

# SEVEN HILLS ATHLETIC HANDBOOK

This handbook is for student-athletes, their parents, coaches and other interested persons and is a **guide to the operation and rules of the Seven Hills Athletic Program**. Seven Hills athletes are expected to adhere to the regulations and policies set forth in this handbook. These policies include requirements of the School, its Athletic Department, the League and the Ohio High School Athletic Association (OHSAA).

## **Section I: General Information for All Seven Hills Athletes (Grades 1-12)**

### **Parents and students, please read:**

- 1. All of the general information contained in Section I of the handbook.**
- 2. The information in the section that pertains to the appropriate grade level program.**
  - **Section II: Grades 1-4**
  - **Section III: Grades 5-6**
  - **Section IV: Grades 7-8**
  - **Section V: Grades 9-12**

## **SECTION I:**

### **Seven Hills Philosophy of Athletics**

The Seven Hills Athletic Program values the skills gained through teamwork, commitment, sportsmanship as well as the lessons learned through winning and losing. At Seven Hills, these lifelong values are acquired in an atmosphere where competition is balanced by the development of positive self-esteem of each student-athlete.

The Seven Hills Athletic Department believes that important learning takes place in athletics and has developed the Program with the student's interest and participation in mind. A student who is involved in student life outside as well as inside the classroom grows into a well-rounded person and contributes significantly to both the School community and the larger community of which Seven Hills is a part.

The Seven Hills Athletic Program is designed to challenge and develop each student's skills to the fullest. The School is committed to promoting in its athletes excellent sportsmanship, ethical behavior and integrity.

The Seven Hills Athletic Program emphasizes participation and the development of athletic skills at grades 1 - 6 so the School can field its most competitive teams in grades 7 - 12. The Seven Hills Athletic Program believes that every student who wishes to participate on an athletic team will be given the opportunity. Therefore, Seven Hills has a no-cut policy for students willing to make a commitment to a team.

### **Purposes of Athletics at Seven Hills School**

Athletics are an integral part of a complete education. The Athletic Program serves the following educational purposes:

- It instructs students in the rules and skills of individual and team.
- It provides physical training and physical outlets for students' energy and interests.
- It provides healthy competition and cooperation within and between schools.
- It inculcates in students the principles of good sportsmanship.
- It helps to develop ethical behavior in all aspects of a student's life.
- It maintains the spirit of true amateur competition in a world where students are constantly exposed to professional athletics.
- It cultivates a positive attitude towards healthy living and lifelong fitness.
- It teaches and requires respect for other teams, game officials, coaches and teammates.

## **Eligibility for Participation in the Seven Hills Athletic Program**

1. **Students in grades 1-6 must have a signed student contract on file** in the Business Office in order to be eligible to participate in School athletics. (Occasionally, students who have left Seven Hills to attend Springer participate on Seven Hills teams.)

2. **Students in grades 7-12 must live in Ohio or, if residents of a state that borders Ohio, must have been attending Seven Hills since the fourth grade to be eligible for athletics.**

3. **In grades 9 – 12**, the school chosen for 9th grade will be the school of eligibility for the next four years. If you choose to change schools, you may lose eligibility for one year from the time of transfer *unless* your family moves into a new school district.

4. **In grades 7 - 12**, no student will be allowed to practice or participate in the athletic program without evidence of a physical examination and a signed parent/guardian participation form (as specified by the Ohio High School Athletics Association--OHSAA) on file in the office of the Athletic Director. This form is mailed in early summer to all students grades 7-12. Additional copies are available in the Athletic Office and can also be downloaded from the Seven Hills website.

5. **In grades 7 - 12**, regular standards of eligibility will be governed by rules of the Ohio High School Athletics Association (OHSAA). These rules specify that:

- Student-athletes in grades 9 - 12 must be passing five (5) courses having a value of one credit or the equivalent and must have a C- average (or a 1.49 grade point average) for the grading period ending just prior to the beginning of the season.
- Student-athletes in grades 7 - 8 must receive a passing grade in 75% of the subjects in which they are enrolled.
- Summer school grades may not be used to substitute for failing grades received during the final grading period of the regular school year.

6. An ineligible player may practice, but permission to do so is a decision to be made by the coach and/or the Faculty. Ineligible players may not participate in any game at any level. An ineligible player may be recognized as a member of the team at Awards Night but cannot receive any school or league award (grades 9-12.)

