latin Jeopardy)* in February; *OJCL state convention / National Latin Exam* in March; *Rome's Birthday party* in April; *Roman Banquet (Olive Garden)* in May. In addition, students will participate in at least three **service projects** ranging from local to international needs, and fundraising activities such as Saturday car washes. **OJCL convention is optional but encouraged to optimize and highlight individual talents—artistic, creative, and academic.** For the 2009 summer (June), a trip to Italy is planned. Trips are scheduled in alternating years.

Average number of participants: 60-75

Requirements to maintain membership: Regular meeting attendance.

Scholarship opportunities: yes—based on academic work, honors, involvement in Latin Club, and plans to incorporate study of classics in college curriculum and/or future career plans. **Amount \$500.**

Leadership positions/selection: Co-consuls (co-presidents) by general vote, other offices by general membership vote. Reliability, enthusiasm and initiative are required. Must be enrolled in Latin for the leadership year.

Medinamite

(See Course Registration Guide for more information)

Contact person: Mrs. Hlavaty
MHS room 1205 Phone #330-636-3260

Selection process eligibility: students must take Beginning Journalism class to be eligible or apply to the teacher.

Meeting/practice times: Medinamite is the Journalism Staff class which meets each day during school

Estimated total time commitment per week/month: 5 days per week class plus homework and projects. Needs to be able to attend events and activities.

Pay to Participate: \$20.00 Co-Curricular Pay to Participate fee applies and will be posted to your financial obligation. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: None

Special activities: Publishing the school newspaper. Students will need to be available prior to the start of the school year.

Average number of participants: 25

Requirements to maintain membership: participation in class activities

Scholarship opportunities: Medinamite is suggested for students considering a career in journalism or communications.

Leadership positions/selection: Editors are selected by the teacher

Medinian

(See Course Registration Guide for more information)

Contact person: Mrs. Hlavaty
MHS room 1205 Phone #330-636-3260

Selection process eligibility: open to students who took the Beginning Journalism class or apply to the teacher.

Meeting/practice times: Medinian is the Yearbook class which meets each day during school

Estimated total time commitment per week/month: 5 days per week class plus homework and projects

Pay to Participate: \$20.00 Co-Curricular Pay to Participate fee applies and will be posted to your financial obligation. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: None

Special activities: publishing the school yearbook

Average number of participants: 20

Requirements to maintain membership: participation in class activities

Scholarship opportunities: none

Leadership positions/selection: Editors are selected by the teacher

Mock Trial Team

Contact person: Mr. Sorrell
MHS room 2104 Voice mailbox #9215

Selection process eligibility: Open to all students.

Meeting/practice times: Twice monthly – then once weekly one month prior to competition.

Cost: Registration fee will be divided among team members

Special activities: State Mock Trial Competition

Average number of participants: 8 members per team, two teams

Scholarship opportunities: yes, academic

Leadership positions/selection: none

National Honor Society

Advisor Ms. Conley

Contact person: Ms. Conley
Phone # 330-636-3312

MHS room 1120
conleys@mcsoh.org

Selection process eligibility:

1. Juniors and Seniors are eligible for consideration if they meet the scholastic requirement of a 3.5 cumulative GPA, and are enrolled at least part time in Medina High School.
2. Activity sheets are given to eligible students by the NHS advisors. Candidates will be given a minimum of six days, including a weekend, to complete the form and return it to the advisors. Failure to return the Activity Sheet on time may eliminate the student from consideration.
3. Rating sheets are given to faculty members for their recommendations in the areas of character, leadership and service. Students' names are listed alphabetically, by grade. To encourage consistency, explanations of the ratings accompany the rating sheets. Teachers will be given a minimum of six days, including a weekend, to complete the forms.
4. The advisors tabulate the results of the teachers' ratings by adding the total scores and dividing by the number of times the student was rated. The student's grade point average will be used as the scholastic component in computing totals.
5. A numerical list is compiled for review by the Faculty Council whose responsibility it is to make the final selection. The Council looks for a clear break between "superior" and "good" ratings, and it also seeks to identify any breakdown in the system before making its final selection. The committee discusses each student's qualifications and reviews his/her activity sheet. According the National Association, the decision of the Faculty Council is final.
6. There are no set quotas or percentages of the number of students who can be included in any one year.
7. Selection is based on the evaluation of all four cornerstones of NHS (character, service, scholarship, leadership). No student is guaranteed selection into the National Honor Society.

Cost: \$20

Special Activities: New Student Luncheon, Freshman Orientation, Open House, Student of the Month Committee, NHS Week, Cookies and Cram Study Sessions, Induction Ceremony

Meeting/practice times: 6:50 a.m. on Fridays as needed

Leadership positions: President and Secretary

Pathways to Success

Student Assistance Program

(2006-07 listing)

Contact person: Mrs. Lasher
MHS room 2120H Phone # 330-636-3223
lasherc@mscoh.org

Selection process eligibility: Any student at Medina High School who is in need of support, counseling, and related services.

Meeting/practice times: Study Halls or Lunch

Estimated total time commitment per week/month: varies

Cost: none

Special activities: Individual Support, Small Group Support, Referral Services

Scholarship opportunities: none

Leadership positions/selection: Teen leadership opportunities and training available for interested students.

National Ocean Sciences Bowl

Penguin Bowl

Contact person: Mrs. Jessica Niemanstverdriet
MHS room Voice mailbox #
niemansj@mcsoh.org

Mrs. Balsinger
MHS room 2229 Voice mailbox #9001
balsingr@mcsoh.org

Selection process eligibility: Open to all MHS students interested in science. 5-10 spots open for regional competition.

Meeting/practice times: One per week after school, day to be determined by team.

Cost: none

Special activities: 1 regional competition, social gatherings

Average number of participants: 15

Scholarship opportunities: Open to all students who compete at regionals. Summer internship opportunities are also available. See website nosb.org

Leadership positions/selection: Captain selected by team.

Rock Festival

Contact person: Ms. Lyon
MHS room 2109 Voice mailbox #9076
lyond@mcsoh.org

Selection process eligibility: any band may audition at the scheduled audition time.

Meeting / practice times: organizational meeting, audition, sound check, performance. Rehearsals are organized and run by individual bands.

Estimated total time commitment per week/month: organizational meeting (45 minutes), audition (15 minutes to 2 hours), sound check (30-45 minutes, performance (30 minutes to 2 hours). Rehearsals are organized and run by individual bands.

