
MVS RAMS ATHLETIC HANDBOOK

2026 - 2027



Athletic Director
Ken Su
ken.su@mvschool.com

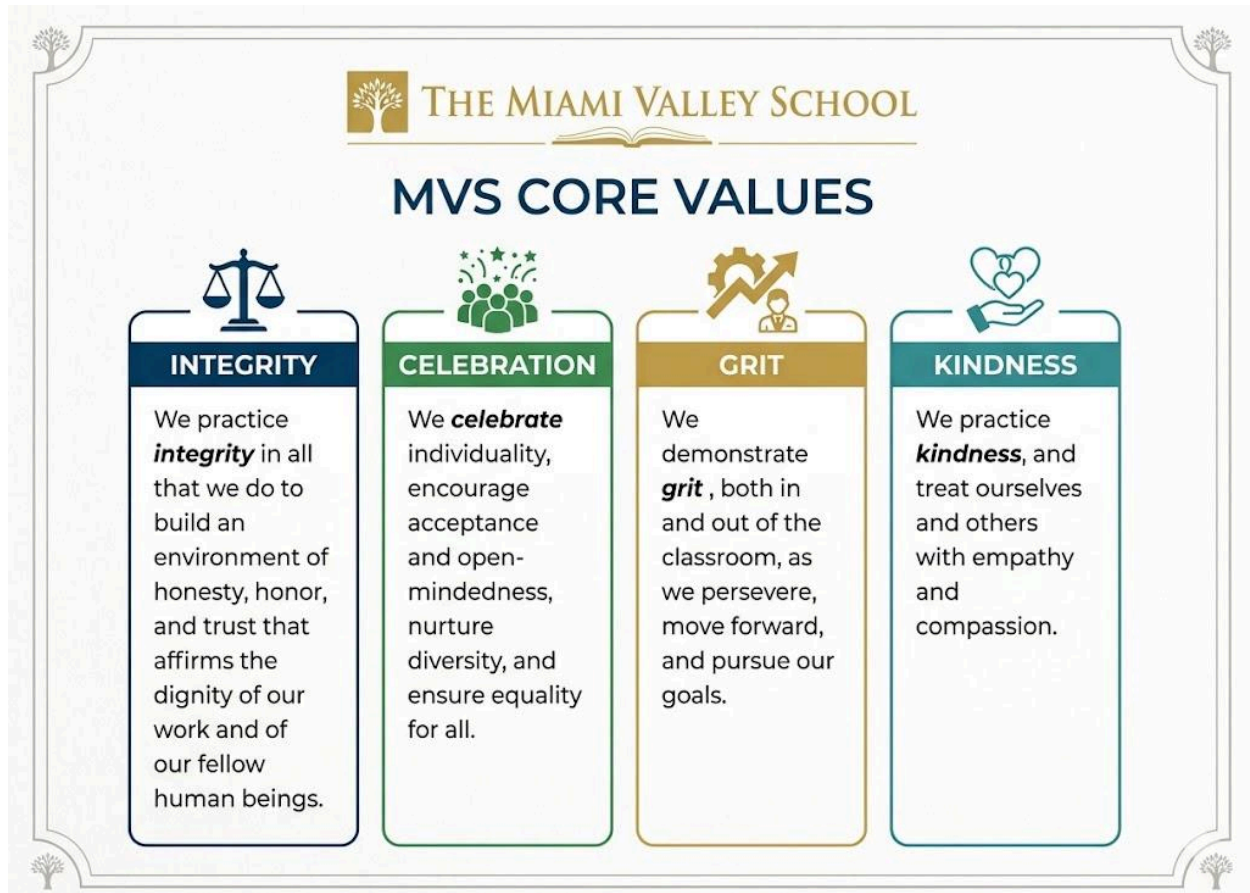
Assistant Athletic Director
Chea Taylor
chea.taylor@mvschool.com

Athletic Trainer
Katie Jenkins
katie.jenkins@mvschool.com

The Miami Valley School - RAMS Athletics

Philosophy

At [The Miami Valley School](#), our athletic program is a vital extension of the classroom, dedicated to developing self-sustaining student-athletes and leaders. Being a Miami Valley Ram means competing with **Integrity**, upholding the highest standards of sportsmanship and honor in every play. We foster a culture of **Celebration**, where we champion the diverse talents of every teammate and value the unique contributions of each individual to the squad. Success on the field is driven by **Grit**; we expect our athletes to persevere through challenges, remain relentless in their pursuit of goals, and demonstrate resilience in the face of adversity. Above all, we compete with **Kindness**, treating teammates, coaches, and opponents with unwavering empathy and respect. In the MVS athletic arena, we don't just play to win—we play to build character..