7. A member of an interscholastic squad (Grades 7 – 12) sponsored by the Seven Hills School may not participate in a contest on a non-interscholastic team or play as an individual in the same sport during the School's season. For any student-athlete who does not comply with this rule, all matches or games will be forfeited, beginning with the date of the infraction. Some examples include:

- Participating in a father/son golf tournament is prohibited--if the tournament takes place during your golf season.
- Participating in a tennis tournament sponsored by your tennis club is prohibited--if the tournament takes place during your tennis season.
- Participating in a basketball game in your church league is prohibited--if the game takes place during your basketball season.

## **Code of Conduct and Expectations for Student Athletes Grades 1 - 12**

All Seven Hills student-athletes in grades 1 - 12 are expected to follow the Code of Conduct and Expectations for Student-Athletes.

1. Be dedicated to your sport

- Attend all practices and games. If you must miss a practice or a game, notify your coach well ahead of time (not the day of the game or practice) unless the absence is due to illness.
- Notify your coach at the beginning of the season or as soon as you receive your schedule about any conflicts with games.

- Should any conflicts arise during the season, notify your coach immediately.
- Adhere to all regulations and policies pertaining to your sport as your head coach establishes these. Policies may deal with situations such as:
  - Chronic tardiness to practice.
  - Missing practices or games.
  - Lateness for a team bus or van.
  - Engaging in conduct unbecoming a Seven Hills athlete. (Please note: Postings on Electronic Media sites such as Face Book/My Space, You Tube etc. are considered public.)
- Keep yourself in the finest physical condition--by abstaining from tobacco products, alcohol and illegal drugs. **If at any time you are found to be drinking alcohol or using tobacco products, or if your use of illegal drugs is established, you may be suspended or expelled from the team.**
  - **In grades 9 - 12, if infractions of this policy occur while you are on School grounds or during a School sponsored event, your behavior will be reviewed by a formal Disciplinary Committee.** (See the *Seven Hills Student Handbook*.)

2. Always practice good sportsmanship, both on and off the playing field. Be a good citizen, both at School and away; your behavior reflects upon yourself, your team and your school.

3. Take proper care of your equipment and uniforms. You will be charged for loss or damage that results from careless use of uniforms and equipment. Wear uniforms and warm-ups only for athletic contests, and return them promptly to the coach or Athletic Director after the last contest of the season. Detentions will be assigned to students who have not returned uniforms by the due date (for Grades 7 – 12).

4. You must be in school for every class during the school day to participate in either practices or games. If you are ill in the morning and stay home from School but come to School in the afternoon, you are not eligible to play in contests on that day. If you are unable to participate in physical education class, you will not be allowed to practice or play in games that day. (Doctors' appointments, funerals, field trips, etc., are excused absences, and you will be allowed to participate in after-school activities.)

5. If you are injured and unable to practice or play in a game, coaches will follow your doctor's instructions as to the treatment of your injury. You must obtain a doctor's written permission and submit it to the Athletic Office before you may resume participation.

6. **In grades 7 - 12**, practices and games are scheduled during School breaks. You should make every effort to attend all of these practices. If you miss practices, your status on the team will be determined by your coach, who could decide that you may not start, may not play in games, or may serve only on the reserve team. **You and your parents must understand the consequences if you or they decide that you will not attend these important practices.** Inform your coach as soon as possible if you must miss practices and/or games during breaks.

7. In grades 7 - 12, if you are thinking about going out for a sport and the School play, you are responsible to contact both the director of the play and the coach of your sport to inform each that there is a possibility of conflicts in the scheduling of rehearsals, practices and games. Both the director of the play and the coach may require you to make a choice if the schedules submitted will not permit you to participate in both activities.

### **Sportsmanship and Conduct**

The School believes that lessons learned from fairly played competitions benefit both students and the School. The Independent School Association of the Central States (ISACS) provides these examples of “fairly played” situations for independent school athletes, coaches, game officials and spectators.

- Treat others fairly, as they should be treated and as you wish them to treat you.
- Regard the rules of the games you play as an agreement; you should not seek to evade or break either the spirit or letter of the agreement.
- Treat game officials and opponents with courtesy and respect.
- Accept absolutely and without complaint or quarrel the final decision of any game official.