Cost: \$50-75 per band

Special activities: n/a

Average number of participants: 6-12 bands, 1-5 crew members

Requirements to maintain membership: attend all meetings

Scholarship opportunities: yes. If you perform or work crew on any show while at MHS (9th through 12th grade), you may apply for the scholarship as a senior. Scholarship is selected by committee.

Leadership positions/selection: no. Prizes are awarded to bands by audience vote.

Ski Club

Contact person: Sherrie Schneider
House 4 Office 330-636-3216
schneids@mcsoh.org

Selection process eligibility: Open with code of conduct eligibility

Meeting/practice times: Tuesdays (during season) from 3 to 8:30 p.m.

Estimated total time commitment per week/month:

Cost: \$200.00 including rentals, transportation and lessons

Special activities: Free “Pick a Day” passes, day trips

Scholarship opportunities: n/a

Leadership positions/selection: n/a

Spanish Club

Contact person:

Ms. Horwath	MHS room 1134	horwathl@mcsoh.org
Mrs. Linek	MHS room 1228	linekj@mcsoh.org
Ms. Schorr	MHS room 2209	schoors@mcsoh.org
Mrs. Young	MHS room 1130	youngj@mcsoh.org
Mrs. Calaiacovo	MHS room 2111	calciacl@mcsoh.org
Mrs. Musselman	MHS room 2211	musselmaa@mcsoh.org

Selection process eligibility: You must be currently enrolled in a Spanish Class.

Meeting/practice times: We usually meet monthly; day and time varies.

Estimated total time commitment per week/month: 1 ½ - 2 hours/month (some months may be more depending on activities)

Cost: \$8.00 membership – members may also be asked to help defray the cost of refreshments occasionally.

Special activities: International Dinner with the other foreign language clubs, trip(s) to Mexican Restaurants, Cinco de Mayo celebration and celebrations of other Hispanic holidays, Las Posadas Christmas party, fundraisers for classroom materials/scholarship fund.

Average number of participants: 80 members – Members come to as many activities as they can.

Scholarship opportunities: Students planning to continue their studies in Spanish at the university level will have the opportunity to apply for a scholarship.

Leadership positions/selection: Yes, the club officers include president, vice-president, secretary and committee chairpersons.

Speech and Debate Team

(See Course Registration Guide for more information)

Contact person: Mr. Quade
MHS room 1122 Voice mail box #9095
quades@mcsoh.org

Selection process eligibility: Open to any student currently or previously enrolled in a debate or speech class. Club formulates in September.

Meeting/practice times: varies by student availability

Estimated total time commitment per week/month: 3-4 hours per week

Pay to Participate: \$20.00 Co-Curricular Pay to Participate fee applies and will be posted to your financial obligation. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: None

Special activities: Competitions and Tournaments (These do require some parental time obligations.)

Average number of participants: 20 - 30 and growing!!!

Requirements to maintain membership: participation at tournaments

Scholarship opportunities: A scholarship is available to a senior who shows continued dedication to the team.

Leadership positions/selection: elected officers

S.P.I.C.E.

(Students Performing in Creative Entertainment)

Contact person: Mr. Douglas

MHS room 1216

douglasr@mcsoh.org

Voice mailbox #9034

Ms. Lyon

MHS room 2109

lyond@mscoh.org

Voice mailbox #9076

Selection process eligibility: Any MHS student who meets the academic requirements for extracurricular activities is eligible to audition for SPICE. Informational and audition sign-ups are in November. Auditions are in early to mid December. Selection is based on audition performance.

Meeting/practice times: 1 informational meeting (Oct or Nov), 1 audition sign-up (Nov), audition (Dec), 1 week of rehearsal (Jan) and 2 shows (Jan). Practice time is on students' own time.

Estimated total time commitment per week/month: approximately 20-25 hours total (audition, rehearsals and shows)

Pay to Participate fee: \$20.00 (actors and performers in the play, musical and SPICE only) Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

Cost: Items needed for performance.

Special activities: 2 community performances and 1 in-school performance for selected acts

Average number of participants: 100-120+

Requirements to maintain membership: Audition each year and maintain extra-curricular eligibility. Opportunities to be an emcee or to work on set, sound, and light crew are also available to anyone interested.

Scholarship opportunities: through Drama Club

Leadership positions/selection: Head Emcee, Crew Head, Sound and Light Technicians, Head Usher. Selected through application, interview, and/or audition.

Students Against Destructive Decisions

(SADD)

Contact person: Mrs. Lasher
MHS room 2120H Phone #330-636-3223
lasherc@mcsoh.org

Selection process eligibility: All students welcome at any time of the year.
Elections of officers are held in the fall.

Meeting/practice times: Will be determined by members.

Estimated total time commitment per week/month: Depends on office and current activity

Cost: none

Special activities: Peace Week, National Red Ribbon Campaign, Prom Promise, Community Activities

Average number of participants: 30-35

Requirements to maintain membership: actively participate in any activity during the school year

Scholarship opportunities: no

Leadership positions/selection: Officers and representatives are elected each fall.

Student Council

Contact person: Mrs. Calaicovo
MHS room 2111 Voice mailbox #9016
calaiac1@mcsoh.org
Mr. Raso
MHS room 2100 Voice mailbox #9240
rason@mcsoh.org

Selection process eligibility: Elections are held as follows:
Incoming Freshman : Spring
Upperclassman Officers : Spring
Class Representatives : Spring

Meeting/practice times: Every other Tuesday during school day and 2 summer meetings.

Estimated total time commitment per week/month: 5 hours per week

Cost: T-shirt.

Special activities: Homecoming, fundraisers, community service, spirit weeks and any other school events as decided upon by Council

Average number of participants: 64

Additional information: Each class has its own advisor and specific responsibilities.

- The **freshman** class assists in cleaning up from the Homecoming Dance and decorates a hallway for homecoming. They also work in concession stand and run Market Day.
- The **sophomore** class decorates for Homecoming, helps clean-up and decorates a hallway. They also work in concession stand and run Market Day.
- The **juniors** run the football concession stand, the Prom and decorate a hallway for Homecoming.
- The **seniors** need to have money for graduation, select announcements as well as select a gift for the school. They also do a hallway for Homecoming and work in the concession stands. **The freshmen, sophomores and juniors need to do fund raising for the Junior-Senior Prom**

Requirements to maintain membership: Must earn points on quarterly basis to remain on council. May not have 3 unexcused absences from meetings. Must do 2 hours of community service work quarterly. Must be actively involved in class work.

Scholarship opportunities: yes

Leadership positions/selection: 10 selected by election; 5 by selection process. Incoming Freshman selected by present and future officers.