It is the mission of the Miami Valley School (MVS) Athletic Department to support a holistic K-12 athletic experience that prioritizes student growth and development. In grades 3-12, we encourage all students to participate actively in both team and individual sports through interscholastic competition designed to foster confidence, cooperation, and leadership skills while maintaining a healthy, well-balanced lifestyle.

Our Upper School student-athletes compete in a rigorous and competitive environment under the governance of the Ohio High School Athletic Association (OHSAA) and a member of Metro Buckeye Conference (MBC). For our younger athletes, MVS actively participates in the Catholic Youth



Organization (CYO) and other local sports leagues, ensuring that students at every level have access to age-appropriate competition that challenges them to reach their full athletic potential. The Athletic Department is committed to providing the facilities, equipment, and expert coaching necessary to cultivate character and resilience in every Ram¹

"In the MVS athletic arena, we don't just play to win—we play to build character."

Handbook Purpose

This handbook has been prepared in an effort to establish guidelines to assist families, coaches, and students at the Miami Valley School. It defines the policies and procedures of the Miami Valley School and refers to guidelines established by local athletic leagues and the Ohio High School Athletic Association (OHSAA). For more detailed information about the OHSAA and the bylaws referenced in this handbook, please refer to www.ohsaa.org

Athletic Philosophies by Divisions

All sports teams at MVS should strive to compete at the highest level possible. Competition is an important component of the pursuit of excellence and is encouraged. In this pursuit, coaches, players, parents, and the MVS community should keep in mind that the overall mission of our interscholastic athletic program is to teach character, commitment, responsibility, and humility. At MVS, we compete to win, but not at the expense of fair play or the exclusion of potential student-athletes. Winning is always a goal in competitions, but it is never our purpose as a department.

The Athletic Department at MVS strives to provide opportunities to all interested individuals to become well-rounded student-athletes. We pride ourselves on providing optimal learning and competitive situations for each of our participants. Coaches evaluate potential players in order to place each individual onto an appropriate skill level team that will provide the appropriate competitive situation and ensure the best experience. We seek to include all interested participants at an appropriate level of competition, and we are committed to the following goals for our Rams:

1. Teach the value of competition.
2. Develop athletic skills.
3. Encourage commitment to a team and a season-long process.
4. Teach the value of teamwork.
5. Learn from both positive and negative situations.
6. Develop leadership, judgment, and character.
7. Develop sportsmanship and ethical conduct in the context of fair play.
8. Develop a strong work ethic.

Being a part of the MVS Rams athletic program and a team is a privilege. It takes commitment to hard work, self-discipline, and dedication. In earning a place on an athletic team at MVS, the student-athlete takes on the following responsibilities:

1. Be an honorable representative of the school, teammates, and coaches at home and away contests and practices.
2. Maintain a high level of fitness and health.



3. Refrain from the use of illegal drugs and/or alcohol.
4. Be a positive contributor to practices and games regardless of playing time.
5. Be responsible for personal and teammates' safety at all times.
6. Be a model of good sportsmanship.
7. Learn to balance time commitments between schoolwork and athletics constructively.
8. Commit to fully participating in the entire season of practices and games.
9. Be on time for all practices and games.
10. Be responsible for proactive communication with coaches and staff when emergencies arise that conflict with athletic responsibilities.

Each level has its own philosophies that drive it, but in all levels, we strive to teach fundamentals, team play, and character

Athletic Expectations by Divisions

At each level (3rd/4th, 5th/6th, 7th/8th, Upper School Junior Varsity, & Varsity), there are different degrees of emphasis in regards to athletic program focal points: student-athlete experience, competitiveness, and skill instruction & development.


- **Student-Athlete Experience** - This includes playing time, and role on the team, among other factors. *How much "fun" was the season?*
- **Competitiveness** - This includes aspects of competition strategy and preparation. Wins and losses are focal points, specifically with schools of similar size & resources, rivalries, district, & regional opponents. *How competitive was the team?*
- **Skill Development** - This is specific to teaching and learning fundamental aspects of the sport. Including sport-specific drills to introduce, develop, & refine skills. *How much improvement, development, and growth took place?*

These 3 focal points (student-athlete experience, competitiveness, and skill instruction & development) are broken down by level with an approximation of what we strive for within our programs. While we recognize that it is not an exact science that each team will perfectly embody, the breakdowns below offer guidelines that our programs strive to hit at each level.