- Consider and treat visiting teams and spectators as your guests. Similarly, when you visit another school, behave courteously as a responsible guest.
- Be gracious--in victory and defeat. Learn especially to take defeat gracefully.
- Be as cooperative as you are competitive.
- Remember that both on and off the field your actions reflect on you and on the School.

### **Athletic Disciplinary Procedures**

When expectations set forth by the Athletic Department and/or coach are not met, coaches should follow this recommended procedure to deal with serious or chronic disciplinary issues.

#### **Grades 1 - 6**

1. When coaches' expectations are not met, a coach should speak with the player at the time the behavior occurs.
2. The coach should discuss the concerns with the Athletic Coordinator of the appropriate division.
3. The coach should then meet with the player's parents to discuss the issues.
4. If concerns persist, the coach and player should meet with the Athletic Coordinator of the appropriate division.
5. If the problems continue after this meeting, the coach should meet with the parents, teachers, Athletic Coordinator and Head of Division to discuss the issues, what has been done, and determine appropriate actions.
6. If the coach feels that the player continues to exhibit the same difficulties, the coach can suspend the player for a specific time period.
7. Finally, if all other courses of action have not produced the desired results, the coach, in consultation with the Athletic Director and Division Head, can remove the player from the team.

#### **Grades 7 - 8**

1. The coach should first discuss the concerns with the Middle School Athletic Director.
2. The coach should then meet with the player to discuss the concern.
3. If concerns persist, the coach and player should meet with the Middle School Athletic Director.
4. If the problems continue after this meeting, the coach should meet with the parents, Middle School Athletic Director and Middle School Head to discuss the issues, what has been done, and determine appropriate actions.
5. If the coach feels that the player continues to exhibit the same difficulties, the coach, in consultation with the Athletic Director, can suspend the player for a specific time period.
6. Finally, if all other courses of action have not produced the desired results, the coach, in consultation with the Middle School Athletic Director and Head of the Middle School can remove the player from the team.

#### **Grades 9 - 12**

1. The coach should first discuss the concerns with the Athletic Director.
2. The coach should then meet with the player to discuss the issues.
3. If concerns persist, the coach and player should meet with the Athletic Director.
4. If the problems continue after this meeting, the coach should meet with the parents, The Athletic Director, the student's advisor and the Upper School Head to discuss the issues, what has been done, and determine appropriate actions.
5. If the coach feels that the player continues to exhibit the same difficulties, the coach, in consultation with the Athletic Director, can suspend the player for a specific time period.
6. Finally, if all other courses of action have not produced the desired results, the coach, in consultation with the Athletic Director and Head of the Upper School, can remove the player from the team.

**It should be noted that a serious violation of team rules could result in a player being immediately suspended from the team by the coach.**

### **Discipline and the Expulsion Rule**

Players ejected from interscholastic games for "unsportsman-like conduct" or other flagrantly unacceptable behavior will be disciplined.

Disciplinary measures take into account the grade level and experience of the player as well as the seriousness of the infraction. A player who is expelled may expect to forfeit eligibility to play in the next one or two regularly scheduled interscholastic or tournament games played in the sport.

### **Coaches**

Seven Hills coaches are selected by the Athletic Department.

In grades 1-6, coaches are primarily volunteer parents. These volunteers have proved to be dedicated and successful coaches at this level. The Department believes firmly in the value of the relationships that develop on the athletic field and the bond that results between a parent/coach, his or her child and the team. The understanding, respect and commitment to skill development generated by this system create a common philosophy shared by the parents and the School.

For grades 7-12, the School hires professional coaches under the same standards and procedures as academic faculty. Each candidate is interviewed by a member of the Athletic Department and by an administrator. Those hired must submit to a fingerprint and police background check and undergo safety, and complete the Fundamentals of Coaching Course, First Aid and CPR/AED training, as well as van drivers' education. These coaches understand and adhere to Seven Hills' philosophy and professional requirements.

### **The Leagues and the Conferences**

**Seven Hills students in Grades 1 through 6 play in non-Seven Hills youth leagues.** These include: Catholic Youth Organization (CYO), Eastern Hills League (EHL), Knothole Club of Cincinnati, Soccer Association for Youth (SAY) and Southwestern Ohio Girls Fastpitch Softball Association (SOGFSA). As guests in these leagues, the School is obligated to comply with their rules. These organizations construct their schedules according to the number of teams entered by the participating schools. Each league has its own set of rules that govern play in that league, and these rules vary from year to year and from season to season.