Volunteer Opportunities for Teens

(VOFT)

Contact person: Debbie Wesemeyer and Linda Florian
HUB office Phone 330-636-3210
wesemeyd@mcsoh.org
florianl@mcsoh.org

Selection process eligibility: Anyone who is willing to volunteer to serve their community or school. Become a member by filling out the VOFT registration form available in the HUB.

Meeting/practice times: to be announced as needed

Cost: None

Special activities: Volunteering

Average number of participants: 400

Requirements to maintain membership: active volunteerism

Scholarship opportunities: none

Leadership positions/selection: Sr. Leaders – must be an active VOFT member and a senior. Leaders are selected at the beginning of each school year.

Volunteer Tutoring Program

Contact person: Mrs. Sturm
MHS room 1300 Phone #330-636-3258
sturms@mcsoh.org

Selection process eligibility: Students requesting a volunteer tutor should see Mrs. Sturm in the Learning Resource Center (room 1300). Students interested in being a tutor should have maintained at least a B average in the subject area in which they wish to tutor. Any interested student should see Mrs. Sturm to obtain a Volunteer Information Form. References are required.

Meeting/practice times: Once assigned, a tutor must be able to give an hour once or twice each week for a minimum of four weeks.

Cost: none

Special activities: none

Average number of participants: 200

Requirements to maintain membership: Tutors must maintain at least a B average in the subject area they tutor and be able to tutor for a minimum of one hour each week.

Scholarship opportunities: none

Leadership positions/selection: none

Other Course Related Activities

(See Course Registration Guide for more information)

Performing Arts

Beeliners Mr. Ciulla
(Co-Curricular Pay to participate fee = \$50.00)

Stingers (Flagline) Mr. Ciulla
(Co-Curricular Pay to participate fee = \$50.00)

Marching, Concert and Symphony Band/Winds Directors Mr. Ciulla
..... Mr. Hicks
..... Mr. Locher
(Co-Curricular Pay to participate fee = \$50.00)

Starduster Director Mr. Ciulla
(Extra-Curricular Pay to participate fee = \$100.00)

Jazz Band Director Mr. Locher
(Extra-Curricular Pay to participate fee = \$100.00)

String, Symphonic and Chamber Orchestra Director Mr. Holliday
(Pay to participate fee = String & Symphonic \$50.00, Chamber \$100.00)

Vocal Music Directors Mr. Skidmore
..... Mrs. Bayda
(Pay to participate fee = \$50.00, Encore \$100.00)



ATHLETICS

INTRODUCTION

This booklet provides basic information concerning the athletic opportunities at the Medina City Schools. These opportunities exist for students in grades 7 – 12. The athletic program is part of the OHSAA and follows all rules and regulations of that organization. The opportunities are as follows:

MEN

FALL

Cross Country (7,8,V)
Football (7, 8,9,JV, V)
Golf (JV, V)
Soccer (JVB, JVA, V)

WOMEN

Cross-Country (7,8,V)
Cheerleading (FB 8, 9, JV, V)
Golf (JV, V)
Soccer (JVB, JVA, V)
Tennis (JV, V)
Volleyball (7, 8, 9, JV,V)

WINTER

Basketball (7,8,9,JV, V)
Wrestling (7,8,9,JV, V)

Swimming (V)

Basketball (7,8,9,10,JV, V)
Cheerleading (8,9,10,JV, V)
Gymnastics (V)
Swimming (V)

SPRING

Baseball (9, JV, V)
Tennis (JV, V)
Track (JV, V)
Lacrosse (JV, V)

Softball (9, JV, V)
Track (JV, V)
Lacrosse (JV, V)

For more information please contact the person below

At the High School (9,JV, V)
At the Claggett Middle School (7,8)
At the A.I. Root Middle School (7,8)

Mr. Kevin Kelly (330-636-3228)
Ms. Terri Pocos (330-636-3687)
Mr. Dan Pugh (330-636-3501)

PHILOSOPHY OF THE MEDINA ATHLETIC DEPARTMENT

The athletic department consists of all interscholastic sports and cheerleaders in the Medina City School District. The department is headed by an athletic director who works closely with the building principals and coaches to bring about an athletic program that is commensurate in coaching and school philosophies.

Although the department consists of both middle and senior high students, the program should show evidence of articulation from one level to the next. There should also be a philosophical carry over from one sport to the next. In so doing, it is important that the head coach of each sport work with the athletic director and building principals.

The Medina City Schools recognize athletics as one of the many educational experiences provided for youth during their school years. The athletic program strives to contribute to the optimum development of participants as individuals. It also serves an important tool for developing desirable behavior patterns and attitudes. Athletics in Medina are a means to the end of developing well-rounded individuals. Medina athletics are never an end in themselves.

PHILOSOPHY OF SPORTSMANSHIP

Medina also believes in the values of sportsmanship and strives to promote it among the coaches, athletes, and spectators. Board Policy (434.3) As members of the Northeast Ohio Conference, we believe that we should conduct ourselves at all times in a way befitting true sportsmen, realizing that we must be governed by the ethics of honest rivalry and graceful acceptance of results. We urge all supporters of our respective teams to enjoy the game as we do and to do it in a way that will bring credit to our schools, our teams, our league, and our country.

PHILOSOPHY OF WINNING

The varsity level programs, in addition to the above, also stresses winning. It should provide opportunities for those athletes that have the potential to play at the varsity level with the understanding that this level demands the highest level of talent within the school community

The junior varsity program balances winning and participation. Players with varsity potential will be awarded playing time first, recognizing that players develop physically and tactically at different speeds.

The freshman team will allow each player an opportunity to play and demonstrate their skills.

The middle school programs emphasize learning and participation.

BASEBALL

Head Coach

Nick Kaplack

Varsity Assts..

Scott Sorrell, Ben Stobbs, Dan Sherman

9th Grade Coaches *Mike McMullen and Matt Vallery*

CONTACT COACH KAPLACK: MHS ROOM #1225 VOICE MAILBOX #9059
kaplackn@mcsoh.org

OBJECTIVES

To teach teamwork, sportsmanship, responsibility and hard work.

To promote character, school spirit and a love for the game.

State Championship

Make positive memories for each group of athletes.

TEAM SELECTION PROCESS

Open try-outs are held. The head coach, varsity assistant, and junior varsity coach evaluate athletes based on past performance, summer performance, tryout performance and choose the team. Teams' size is approximately 14 players per team.

PLAYING TIME CONSIDERATIONS

Junior varsity players will be rotated at positions to best prepare them for the varsity play.

On varsity, the best players play. This will be determined by the coaching staff.