MVS RAMS ATHLETICS

BUILDING STUDENT-ATHLETES FROM PLAY TO COMPETE




UPPER SCHOOL
Compete • Lead • Excel
Grades 9–12

MIDDLE SCHOOL
Develop • Apply • Prepare
Grades 7–8


LOWER SCHOOL
Play • Learn • Belong
Grades 3–6

From *FUNDamentals* to *COMPETITION!*
Joy • Growth • Leadership


MVS ATHLETICS MISSION & VALUES




Whole Child Growth



Belonging & Teamwork







Curiosity & Growth



Global Citizenship

AD PROGRAM GOALS

-  **Fundamentals & Fun in Lower School**
-  **Skill & Strategy in Middle School**
-  **Competitive Opportunity in Upper School**
-  **Safe and Inclusive Environment**

Developing Student-Athletes with Character, Skills & Dedication

Lower School 3rd to 6th GRADE

50% Student-Athlete Experience

- Responsibility of Committing to a Team
- Strive for Equal Playing Time & Competitive Opportunities

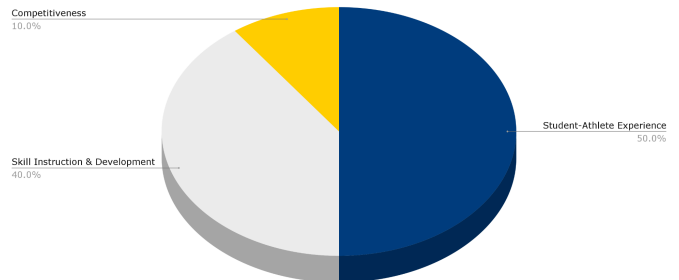
40% Skill Development

- Basic Skills are Introduced
- Sport-Specific Rules are Taught

10% Competitiveness

- The Value of Wins and the Value of Losses
- Slightly Heightened for Post-Season Tournaments or Season Culminating Competitions

5th/6th Grade



Middle School 7th/8th GRADE

40% Student-Athlete Experience



- Specific Roles are Introduced - Leader, Starter, Game Captain, Role Player, Supporter, etc.
- Strive for “Meaningful Minutes” in Competitive Opportunities

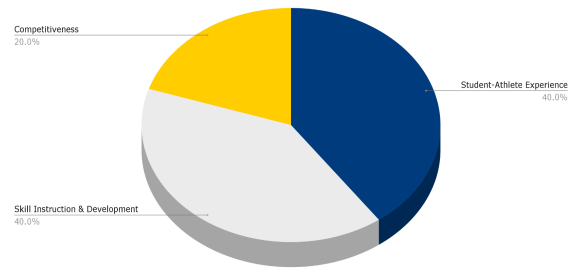
40% Skill Development

- Basic Skills are Developed
- Sport-Specific Competition Strategies

20% Competitiveness

- Sportsmanship through Wins and Losses
- d for Post-Season Tournaments or Season Culminating Competitions

7th/8th Grade



Upper School - JUNIOR VARSITY

40% Skill Development

- Higher Level of Skill Development - Preparation for Varsity
- Competition Preparation Accelerates

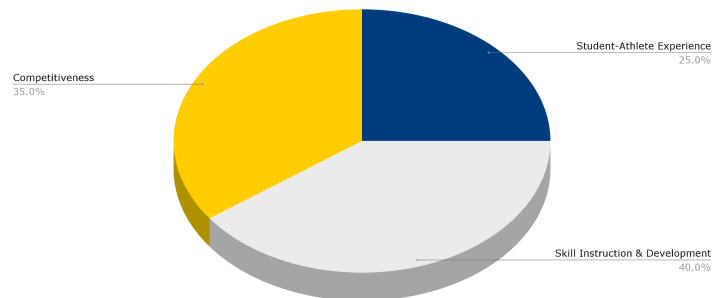
35% Competitiveness

- Increased Focus on Team and Individual Athletic Success
- Pride in Work Ethic & Giving Your Best for the Competition