**Seven Hills students in Grades 7 through 12 play in the Miami Valley Conference,** an organization that includes Cincinnati Christian School, Cincinnati Country Day School, Cincinnati Hills Christian Academy, Clark Montessori School, Lockland, New Miami, North College Hill, St. Bernard- Elmwood Place, Seven Hills, and Summit Country Day.

### **Participation on More Than One Team**

It is possible, but not recommended, (do too many scheduling conflicts that may arise) for a student to participate on two School teams during the same season. In such a case, there must be an agreement between the student-athlete and the coaches. The student, parents and coaches must agree as to which sport will take precedence if contests take place on the same day. A clear agreement at the outset of the season will avoid miscommunication and undue pressure from coaches and other athletes.

### **Use of School Equipment**

Student-athletes are expected to care for all equipment and uniforms and will be charged for loss or damage due to carelessness. Except where specified (in the elementary school programs), uniforms or warm-ups should be worn only for athletic contests and **must** be returned to the coach or Athletic Department after the last contest of the season, or the student will be charged. Detentions will be given to all athletes in grades 7 – 12 who have not

returned uniforms by the date they are due and the student will be charged for missing items. Detentions will continue until the uniforms are returned.

### **Medical Information**

**In Grades 7 through 12, any Seven Hills student who wishes to participate in a Seven Hills athletic program must submit each year evidence of a recent physical examination.** This medical form must be signed by the examining physician as well as by a parent or guardian and must be on file in the Athletic Director's office before the student will be permitted to practice or participate. These forms, required by the Ohio High School Athletic Association, are mailed to families in June, are available in the Athletic Office and on the Seven Hills website.

### **Insurance**

All student athletes must be covered under medical and hospitalization insurance through their family. **The School does not assume responsibility for insuring student-athletes.**

### **Guidelines for Spectators**

Independent Schools--and Seven Hills--expect all student-athletes, coaches, game officials and other spectators to maintain high standards of good sportsmanship when they attend Seven Hills athletic competitions.

1. At home or away, spectators at School athletic contests--students, faculty, parents, alumni or friends--bear an important responsibility to the School to ensure the proper atmosphere and conduct for the game.
2. Spectators should watch games from the spectators' specified areas. Spectators must not run up and down sidelines, call out to players, coaches or officials, go onto the field of play, or deface or damage property. Actions that detract from the ability of players, coaches and officials to do their best are not acceptable.
3. Faculty members who attend games should remember that their responsibilities for student discipline and behavior extend to disciplining and controlling students who misbehave as spectators.
4. The use of alcohol or illegal drugs may not be associated in any way or at any time with a School athletic event.

### **Independent School Guidelines for Recruiting**

Upper School coaches should not make direct contact with a student-athlete for purposes of recruiting unless the student-athlete or the parent has initiated contact with the School and has spoken with the Director of Admissions. Independent schools do not allow a candidate for admission to practice or "try out" for a particular team.

### **Practices**

For grades 1 through 6, practice schedules and times are determined at pre-season meetings of coaches and the Athletic Coordinators. Young children must be supervised before practice begins. Childcare is available, at an hourly rate, on both campuses until 6:00 PM. Parents who need childcare information should call the Extended Care office.

In grades 7 through 12, teams practice daily after school and these practices are coordinated by the Athletic Department.

### **Transportation for Practices and Games**

The Athletic Director or a team's head coach is responsible for arrangements for team transportation.

### **Grades 1 - 5 (Doherty and Lotspeich)**

- The Seven Hills Shuttle provides transportation between the two campuses immediately after school for practices and games.

- **There is no shuttle service after practices.** Because neither the coaches nor the School can be responsible for supervision of students after the scheduled conclusion of events, parents must arrange for prompt pick-up of their students after practices or games.
- **The pick-up point for students after games or practices is determined by the coach and Athletic Coordinators, who notify parents of arrangements at the beginning of the season.**
- **The usual pick-up point for the Hillsdale Campus is the front of Lotspeich School.**
- **If special transportation arrangements are necessary, parents should inform coaches ahead of time.**

### **Grades 6 - 12 (Middle and Upper School)**

A Middle School student who has late practice will be supervised in a study hall or in a designated area under the supervision of a coach/teacher until practice begins.