BASIC PRACTICE SCHEDULE

Varsity and junior varsity practices for 2 hours per day. Freshman also practice for two hours after the end of varsity practice. During inclement weather they practice inside usually in the evening. In good weather they practice outside after school.

LETTERING REQUIREMENTS

Playing and making a contribution as a varsity player.

ITEMS TO BE PROVIDED BY THE ATHLETE

Bat, glove, spikes, Possible Florida trip expenses; varsity only.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

City and traveling summer leagues, weight lifting, summer workouts

BOYS BASKETBALL

Head Coach Jody Peters

Varsity Asst.

JT Sturm

JV Coach Chris Hassinger

9th Grade Coach Mark Valentino

CONTACT COACH PETERS: MHS ROOM #1113 VOICE MAILBOX #9090
petersj@mcsOH.org

OBJECTIVE

- To teach life skills, attitudes, and values.
- To teach team work, sportsmanship, responsibility, hard work
- To help each player grow as a player, student and person
- To help each team to play to its greatest potential
- To develop basketball fundamentals and knowledge of the game

TEAM SELECTION PROCESS

Based on: Individual skill; Work ethic and attitude; Coachability (able to accept corrective feedback); Potential (especially at the middle school and 9th grade levels)

Tryouts will be held during the first 3-5 days of practice in early November. High school coaches will assist in the selection of middle school teams.

PLAYING TIME CONSIDERATIONS

At the middle school level, participation is the primary emphasis over winning. The further a player moves up the competitive ranks, more and more emphasis is placed on winning and less on participation. For a varsity player the primary determination for playing time is winning.

BASIC PRACTICE SCHEDULE

Middle School – 1 ½ hours - Monday – Friday (some over vacation)
High School – 2 –2 ½ Monday – Saturday. Practices will be held over vacations.

LETTERING REQUIREMENTS

An underclassman must play in at least half of the total varsity quarters.
All seniors letter regardless of playing time

ITEMS TO BE PROVIDED BY THE ATHLETE

Shoes

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies.

Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Middle School: Summer open gyms, MHS Summer Camp, Team Camp
High School: Weightlifting, team camp, open gym, summer leagues

GIRLS BASKETBALL

Head Coach Mark Loomis **Varsity Asst.** Chris Miller
JV Coach Tad Oehler **9th Grade Coach** Barb Davis

CONTACT COACH LOOMIS: MHS ROOM #1007 PHONE #330-636-2000
VOICE MAILBOX #9074 Email: loomism@mcssoh.org

OBJECTIVES

Develop and display “The 9 Character Traits” that are the foundation of our Girls Basketball Program: Sacrifice, Enthusiasm, Contentment, Perseverance, Kindness, Excellence, Be Proactive, Encouragement, and Discipline
“32 Minutes of Intensity”
Become a “True Team”
Win the Northeast Ohio Championship
Win the State Basketball Championship (DI)

TEAM SELECTION PROCESS *“Players cut Players”*

Seniors need to be a starter or the 1st one off the bench at their position to make the Varsity (Can’t play JV).
Juniors will not play JV (except in rare exceptions)
Freshman and Sophomores need to play and will be placed on the correct team for that to happen.
Freshman and JV teams (10-12 players)/Varsity team (8-12 players).
If two players are of equal ability and skill, our coaching staff will be inclined to play the younger player.

PLAYING TIME CONSIDERATIONS

A balance between talent, hustle, intensity, and attitude.

BASIC PRACTICE SCHEDULE

Monday – Friday 3pm to 5pm, Saturday 10am to 1pm

LETTERING REQUIREMENTS

The athlete must participate in at least half of the varsity quarters.

ITEMS TO BE PROVIDED BY THE ATHLETE

Shoes, Mouth Guard, and Kneepads.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies.

Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Open Gyms, Summer Leagues, Basketball Camps, Team Camps and Shoot-outs.

CHEERLEADING

Head Coach TBA **JV Coach** TBA

9th Grade Coach TBA

CONTACT COACH

OBJECTIVES

To support our boys' football and basketball teams
To encourage school spirit
To be examples of positive sportsmanship
To represent MHS in a positive manner

TEAM SELECTION PROCESS

Try-outs are held in May. Skill, attitude and work ethic are judged by college cheerleaders and current coaches.

PLAYING TIME CONSIDERATIONS

All cheerleaders participate in regular contests. Qualified cheerleaders will compete in competitions held in September through December.

BASIC PRACTICE SCHEDULE

Practice begins for all cheerleaders the week before cheer camp, usually in June or July. Camp is four days.
Beginning in August, until the first football game, practices will be 2-3 times a week.
Once school begins, practices will be 1-2 times a week right after school.
For competition, practices are held beginning in June and continue 1-2 times a week until competitions are completed.

LETTERING REQUIREMENTS

All athletes cheering at Varsity games receive a Varsity letter.

ITEMS TO BE PROVIDED BY THE ATHLETE

Cheer camp fees, camp outfits, shoes, socks, and spankies.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Cheer camp
Cheer competitions

BOYS CROSS COUNTRY

Coach

Milt Place

CONTACT COACH PLACE: CLAGGETT MIDDLE SCHOOL placem@mcsoh.org

OBJECTIVES

To give each athlete a chance to compete in all regular season meets

To field a very competitive varsity team in “Big Meets”

To develop a positive attitude toward running as a life-long activity

To set goals and work hard to achieve them

To foster a sense of team unity and cooperation

TEAM SELECTION PROCESS

Everyone makes the team

PLAYING TIME CONSIDERATIONS

Varsity – Top 7 runners are varsity runners. This can change from meet to meet based upon prior racing finishes.

JV – All other runners compete at the JV level for all meets except for the post season tournament.

BASIC PRACTICE SCHEDULE

In August (before the start of school) 9:00-11:00 a.m.

In school– Monday – Friday, 3:00 – 5:00. On Saturdays there are invitational and tournaments.

LETTERING REQUIREMENTS

2000 points based upon attendance, big meet individual finishes.

Bonus points are awarded for preseason conditioning mileage.

ITEMS TO BE PROVIDED BY THE ATHLETE

Running shoes, socks, practice shorts and shirts.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Summer mileage club, weight lifting, road races

GIRLS CROSS COUNTRY

Coach

Phil Brewer

CONTACT COACH BREWER: MHS ROOM # VOICE MAILBOX #9012
brewerp@mcsoh.org

OBJECTIVES

- To enjoy running
- To earn good grades
- To win the Northeast Ohio Conference
- To advance to the State Meet
- To give 100% in practice and in meets

TEAM SELECTION PROCESS

Everyone makes the team

PLAYING TIME CONSIDERATIONS

All athletes participate in every meet. Varsity runners are chosen based on previous meet performance.