25% Student-Athlete Experience

- Playing Time is Earned in Practice
- Value & Importance of Individual Roles in Team Success

JUNIOR VARSITY



Upper School - VARSITY

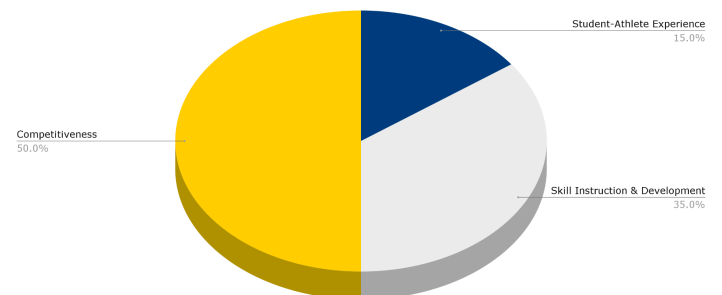
50% Competitiveness

- Compete to Win
- Highest Drive and Work Ethic with Efforts Towards Achieving

35% Skill Development

- Focus on Competition Preparation
- Increased Sport IQ - Plays, Drills, Sets, Splits, Competition Strategy

VARSITY



15% Student-Athlete Experience

- Playing Time is Not Guaranteed - Celebrating Team's & Teammates' Success
 - Connection to Something Greater than Oneself
-

Lower School and Middle School Athletics

The philosophy of MVS's Lower School (3rd-6th grade) and Middle School (7th-8th grade) athletics programs is one of inclusion and development. We are committed to giving interested athletes a place to play and improve their athletic skills. In situations where there are more players than can be accommodated by one team, there will be a team selection period where coaches will evaluate each player and place them on an appropriate skill level team. We seek to provide an environment where our athletes can feel challenged, but not overwhelmed, and can feel a sense of accomplishment.

MVS sports are, in many cases, an introduction to interscholastic competition. Therefore, our coaches focus on fundamentals as a stepping stone to the next level of competition. Developing individual and team skills, as well as a team attitude, are the primary goals of the program. We strive to teach our young athletes as much about commitment to the team process, responsibility for one's actions, and having a positive attitude as we do about the physical skills of the game. Success is not measured so much in wins and losses, but rather as improvement in physical skills and team attitude.

Lower School (3rd-6th Grade) Athletics

Focus: Lower School athletics is viewed as a developmental time for individual and team fundamentals.

Teams: Teams will primarily consist of 3rd/4th grade teams and 5th/6th grade teams, or 3rd-6th grade teams, depending on the sport and participation numbers.

Schedule: Teams will practice two to three times per week and have a game schedule primarily focused on participation and skill building.

- a. These teams will compete with similar levels of teams from other schools.
- b. Fundamentals and fun will be stressed to prepare players for the next level of play.
- c. **Playing Time:** Coaches will play all players in games, and while playing time may not be strictly equal, all players will receive meaningful minutes in each game, provided they regularly attend training sessions.
- d. Players will earn playing time through hard work and contribution to practices.
- e. Disciplinary matters will be handled internally by the coaching staff and could result in loss of playing time.
- i. The Athletic Department will act only in an advisory and supporting role. Therefore, any disciplinary questions should be directed to the coaching staff.

Middle School (7th-8th Grade) Athletics

Focus: Middle School athletics continues to develop individual and team fundamentals while increasing



the level of competition to prepare student-athletes for high school play.

Teams: Teams will primarily consist of 7th/8th grade teams.

Schedule: Teams will practice three to four times per week and have a competitive game schedule.

a. These teams will strive to be the most competitive team that we can offer and compete against other school's top teams.

b. **Playing Time:** Coaches will play all players in most games, but all players will not receive equal playing time. Coaches are charged with finding meaningful minutes in games; however, consideration is given to the quality of the opponent, level of play, effort, commitment to the team, and skill. It is possible that not everyone may play in every game.

c. Players will earn playing time through skill, hard work, and contribution in practices. Playing time is a privilege and could be limited by disciplinary action, being late for or missing games/practices, or disruptive behavior.

d. Disciplinary matters will be handled internally by the coaching staff and could result in loss of playing time.

i. The Athletic Department will act only in an advisory and supporting role. Therefore, any disciplinary questions should be directed to the coaching staff.