Whenever possible, the School's vans or buses will be used as the primary transportation to away events. Teams may, in certain circumstances, travel to contests in private cars. The head coach or Athletic Director may arrange for cars and drivers. Adult drivers will be used whenever possible.

If a student, who is old enough to drive wishes to drive to a contest independently, written permission secured ahead of time, is necessary. All Upper School student-athletes' parents are required to complete driving permission cards indicating parent preference and permission for driving at the beginning of each season.

Coaches and students are responsible for the care of the vans and buses when they are used for away contests. The vehicles should be treated with care and respect. Team members should remove all equipment and trash from the buses and vans when they return to the School so they will be ready for use by the next team.

### **Schedules and Directions to Games**

Directions to game sites and game schedules are provided by the Athletic Department. Directions are also available in the *Seven Hills School Directory* and on the Seven Hills website. Schedules and directions for Grades 7 - 12 are posted on the website. For Grades 1 – 6, links to the various league sites are available on the School's website.

The Beeline (513) 728-2444 provides the latest game information for grades 7 - 12. The Beeline is updated daily with information about games, cancellations and changes due to inclement weather.

### **Awards**

- In **Grades 1-4**, individual awards may be presented to all children who have participated.
- In **Grades 5-8**, athletic achievement is recognized for the teams as a whole. The School does not acknowledge Most Valuable Player, Most Improved Player, or give other individual awards. Sports participation may be honored at a post-season team gathering scheduled by the coach. This event serves as a culmination of the season and also as an opportunity to collect uniforms.
- In **Grades 9-12**, students who participate on a team are eligible for athletic awards. The awards system is based on games and quarters played. Barring injury or illness, a student must complete the entire season of a particular sport to qualify for award recognition. The standard requires the student to play in half of the quarters or in half of the meets. All athletes, statisticians, trainers and managers are eligible for awards recognition.
  - **Letters** are awarded for the first Varsity sport.
  - **Numbers** (year of graduation) are given for the first sport.
  - **Bars and Insignias** are awarded for every sport thereafter and for junior varsity sports.
  - **Team Recognition Plaques**
    - A *Most Valuable Player Plaque* is awarded by a vote of the team.
    - A *Most Improved Player Plaque* is determined by the coaches and the vote of the team.

- A *Coach's Award* is given at the discretion of the coach.
- **All League Recognitions** are determined by a vote of the League coaches in a particular sport.
- **All City Recognitions** are determined by a vote of all the coaches in the area in a particular sport.
- **Scholar - Athlete Awards** are given by the league to athletes who have received a varsity letter for that sport and have achieved a 3.5 or better grade point average for the marking period prior to the end of the regular season. Freshman participating in a fall varsity sport are not eligible for this award.

At the Upper School level, there are three awards ceremonies during the year. Ceremonies begin at 7:00 PM, and all team members and their parents are encouraged to attend.

- Fall Awards Ceremony - Teams honored are cross country, girls tennis, golf, soccer and volleyball. Light refreshments are served.
- Winter Awards Ceremony - Teams honored include basketball, cheerleading, gymnastics and swimming. Light refreshments are served.
- Spring Awards Ceremony - Teams honored are baseball, boys tennis, lacrosse, softball and track and field. Male and Female Athlete of the Year and Elinor Scherr Mosher award winners are also announced. Light refreshments are served.

### **Athletic Boosters**

Seven Hills Boosters is an organization of parents and friends whose goal is to support Seven Hills student-athletes and enhance School spirit. Monthly meetings (in early evening) provide the opportunity to assist, in a volunteer capacity, the Athletic Department. Booster activities include Homecoming in the fall, Spirit Nights in the winter and Sports Clinics in the spring. Boosters also manage and run concessions during all three seasons. Money generated funds a wish list generated by the coaches and Athletic Department.

### **SECTION II:**

#### **Seven Hills Athletic Program, Grades 1 – 4**

Seven Hills offers Soccer, Basketball, Softball, Baseball and Track and Field.