BASIC PRACTICE SCHEDULE

In summer: 8-10 a.m. M-F starting August 4th
In season – Monday – Friday, 3:00 – 5:00 p.m. On Saturdays there are invitational and tournaments

LETTERING REQUIREMENTS

Finishing in the top 7 on the team in 1/3 of the meets or meeting a time standard in 1/3 if the meets.

ITEMS TO BE PROVIDED BY THE ATHLETE

Running shoes, socks, practice clothes.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

- Summer conditioning and time trials
- Winter conditioning
- Spring track season

FASTPITCH SOFTBALL

Varsity Head Coach: Al DiTommaso **Varsity Assistant:** Tim Flanagan
JV (A): Dave Hamman

CONTACT COACH DITOMMASO: MHS ROOM #1210 VOICE MAILBOX#9031
ditoma@mcsoh.org

OBJECTIVES:

- To win the Division I State Championship
- To win the Northeast Ohio Conference
- To be considered a “State Powerhouse” by Ohio Fastpitch coaches.
- To teach the game of softball to all athletes and encourage play at the collegiate level.
- To have athletes leave the program with a positive attitude
- To compete in every contest we start

TEAM SELECTION PROCESS

- Three (3) day softball intensive, specific workout
- Assess – hitting, bunting, fielding (outfield and infield), and throwing
- *Individual conference with every athlete who participates in try-outs*

PLAYING TIME CONSIDERATIONS

Softball is a fast and competitive sport; competition is healthy and good. Ultimately, the most qualified athlete will play.

Varsity – There is no guarantee for playing time at this level. Playing time is based on athletic performance to include, but not limited to work ethic and attitude. Playing time is decided by the head coach.

JV (A) (B) – A sincere attempt will be made for every player to play. However, individual playing time is based on the coach’s decision at those levels.

BASIC PRACTICE SCHEDULE

Everyday except Sundays and game days.

LETTERING REQUIREMENTS

A player letters when she has played a total of 7 innings at the varsity level. This does not include pinch running or pinch-hitting. Also, the head coach is able to grant a letter based on an individual performance by an athlete.

ITEMS TO BE PROVIDED BY THE ATHLETE

The athletes may be required to purchase a few items of personal wear.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Fall and Winter – indoor league (participation is based on coach selection and coach recommendation from the previous year). Summer – Medina Girls’ Softball Association has rec and traveling leagues.

FOOTBALL

Head Coach Greg Reed

Assistant Coaches Mitch Charvat, Nick Kaplack, Jesse Dooling, Dave Hamman, Dan Sutherland, Tobin Stepsis, Tom Fasko

9th Grade Coaches Al DiTommaso, Adam Snook, Brandon Nolin

CONTACT COACH REED: MHS ROOM #2123 VOICE MAILBOX #9096
reedg@mcsoh.org

OBJECTIVES

- To teach the game of football
- To develop each athlete physically, mentally and emotionally
- To win Northeast Ohio Conference Championship
- To make playoffs, Division I
- To be positive and enthusiastic
- To keep the athletes academically eligible
- To have players understand their role as “Do what’s best for the team”

TEAM SELECTION PROCESS

All make the team

PLAYING TIME CONSIDERATIONS

- Varsity – play as many as possible, but play to win
- JV – all play, while maintaining winning philosophy
- 9th – play as many as possible, teach system
- 8th - teach system, play as many as possible
- Playing time is based on practice, attendance, performance, effort, skill level, and knowledge of assignments. Evaluated by coaches daily.

BASIC PRACTICE SCHEDULE

2-a-days – 7:00 AM – 3:00 PM

In Season – 3:00 PM – 5:30 PM (M, T, W, TH) 8:00 AM– 12 PM (Sat)

LETTERING REQUIREMENTS

Participation in at least 20 Varsity quarters

ITEMS TO BE PROVIDED BY THE ATHLETE

Practice shorts, t-shirts, athletic supporter, lock, lunch (for 2-a-days).

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Weight lifting, plyometrics, camps, 7 on 7, agilities and conditioning

BOYS GOLF

Head Coach: Jeanne Pritchard

Assistant: Nick Raso

***best to call Athletic Department and leave message 330-636-3226
e-mail: murphyma@ohio.net

OBJECTIVES

- To prepare team members for competitive golf
- To reinforce the rules of the game
- To teach respect for the game, the course, and fellow golfers
- To show good sportsmanship in both losing and winning situations
- To improve as individuals and as a team

TEAM SELECTION PROCESS

The team will be selected each year via a 54 hole tournament. Playing summer golf from the blue tees, the top 24 will be selected. The top six to eight players will comprise the varsity team, the next six to eight players will be considered to be the JV team, the next six to players would be the JV "B" team, etc. Seniors may only make the Varsity team. Try-out dates are August 8th-10th playing at Medina Country Club.

PLAYING TIME CONSIDERATIONS

Both varsity and JV matches will be scored in the same manner. Six players will play, and the lowest four scores will count in the scoring of the match. The players whose scores do not count in more than half of the matches in a given period of time will have to qualify for matches against other team members who are eligible to qualify. Thus, players who constantly improve throughout the course of the season will be given ample opportunity to play either JV or possibly even on the varsity team. Playing time is *earned* by shooting the lowest scores.

BASIC PRACTICE SCHEDULE

Before school starts, practice begins the first week of August and will be most mornings for usually about five hours (18 holes). After classes begin, practice will be Monday-Friday, immediately after school, for 2-3 hours. When the JV team plays an away match, there will be no JV practice.

LETTERING REQUIREMENTS

Any athlete whose score is counted in a varsity match will letter. Any athlete can be given special consideration by the coaches.

ITEMS TO BE PROVIDED BY THE ATHLETE

Any boy trying out for the golf team must have his own bag of clubs which he must carry, unless there is some medical or physical reason that he cannot do so.

Golf shoes (spikeless or soft spike only) are not required, but are highly recommended. In his golf bag, each boy should have tees, an adequate supply of golf balls, a permanent marker for marking his ball, and a rulebook. Golfers must wear a collared golf shirt and may *not* wear denims or cut offs.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Summer tournaments (Coaches will apprise golfers about tournaments, as information becomes available to them. Private lessons are available from many local sources including driving rangers and golf courses and country clubs. Athletes are encouraged to involve themselves in weightlifting and fitness programs.

OTHER

The Medina High School golf team is a competitive golf situation, not a learning situation for the beginning golfer. Boys coming out for the team should already know how to golf, know the basic rules of golf and be confident that they can play competitively against other golfers.