General Program Information

1. **Practices:** Practice times for most teams will generally begin immediately after school and last for approximately one and a half hours, but it is best to consult individual team practice schedules for differences. Practice space in some instances is limited, causing some teams to practice earlier or later.
2. **Schedules:** Please check schedules often for updates and changes. While all attempts will be made to keep these changes to a minimum, they will occur, so please be on the lookout for them. All attempts will be made to alert parents of changes in the schedule well in advance.
3. **Uniforms and Equipment:**
 - a. Issued uniforms are the property of MVS and should be returned to the athlete's coach no later than one week after the end of the season. It is very difficult to replace missing uniforms, and the price for a lost uniform will be double the retail price.
 - b. Some equipment and/or uniforms for sports will be purchased by the sport participants. In the case of players buying equipment, it will be made known at the beginning of the season. These items are the property of the sport participants and can be kept at the season's end.

Upper School Athletics

In the Upper School, more emphasis is placed on being competitive. We feel that competition is a healthy facet of maturing into adulthood. It gives a student-athlete a chance to measure their abilities against others and to gain a standing of personal achievement. As MVS Rams, we strive to put our athletes into healthy competitive situations that will challenge them, stretch their boundaries, and motivate them to improve. In doing so, we hope to create a well-rounded student-athlete who contributes to our school culture in the classroom and the athletic arena.

Junior Varsity teams, when available, are transitional teams from the Middle School and will focus on the improvement of skills to move the players into Varsity status. Team selections are common for different sports, and a player will be evaluated to see which level of competition best suits him or her. The primary goal for the Junior Varsity teams is to prepare athletes for Varsity competition.

At the Varsity level, the commitment is to put the best team on the track, court, pool, or field. Physical skill, team attitude, dedication, and experience will be weighted more heavily than age or grade level when selecting these teams.

Most Upper School teams will practice every school day, with occasional weekend practices at the coach's discretion. Fall sports teams will begin their practices prior to the first day of classes and generally begin in mid/late July. Varsity athletes should anticipate practices and potential competition over school holidays such as fall break, winter break, and spring break. All teams will play full competitive schedules.

Students in grades 9-12 are eligible for Upper School athletics in sports as allowed by OHSAA in the following general guidelines:

1. Practice times will be immediately following the school day when possible.
2. Off-campus practices may require Upper School students to drive or carpool to the practice site



with parental agreement and direct communication with team head coaches' acknowledgement prior to scheduled off campus activities; Students are strongly encouraged to travel with the team on the van/bus arranged by the school to create team unity and culture.

3. Please refer frequently to your practice schedule and pay close attention to possible changes to practice or game times or sites.
 4. Participating in an Upper School sport is rigorous and demands commitment.
 1. Practices and games during holidays or non-school times are to be expected.
 2. Time management of school work, practice, and game time is extremely important.
 1. It is not permissible to use schoolwork as an excuse to miss practice or game time.
 2. Athletics time commitments should be anticipated, and study time should be thoughtfully scheduled.
 5. Issued uniforms are the property of MVS and should be returned to the athlete's coach no later than one week after the end of the season.
 1. It is very difficult to replace missing uniforms, and the price for a lost uniform will be double the retail price.
 2. Any senior who wants a uniform as a keepsake should contact the Athletic Director to arrange for purchase.
 6. Some equipment and/or uniforms for sports will be purchased by the sport-participants.
 1. In cases where equipment/uniforms are to be purchased, the participants will be notified at the beginning of the season, and the cost will be billed to the student's account.
 2. These items are the property of the sport-participants and can be kept at the season's end.
-

Beginning the Season

No Cut Policy

At MVS Rams Athletics, we specialize in a non-cutting athletic environment. However, prerequisites may exist in order for a student to be placed on a team. Those team specific prerequisites are determined by the coach in consultation with the Director of Athletics. Each season there are a limited number of spots available on our teams; therefore, coaches may evaluate athletes based on the level of talent, prior performance, and commitment. Team selection and the process used is determined by each individual coach. All students will be placed on a team. It is up to each student-athlete to then meet the standards & expectations of that team.

Team Selection

1. Prior to each season, all families and students will use the FinalForm platform for sports registrations. MVS Rams athletics and Team Coaches will evaluate the athletes and team placement for developmental and competitive purposes across various teams, if needed.
 - a. Coaches are responsible for an evaluation protocol for each sport and sport level within



MVS Rams athletics.