Soccer (Fall)	Boys and Girls, grades 1 - 4
Basketball (Winter)	Boys and Girls, grades 3 and 4 (Instructional Clinic for Grades 1 and 2)
Softball (Spring)	Girls, grades 1 - 4
Baseball (Spring)	Boys, grades 1-4
Track and Field (Spring)	Boys and Girls, grades 1 – 4
Volleyball (Spring)	Girls, grade 4 Instructional Clinic

### **Fees**

Registration fees cover the cost of team registration in the league, uniforms, equipment, referee and umpire fees, and end-of-season awards.

#### **Registration fees for 2011-2012**

Soccer	\$75 per player
Basketball	\$70 per player
Basketball Clinic	\$40 per player
Softball	\$70 per player
Baseball	\$70 per player
Track	\$40 per player
Volleyball Clinic	\$40 per player

## **Registration Procedures**

Registration forms are available on the school website.

A deadline date is noted on the form, and a space on a Seven Hills organized team cannot be guaranteed if the registration is received after the deadline.

Soccer	Registration forms are posted in late April and are due in early May.
Basketball	Registration forms are posted in early October and are due in mid- October.
Softball, Baseball, and Track,	Registration forms are posted in early February and are due in mid- February.
Basketball and Volleyball Clinics	Registration forms are posted one month before the beginning date of the clinic.

## **Uniforms**

Soccer	Each player receives a shirt, shorts and socks which the player keeps at the end of the season.
Basketball	Each player receives a shirt which the player keeps at the end of the season.
Softball	Each player receives a shirt, socks and hat. The player keeps the hat and socks and returns the shirt at the end of the season.
Baseball	Each player receives a shirt, pants, belt, socks and hat. The player returns the shirt, pants and belt and keeps the hat and socks at the end of the season.
Track/Field	Each player receives a shirt that the player keeps at the end of the season.

## **Team Selection Process**

(If numbers indicate the need for more than one team)

### Soccer (by age not grade level)

Passers (ages 6 and 7)	Doherty and Lotspeich conduct a blind draw. Coaches may have their own children on their team.
Wings (ages 8 and 9)	Seven Hills conducts a blind draw. A maximum of two coaches on each team may have their own children on their team. Doherty and Lotspeich students are combined to form teams.

### Basketball, Softball and Baseball

The Athletic Coordinators and the Heads of Doherty and Lotspeich place students on the teams. If numbers permit, in grades 1 and 2, Doherty and Lotspeich students are not on combined teams. In grades 3 and 4, students from Doherty and Lotspeich are combined to form Seven Hills teams.

### Track

Doherty and Lotspeich students from Grades 1-4 are combined to form grade level teams.

### **SECTION III:**

#### **Seven Hills Athletic Program, Grades 5 and 6**

For grades 5 and 6, Seven Hills School follows a no-cut policy. Any student, regardless of skill or experience, who is willing to commit to the practices, games and expectations of the coach as well as this handbook, will be on a team. Fifth and sixth graders play for Seven Hills in outside leagues.

In the Seven Hills Athletic program, Grades 1 through 6, emphasis is on skills development and participation. The natural shift in Grades 5 and 6 is to field more competitive teams while allowing the athletes to develop through practice and game experiences.

The Seven Hills Athletic Program offers the following sports to 5th and 6th grade students.

5th Grade	Soccer (Soccer Association for Youth)--SAY-Strikers) (Fall) Basketball (Eastern Hills League--EHL, or Catholic Youth Organization--CYO) Baseball (Knothole) (Spring) Softball (SOGFSA) (Spring) Track and Field (CYO) (Spring) Volleyball Clinic (Spring) Lacrosse (B: SOUSL & G: SOGYLA) (Spring)
6th Grade	Soccer (SAY-Strikers) (Fall) Cross Country (Instructional) (Fall) Basketball (EHL or CYO) (Winter) Baseball (CYO) (Spring) Softball (SOGFSA) (Spring) Track and Field (CYO) (Spring) Volleyball Clinic (Spring) Lacrosse (B: SOUSL & G: SOGYLA) (Spring)

#### **Fees**

Registration fees cover the cost of team registration in the league, uniforms, equipment and referee and umpire fees.

#### **Registration fees for 2011-2012**

Soccer	\$75 per player
Basketball	\$70 per player
Softball	\$70 per player
Baseball	\$70 per player
Track and Field	\$40 per player
Volleyball Clinic	\$40 per player
Lacrosse	\$75 per player

#### **Registration Procedures**

Registration forms are available on the school website.