GIRLS GOLF

Head Coach: Lori Hawkins

JV: TBA

***best to call Athletic Department and leave message 330-636-3226
e-mail: lhwkns0124@netscape.net

OBJECTIVES

To compete for the conference title every year and advance the team and/or individuals into district and state tournament.

TEAM SELECTION PROCESS

Practice for the season begins the first week of August. During tryouts, the top 6 girls will make the Varsity team, the next 6 girls will be on the JV team. Up to 20 girls will be kept for the teams.

PLAYING TIME CONSIDERATIONS

The lowest 6 scores during tryouts play for the upcoming match or players may challenge to play throughout the season.

BASIC PRACTICE SCHEDULE

Before the school year starts – 1pm to 5pm daily

During the school year – 3pm to 5:30pm every night after school

LETTERING REQUIREMENTS

Play in ½ of the Varsity matches. Special consideration by coach.

ITEMS TO BE PROVIDED BY THE ATHLETE

Golf clubs, bag, balls, tees, spikeless shoes (cost varies greatly).

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Private lessons at a local driving range are recommended.

Summer tournaments and camps are also recommended to boost match confidence.

OTHER

The Medina High School golf team is a competitive golf situation, not a learning situation for the beginning golfer. Girls coming out for the team should already know how to golf, know the basic rules of golf and be confident that they can play competitively against other golfers.

GIRLS GYMNASTICS

Head Coach: TBA

CONTACT COACH

OBJECTIVES

To demonstrate sportsmanship and respect for others
To increase and/or maintain a fitness level necessary for participation
To learn to encourage teammates both in and out of the gym
To abide by the rules and policies set forth by the Athletic Department and the coaching staff

TEAM SELECTION PROCESS

Students should have a basic background in gymnastics and be able to perform cartwheels on Beam, Kips on Bars and Back Handsprings on Floor. The varsity squad has a maximum number of 14 gymnasts.

PLAYING TIME CONSIDERATIONS

Only six gymnasts per event can compete. The coaching staff chooses who can compete based on difficulty of the routines and those that have the best chance to score points for the team. There is an attempt to compete extra gymnasts when the meet allows.

BASIC PRACTICE SCHEDULE

Weekdays 4 pm to 6:30 pm
Most competitions are held on Thursdays or Saturdays.

LETTERING REQUIREMENTS

Compete in 50% of the regular season

ITEMS TO BE PROVIDED BY THE ATHLETE

Gymnasts are expected to buy the Leotard selected by the team (\$50-100). Gymnasts also will pay for any spirit packs and t-shirts ordered by the team.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Gymnasts are encouraged to maintain their skills and level of fitness at a gymnastics school of their choice.

BOYS LACROSSE

Head Coach

Ken Walter

JV Coach

Matt Chojnacki

CONTACT COACH WALTER: PHONE #330-723-7417

EMAIL: medlax@zoominternet.net

OBJECTIVES

To develop the sport of lacrosse in Medina

To enhance and develop skills to be successful

To develop a strong competitive program from youth to varsity

TEAM SELECTION PROCESS

All players make a team. The level of participation is based on ability, attitude, and game experience. 20 Freshman, 20+ JV players, and 30 Varsity players.

PLAYING TIME CONSIDERATIONS

Junior varsity develops players so they can contribute at the varsity level.

Varsity plays to win. Playing time is awarded to younger players who develop the skills consistent with the program level.

BASIC PRACTICE SCHEDULE

Indoor practice beginning in mid February is 5-6 days a week continuing through the 1st of June.

Outdoor practice (weather permitting) from 4:00 – 6:00 p.m.

LETTERING REQUIREMENTS

Play in ½ quarters possible and follow rules of the program.

ITEMS TO BE PROVIDED BY THE ATHLETE

Stick, mouthpiece, cleats, and all undergarment protection.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Summer league, fall ball from September to October. Winter indoor league in Wooster from December to February

GIRLS LACROSSE

Head Coach: TBA **Assistants:** TBA

CONTACT COACH

OBJECTIVES

To promote the sport of lacrosse in Medina
To enhance and develop skills to be successful
To develop a strong competitive program from youth to varsity
To teach sportsmanship, team work, and dedication

TEAM SELECTION PROCESS

An adequate number of athletes with the desire to learn skills and dedication to commit to practice and game time will be kept on the team.

PLAYING TIME CONSIDERATIONS

Junior varsity develops players so they can contribute at the varsity level. Playing time is determined on practice and game attendance. Varsity playing time is dependent on level of play and practice attendance.

BASIC PRACTICE SCHEDULE

Beginning in mid February practice is 5-6 days a week from 4:30-6:30. Season runs through mid May.

LETTERING REQUIREMENTS

Play in half of the Varsity games.

ITEMS TO BE PROVIDED BY THE ATHLETE

Stick (\$50-125), mouthpiece (\$1-5), cleats, and goggles (\$65).

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Winter indoor from November to mid February, summer camps

BOYS SOCCER

Head Coach Mark Malikowski

Varsity Asst.

Tom Jacobs

JVA Coach TBA **JVB Coach** TBA

CONTACT COACH MALIKOWSKI: CLAGGETT PHONE # 330-636-3687
malikowm@mcsoh.org

OBJECTIVES

To provide a fun, educational program in which players of different abilities and motivational levels can achieve success keeping in mind that the program competes successfully with the best Division I programs in the state. Depending on the number of players who try-out, cuts may be necessary.

TEAM SELECTION PROCESS

There is a 10-day period in July that coaches may work with players. There are approximately 10 days of try-outs starting in August. As a general rule, 18 players are kept on each of our 3 teams.

PLAYING TIME CONSIDERATIONS

Varsity plays to win. Time will be awarded to younger players who will help develop consistency in the program. **Junior varsity** develops players so that they are able to contribute at the varsity level in the future. **Freshman team** emphasizes participation not winning.

BASIC PRACTICE SCHEDULE

Mandatory practices (usually in the morning) begin in early August and continue until school begins. During school, practice is immediately following school from approximately 3:15 – 5:30.

LETTERING REQUIREMENTS

Lettering requirements are determined by the coaching staff at the beginning of each season and communicated to the players at that point.

ITEMS TO BE PROVIDED BY THE ATHLETE

Shin guards, cleats, soccer ball.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies.

Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Conditioning/weight training beginning in January.
Outdoor soccer leagues in June and July.