- b. Evaluation for fall sports will be before the beginning of the school year.
 - i. **Upper School practices** (JV and Varsity) beginning dates for MVS Rams athletics are mandated by the OHSAA, and are generally in late May, during summer late July, or early August before the first game of the season.
 - ii. **Lower School and Middle School practices** will begin approximately **1-2 weeks** prior to the start of school per coaches' discretion.
 2. Evaluation for MVS Rams athletics is left to the individual expertise of coaches in their sport, but coaches are encouraged to consult the Athletic Director as needed.
 3. The evaluation should consist of open play and drill work to assess individual skills and by placing players into groups that will change as coaches assess team dynamics for MVS Rams athletics.
 4. All participants and their families will be notified and have acknowledged beforehand if there are enough participants to create two separate teams per skill development and safety purposes.
 5. Please consult the appropriate level (lower, middle, upper) section of this handbook for MVS Rams athletics team makeup and philosophies.
-

In Season

Scheduling and Communication

1. All efforts will be made to keep the practice and game schedule as consistent as possible.
 1. Changes do occur, and many times without the control of MVS Rams Athletics.
 2. Coaches and Athletic Department will send out email communications for any changes/updates
2. Coaches and Athletic Department will send out the updated weekly schedule for the upcoming week.
3. Any game or practice cancellations for any reason will be announced before 1:00 pm on that day, if possible, via email communications and/or individual team platforms, if any.
4. Teams will not practice on a day that there is no school:
 1. An exception would be fall pre-season practices/evaluations.
 2. All efforts will be made to not have games on days with no school, with exceptions as needed.
5. Upper School Athletics participants should anticipate practices and games on days without school if scheduled by coaches beforehand.
6. **11:00 AM Rule:** Student-athletes who are not present for school by 11:00 AM or who sign out from school after this time and not returning for the remainder of the school day



may not attend athletic activities that same day (meetings, practices, competitions, etc.) unless approved by the student's Division Head beforehand. Common exceptions to this rule are dentist or doctor appointments.

Note: Student-athletes are expected to attend every team activity and are expected to communicate proactively and directly with coaches regarding any potential conflict or missed team activity, to receive full athletic / PE credits.

Practices and Private Lessons

1. Practice organization and instruction methods are the prerogatives of each coach. However, it is most important that these be consistent with sound educational practice and directed towards cultivating a positive, educational environment that prepares student-athletes adequately for competition. It is the duty of the coach to keep thorough and complete records of practice plans and attendance.
2. In keeping with academic tutoring guidelines, coaches may offer free extended coaching outside of scheduled practice times; however, this practice should not be fee-based during the season. Paid private lessons, like academic tutoring, can be done outside of the sport specific season if desired.

Severe Weather

1. The Athletic Department will do everything possible to make a decision to cancel a game or practice by 1:00 pm and notify the teams involved.
2. If we plan to still practice outdoors or at the grass athletic fields and no shelter is available we will use our school tennis courts, school buses, and other available areas as our "safe" space in the event of poor weather.
3. The athletic trainer will monitor local weather, including the distance of lightning from the participation site, utilizing verified and reliable sources (phone apps, the national weather service, etc.)

OHSAA regulations regarding lightning safety typically follow the National Athletic Trainers' Association (NATA) recommendations, which are outlined in the provided text. However, to ensure *complete* alignment, it's best to verify the specific OHSAA language, especially regarding the 30/30 rule (30 seconds or less flash-to-bang, and a 30-minute wait).

Based on common OHSAA safety guidelines, here is a refinement of the existing text to ensure clear alignment with standard regulations, particularly by clarifying the use of the "30/30 rule" as the definitive trigger for suspension and resumption.-----In accordance with the Ohio High School Athletic Association (OHSAA) recommendations, which follow the "National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation," the Athletic Trainer will adhere to the following protocols:

A. Suspension of Activity - The "30/30 Rule"

- i. **Flash-to-Bang Method:** The number of seconds between the lightning flash and the associated thunder is counted and divided by five (5) to determine the distance (in miles) to the lightning flash.



- ii. **Immediate Suspension:** All outdoor athletic activities must be suspended immediately, and all individuals must seek a safe structure or location, if:
1. The Flash-to-Bang count is 30 seconds or less (lightning is approximately 6 miles away or less).
 2. Lightning is visually observed.
 3. Thunder is audibly heard.