A deadline date is noted on the form. To ensure a place on the team, the form must be completed by the date indicated. If a registration form is received after the deadline, space on a Seven Hills organized team cannot be guaranteed.

The fifth and sixth grade form and check to cover the registration fee (made payable to Seven Hills) must be returned to the school office by the due date.

### **Team Selection Process**

The SAY League uses an outside area representative to conduct a blind draw. The league is based on participation and limits the number of players a team can carry. Eligibility is based on age not grade level.

The CYO (Catholic Youth Organization), the EHL (Eastern Hills League), Knothole Club of Cincinnati, and SOGFSA (Southwestern Ohio Girls Fastpitch Softball Association) allow Seven Hills to set up its own teams.

### **SECTION IV:**

#### **Seven Hills Athletic Program, Grades 7 and 8**

At the Middle School level, in Grades 7 and 8, as in Grades 5 and 6, the School follows a no-cut policy. Any student, regardless of skill or experience, who is willing to commit to the practices, games and expectations of the coach as well as this handbook, will be on a team.

The natural developmental shift in Grades 7 and 8 is toward a more competitive program. In the Seven Hills program there is no longer a rule for minimum playing time. Seventh and Eighth Grade students compete in the Miami Valley Conference League (MVC), which is governed by Ohio High School Athletic Association (OHSAA) rules and regulations.

Please note: Because of OHSAA regulations, in Grades 7 through 12, out-of-state residents may not participate in Seven Hills athletics, unless they have attended Seven Hills since the fourth grade.

The Seven Hills Athletic Program offers the following sports to 7th and 8th graders.

Grades 7-8

Fall Season

Cross Country (Miami Valley Conference -- MVC)  
Girls Tennis (MVC)  
Golf (MVC)  
Soccer (MVC)  
Volleyball (MVC)

Winter Season

Basketball (MVC)  
Gymnastics (Cincinnati Championship League--CCL)

Spring Season

Baseball (MVC)  
Boys Tennis (MVC)  
Lacrosse (Ohio Middle School Lacrosse Association- OMSLA)  
Softball (MVC)  
Track (MVC)

### **Registration Procedures**

Before a sports season, registration forms are posted on the school website. The completed form must be turned into the Middle School office by the due date noted to ensure a place on the team. If a registration form is received after the deadline, space on a Seven Hills organized team cannot be guaranteed.

Seventh and eighth graders do not pay a fee to participate.

### **Team Selection Process**

Teams in the Miami Valley Conference (MVC) league are set up by the coaches to be competitive in nature and to provide productive experiences to students according to their abilities. In some sports, depending on the numbers of students who sign up, coaches and the Athletic Director may elect to form A, B, and C teams. Because these teams are competitive, they may be organized based on the athletes' abilities.

### **SECTION V:**

#### **Seven Hills Athletic Program, Grades 9 through 12**

The Seven Hills Athletic Program believes that every student who wishes to participate on an athletic team will be given the opportunity. Therefore, Seven Hills has a no-cut policy for students willing to make a commitment to a team. While there is a no-cut policy, there is no guarantee of playing time on any Upper School team. Upper School students do not pay a fee to participate.

#### **Registration Procedures**

Upper School coaches hold a meeting with the students prior to the start of the season. At these meetings, information is provided to them regarding expectations, practices and games and the students sign up to play.

Sports offered at Seven Hills Upper School (Grades 9-12) include:

Fall Season	Cross Country	Boys and Girls
	Golf	Boys and Girls
	Soccer	Boys and Girls
	Tennis	Girls
	Volleyball	Girls
Winter Season	Basketball	Boys and Girls
	Cheerleading	Coed
	Gymnastics	Girls
	Swimming	Boys and Girls
Spring Season	Baseball	Boys
	Lacrosse	Boys and Girls
	Softball	Girls
	Tennis	Boys
	Track and Field	Boys and Girls

These teams participate in the Miami Valley Conference, except Gymnastics, which is organized under the Cincinnati Championship League (CCL) Boys Lacrosse, which is organized under the Ohio High School Lacrosse Association (OHSLA) and Girls Lacrosse, which is organized by the Ohio Schoolgirls Lacrosse Association (OSLA).