GIRLS SOCCER

Head Coach Doug Coreno
JVA Coach TBA

Varsity Asst. TBA
JVB Coach TBA

CONTACT COACH CORENO: Root MS voicemail #9313
corenod@mail.mcsoh.org

OBJECTIVES

To provide a fun educational program in which players of different abilities and motivational levels can achieve success keeping in mind that the program competes successfully with the best Division I programs in the state.

TEAM SELECTION PROCESS

There is a 10-day period over the summer that coaches may work with players.

Preseason begins on August 4, 2008. Teams will be announced during the first week of preseason. Seniors may play on either JVA or JVB. There will be between 14-18 players on each team.

PLAYING TIME CONSIDERATIONS

Varsity plays to win

JVA develops player so that they are able to contribute at the varsity level in the future. **JVB** emphasizes participation not winning.

BASIC PRACTICE SCHEDULE

M-F after school 3-5

LETTERING REQUIREMENTS

Requirements for receiving a varsity letter are determined at the beginning of each season. Players receive the requirement at the start of the season with the team rules.

ITEMS TO BE PROVIDED BY THE ATHLETE

Shin guards, shoes, athletes need to bring their soccer ball and water to practice.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Talk to Coach Coreno for details.

SWIMMING

Coach Ellen Craddock Contact: Email swimelj@yahoo.com

OBJECTIVES

- To enjoy swimming
- To develop skill and technique in swimming
- To become competitive in swimming
- To practice proper sportsmanship
- To enjoy the experience

TEAM SELECTION PROCESS

Try-outs – depending on how many sign up. (30-40 participants)

PLAYING TIME CONSIDERATIONS

Skill level

BASIC PRACTICE SCHEDULE

Weekdays immediately after school

LETTERING REQUIREMENTS

Determined by number of points scored at meets

ITEMS TO BE PROVIDED BY THE ATHLETE

Team swim suit.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Local swimming

BOYS TENNIS

Head Coach: Alison Snook

JV Coach: Pete Hoffman

CONTACT COACH SNOOK: MHS Voicemail #9005

snooka@mail.mcsoh.org

OBJECTIVES

- To improve the skills of all players
- To improve the athletes' knowledge of tennis
- To let every player be able to participate in a contest where he has the ability to compete
- To challenge the best players by providing competition at their level
- To win as many contests as possible within the confines of the rules and good sportsmanship
- To have players learn to be good sports during competition

TEAM SELECTION PROCESS

- Tryouts and practices begin in March of each year.
- For singles – challenge matches are played to determine the first three singles positions. If a player is a better doubles player he will move down to play doubles.
- For doubles – play doubles matches with various partners. During play the coach uses a checklist of doubles skills to evaluate who are the best four doubles players. The 2 players that work best together form a doubles team.

Varsity consists of 10-12 players and JV consists of 12-15 players.

PLAYING TIME CONSIDERATIONS

- Junior varsity stresses the development of players' skills and competition. All players will have opportunities to compete. Higher ranked players will play more often. Seniors are not allowed to play J.V. matches. Varsity stresses competing to win. Team success supercedes individual success. The higher ranked players will play most often. Lower ranked players will be given opportunities to play when the situation allows for them to be competitive.

BASIC PRACTICE SCHEDULE

3:10pm-5:00pm Monday – Friday 9:00am – 12:00noon Saturday

LETTERING REQUIREMENTS

- Must participate in 5 matches during the season and complete the season unless injured, or be a team member for all 4 years of high school.

ITEMS TO BE PROVIDED BY THE ATHLETE

Tennis racquet and tennis shoes.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Players may work with coaches over the summer to improve their skill level. Team camps and lessons are offered during the summer. A tennis league may be offered as well.

GIRLS TENNIS

Head Coach: Pete Hoffman

CONTACT COACH HOFFMAN: hoffmanp@mail.mcsoh.org

OBJECTIVES

- To provide an opportunity for student to work hard, grow, and have fun within the context of a varsity athletic team.
- To prepare as many young women as possible to compete in varsity matches
- To win or defend the Northeast Ohio Conference Crown and Tournament Title
- To advance as far as possible in the State Team Tournament
- To qualify as many individuals as possible for the State Finals in Columbus
- To play the most challenging schedule possible
- To be as competitive as possible in each match, regardless of the opponent

TEAM SELECTION PROCESS

Sign up information is made available at the middle school at the end of May preceding each season. The first week of practice (beginning of August) is mandatory. All positions are earned through challenge matches played primarily during the first two weeks of the season in August. Additional challenge matches are played throughout the season. There is no limit to the number of players who are carried on the team. Every player, however, regardless of her team rank, is expected to follow all team policies and procedures.

PLAYING TIME CONSIDERATIONS

The majority of playing time is centered around the top 16-18 players. Other players are given playing times as opportunities present themselves. We try to play each player (provided each is ready) in at least one interscholastic match during the season.

BASIC PRACTICE SCHEDULE

Prior to the start of school, the team practices twice a day. Drills are held in the morning (9:00 – 12:00 approx.) while challenge matches are played in the afternoon between 1:00 and 5:00. During school, practices are everyday from 3:15 to 4:45.

MATCH SCHEDULE

Matches are played at a variety of items before school starts. During school, matches are played at 4:15 and are over at approximately 6:00-6:30, but some may run longer. For away matches, the van leaves at 3:15 and returns at 7:30 (approx.)

LETTERING REQUIREMENTS

Players must earn thirty-five points to letter with the majority of points being awarded or each match played. There are a limited number of participation points possible for team activities outside match play. In addition, all uniforms and equipment must be returned before letters are awarded at the awards ceremony.

ITEMS TO BE PROVIDED BY THE ATHLETE

Players must have their own tennis shoes, tennis rackets, warm-ups for practice, and a personal water jug. Players will buy a team skirt. Players in the top 16 will be given an opportunity to purchase a team tennis dress. The school provides all warm-ups, T-Shirts, and tops. Sweatshirts, team bags, etc, may also be purchased.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Every candidate must sign up with the coaches for summer instruction. These programs begin in June when school is out and runs until August, the week before the season begins. Area clubs such as Washington Court also offers off-season programs.

OTHER

All sign-up opportunities take place in May at the high school and at the middle schools. This enables students to understand what commitments are necessary to play tennis and what dates are critical to know to successfully participate.

BOYS TRACK

Head Coach Bob Jenkins

Assistants: Tom Fasko, Tom George, and Milt Place

CONTACT COACH JENKINS: MHS ROOM #1211 ATHLETIC OFFICE PHONE
#330-636-3226 bjenkins@zoominternet.net

OBJECTIVES

To compete at the highest level possible
To win the Conference Title
To have district, regional, and state participants
To promote sportsmanship and enthusiasm for the sport of track and field

TEAM SELECTION PROCESS

Track and field welcomes all participants from grades 9-12. The team carries between 50-60 participants.