Note: The "Heads up" and "Begin safety procedures" thresholds (15 and 10 miles) are recommended best practices but the 6-mile threshold (30-second count) is the mandatory trigger for suspension.

B. Resumption of Activity

- i. Once activities have been suspended, there will be at least a **30-minute wait** after the last sound of thunder or lightning flash before resuming an activity or returning outdoors.
- ii. **Resetting the Clock:** Each time lightning is observed or thunder is heard, the 30-minute waiting period will be immediately reset.

C. Unsafe Locations from Lightning Hazard

Individuals must seek a safe, substantial, fully enclosed building with wiring and plumbing. Unsafe locations include, but are not limited to:

1. Open-sided shelters (e.g., bus stops, picnic shelters, dugouts, sheds, gazebos).
2. Small, non-grounded structures (e.g., storage units, tents, concession stands).
3. Open areas, high ground, and large single trees.

Team Expectations & Student-Athlete Commitment

- Student-Athletes must compete in at least 75% of regular season competitions to be eligible for postseason competition (end-of-season tournaments, district, regional, and state tournaments). This also applies to Upper School student-athletes who join sports teams to fulfill required PE credits toward graduation requirements.
- The Miami Valley School (MVS) recognizes and supports students' involvement in multiple extracurricular activities. However, MVS student-athletes are expected to prioritize their commitment to MVS team competitions.
- Opportunities exist for MVS students at all levels to participate in non-school based teams while also participating in school sponsored teams while not violating OHSAA regulations. When these situations occur, proactive communication between the student, parent or guardian, the respective MVS coaches, and the Athletic Director is required. Attending a non-school practice or competition in lieu of a required MVS sports activity may affect the student-athlete's playing time



- or standing on the MVS team. Please refer to the philosophy section of the handbook for details.
- Clear team expectations are communicated from the head coach to the team and parents/guardians at the beginning of the season.
 - Proactive communication from the student-athlete with the coach regarding scheduling conflicts is expected and required.
 - Student-Athletes who consistently fail to meet the communicated team expectations will be held accountable.
 - A meeting will be scheduled with the head coach, student-athlete, parent/guardian, and the Athletic Director.
 - If a student-athlete continues to fall short of expectations after the meeting, they may be subject to further disciplinary action, up to and including removal from the team.
 - Depending on the specific situation, student-athletes who are removed from a team for disciplinary reasons or who quit participating with a team may forfeit their ability to participate on an MVS sports team in the future.

Routing of Parent Concerns

- A. When issues or concerns arise during the course of an athletic season, students, coaches, and parents are to observe the following procedures. When a student-athlete is having difficulties in practice or games, needs to report an absence, or has another issue that relates to their participation in the program, they are to speak directly to their coach as an initial step in the communication process.
- B. **24 Hour Rule:** Parents/guardians may not confront a coach, team, or school official to discuss any negative game or practice situation with the coaching and athletic department staff until at least 24 hours have passed from the completion of the game or practice. A confrontation shall consist of any communication that is elevated from a normal speaking tone and demeanor to one which involves yelling, profanity, or derogatory comments toward said coach, team, or school official.
- C. Parent concerns on any topic related to their child's participation in sports (including disciplinary measures) should be expressed directly to the head coach, preferably through the student-athlete first, before contact is made with other school officials. Should the concern be directed out of order, the parent (or student-athlete) will be redirected to the head coach to initiate the initial concern. If not satisfied with the outcome after presenting it to the coach, the parent (or student-athlete) should present the concern, complaint, or grievance in writing following the escalation process below.
 1. Student-Athlete / Family Conversation with the Head Coach
 2. Athletic Director
 3. Head of Division
 4. Head of School

End of Season

Uniforms and Equipment

1. All uniforms and issued equipment that are not paid for by students themselves should be returned to your team's coach no later than one week after your season ends.
 - a. Uniforms should be freshly washed and clean before returning them.
 - b. If Senior players want a "keepsake" please inform them to contact the athletics office, and arrangements can be made for them to purchase a replica.
2. All school-owned current uniforms must be turned in: players are not allowed to keep uniforms or equipment that is the property of MVS Athletics.

Athletic Awards

1. An end-of-the-season celebration for each team to recognize their accomplishments will be arranged by the coach of the individual sport in each season.
2. The athletic department will sponsor a school divisional assembly where all teams in a sports season (fall, winter, spring) will be recognized.
3. The form of award recipients selections will be sent to head coaches 2 weeks before the end of the season for input.
4. Informal end of the season team celebrations are highly encouraged for teams to recognize individual efforts and achievement throughout the season. The head coach and parents are responsible for organizing such events, if desired.