PLAYING TIME CONSIDERATIONS

Everyone participates in dual, triangular and JV meets.
Participation in Varsity Saturday meets is determined by the coaches due to participation limits.

BASIC PRACTICE SCHEDULE

Monday through Friday from 3:00pm to 5:00pm
During the season also on Saturdays.

LETTERING REQUIREMENTS

10 points in dual meets or 2 points in a major meet (on a Saturday).
Special consideration by coach.

ITEMS TO BE PROVIDED BY THE ATHLETE

Training shoes and track spikes (\$25-80).

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Indoor track starting in January and continuing until March

AAU meets and track clubs in the summer

GIRLS TRACK

Head Coach Scott Van Fleet

Assistants: Phil Brewer, Lyndsay Coby, Tom George

OBJECTIVES

- To build character and responsibility in student athletes
- To develop a program that will consistently be competitive at the highest level
- To develop individual skills
- To instill team concept
- To have athletes reach their potential in the areas of track and field

TEAM SELECTION PROCESS

All those willing to put in the time and effort are on the team.

PLAYING TIME CONSIDERATIONS

All team members participate in dual meets. Only top performers participate in relay and invitational meets.

BASIC PRACTICE SCHEDULE

Monday through Friday from 2:45 to 4:30 p.m.
March through the end of school

LETTERING REQUIREMENTS

To earn a Varsity track letter, you must fulfill requirements in the following areas: Attendance, Responsibility, Participation, and Performance. See Track Coach for Lettering Policy Details.

ITEMS TO BE PROVIDED BY THE ATHLETE

Running shoes and spikes.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

- Indoor track
- Winter weight-lifting and conditioning
- Summer track clubs

VOLLEYBALL

Head Coach Jason Schellenberger
JV Coach TBA **9th Grade Coach** TBA

CONTACT COACH SCHELLENBERGER: MHS MENS LOCKER ROOM OFFICE
VOICEMAILBOX #9204 schellej@mcsok.org

OBJECTIVES

At Middle School:

- To introduce athletes to the sport of volleyball
- To introduce athletes to skills used in volleyball

At High School:

- To consistently compete at the highest level
- To put team goals ahead of individual goals
- To display a positive attitude
- To demonstrate a commitment to the program
- To practice self-discipline
- To pursue academic excellence

TEAM SELECTION PROCES

At Middle School

Individual skills and team play are assessed. Another factor which is considered is the willingness of the athlete to try to compete in the various drills and practice.

At High School

Two or three day evaluation in August. Players are selected based on tryout

results in the following areas: skills/ability, commitment, coachability, position played. A maximum of twelve players will be kept for each team. Seniors may only be selected for the varsity.

PLAYING TIME CONSIDERATIONS

At Middle School

All students play in each contest. The amount of playing time varies.

At High School

It will not be equally distributed. All players will not play in all matches. As the level of play increases, the distribution of playing time usually decreases. Playing time is earned in practice. The team's best interests take precedence over the Individual's best interest.

BASIC PRACTICE SCHEDULE

At Middle School: every day after school from tryouts to tournaments.

At the High School

Prior to the start of school: 3 – 4 hour practices for Varsity and Junior Varsity. One three hour practice for freshmen. After the start

of school:

Varsity, JV and Freshman practice after school for 2 to 2.5 hours.

LETTERING REQUIREMENTS

Must play in half of the Varsity matches.

ITEMS TO BE PROVIDED BY THE ATHLETE

Shoes, kneepads, Game spandex shorts

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

High School camp

Open gyms throughout May, June and July

Club volleyball

Volleyball camps

WRESTLING

Head Coach Chad Gilmore **Varsity Asst** Wade Chapman
JV Coach Rocco Russo **9th Grade Coach** TBA

OBJECTIVES

To build a winning program
To get a minimum of 50 individuals involved on a yearly basis in high school and 40 per middle school
To have enough bodies to completely fill middle school teams and three high school teams.
To create a positive, enjoyable environment

TEAM SELECTION PROCESS

All make the team

PLAYING TIME CONSIDERATIONS

The winner of the wrestle-offs determines position with the coach able to make final decision.

BASIC PRACTICE SCHEDULE

Monday through Saturday, 3 – 5:30 early in the year tapering to 3 – 4:30 later in the year at the high school levels.

LETTERING REQUIREMENTS

Compete in events that total ten points. These may consist of duals, one or two day tournaments.

ITEMS TO BE PROVIDED BY THE ATHLETE

Head gear.

PAY TO PARTICIPATE: \$100.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid. This fee is waived/reduced upon receipt of current Free/Reduced Lunch Verification Letter. Please see Pay to Participate form for complete information.

OFF SEASON OPPORTUNITIES

Open mats
Clinics
Camps

Tournaments

MEDINA ATHLETIC BOOSTER CLUB

It is the mission of the Boosters Club to promote and broaden the involvement of students, their families, and the school in sanctioned (by the Medina City Schools Board of Education) inter-scholastic athletic programs.

To that end, the Boosters Club shall:

1. Work closely with and diligently support the coaches, the athletic Director, and the school administration in their efforts to develop and maintain a quality interscholastic athletic program.
2. Promote and maintain a high standard of integrity and good sportsmanship in all inter-scholastic athletic programs.
3. Promote and foster good will throughout the community toward the athletic programs in the Medina City School District.
4. Encourage the students in the Medina City District to become involved in one or more of the athletic programs.
5. Promote and encourage attendance at all inter-scholastic sports activities by the parents and friends of the athletes, the student body, and by the community as a whole.
6. Conduct fund-raising programs to help subsidize the expenses of the athletic department s needed to maintain a well-rounded athletic program with maximum participation.
7. Help control expenses of the Athletic Department by providing volunteer services at inter-scholastic events as requested by the Athletic Director or Coaches.

This booklet has been developed with the direct help of the advisors, head coaches, and assistant coaches of the various clubs and sports. The individual sections reflect the rules and philosophies of the advisor, head coach and the coaching staff for that sport at the time the information was submitted for printing.

As the head position changes then too will the information for that sport.

All changes should be directed to
Maryann Dargan at Medina High School.
darganm@mcsoh.org

Lettering policy

Middle School	Certificate
9 th Team	Numerals and certificate
JV	Certificate
Varsity	Certificate and letter providing athlete meets conditions for lettering <u>and completes the season.</u>

Update: May 2008