Best Practices from the Athletic Department

Alcohol and Other Illegal Drugs Policy

The Miami Valley School (MVS) Athletics Department maintains a strict policy against the use, possession, sale, or distribution of alcohol and illegal drugs.

Possession or Use: Any MVS athlete found to be in possession of, or under the influence of, alcohol or other illegal drugs, whether on or off campus, will face disciplinary action. This may include suspension from the team up to termination from the team.

Selling or Distributing: Any MVS athlete found to be selling, receiving, or distributing alcohol or other illegal drugs, whether on or off campus, will face severe disciplinary action, including suspension from the team up to termination from the team.

The use of alcohol or other illegal drugs is a serious violation of MVS policy and may lead to additional disciplinary action outside of athletics, including consequences through the Dean of Students. Such actions can also negatively affect an athlete's mental and physical health.

Academic Eligibility

Upper School students must be in good academic standing in order to participate in extracurricular activities.



If a student is failing a course or has two grades lower than a C- per information received by school faculties, that student forfeits Upper School athletic eligibility for the following week (Monday through the following Sunday). Additionally, students will be placed in mandatory study halls. Students, parents, the head coach, and the student's advisor will be notified via email by the Athletic Director should they be ineligible for the upcoming week.

Athletic ineligibility means that a student is not permitted to attend practices or warm-ups. A student-athlete is allowed to attend games, wear a warm-up shirt, and sit on the bench with their teammates to show support and unity, but the student is strongly encouraged to dedicate that time to their academics instead.

Eligibility will be reassessed the following Friday and reinstatement or continued ineligibility will be communicated via email by the Athletic Director.

Coach Expectations & Responsibilities

MVS coaches must demonstrate and apply leadership, integrity, responsibility, self-control, knowledge of rules and regulations, honesty, and sportsmanship at all times. As a representative of The Miami Valley School, coaches must understand and accept the philosophy and the mission of the school and the athletic department.

As a member of the coaching staff at The Miami Valley School, and as an educator and leader of the student-athletes coaches will:

- Provide a safe environment for practice and participation.
- Exemplify high principles of moral character at all times.
- Provide appropriate and rational supervision when athletes are in their care.
- Use appropriate language when communicating with athletes.
- Encourage and assist athletes in the process of setting and achieving goals.
- Establish and enforce training rules that reflect the positive values of abstaining from the use of drugs, alcohol, and tobacco.
- Communicate program philosophy and goals to athletes, parents, and the school community.
- Teach and abide by the rules of the game in letter and spirit.
- Build and maintain relationships with coaches throughout the athletic program.
- Seek excellence in coaching through collegial collaboration and professional development opportunities.
- Promote personal fitness and sound nutrition to athletes in words and action.
- Respect the integrity and judgment of game officials.
- Encourage and promote a healthy respect for the entire athletic program.
- Utilize appropriate coaching techniques when instructing athletes.
- Exert their influence to enhance sportsmanship by spectators.

Civility



- Coaches should be polite and helpful while interacting with parents, visitors, officials, and members of the public and media. Coaches who fail to observe appropriate standards of behavior are subject to disciplinary measures, including dismissal.
- A coach's attitude is reflected in his/her athletes. The use of "trash talk" and profanity is unacceptable. It is against league rules, and officials will penalize a team for disrespectful comments and profanity, lewd, racial, and sexually graphic in nature. Coaches should emphasize to their team that profanity and coarse language is not permissible under any circumstance.
- Disciplinary action will be taken for violation of team rules. Coaches, parents, students, and the athletic department should have a clear understanding of rules, policies and consequences and are encouraged to report any potential violation.

Communication

- Coaches cannot directly text message student-athletes one-on-one. Texting should be limited to messages sent to the entire team, and if it is necessary to text a student one-on-one, the coach should have another adult (another coach, and/or the parent/guardian of the student) on that text thread. Email is the preferred method of direct communication with student-athletes & team members.
- Coaches cannot contact students on social media platforms. This includes "following" or "friending" as well as messaging students on social media.
- Coaches should communicate a schedule of practices and games to the players on or before the first day of practice, as well as a guide of the team's expectations, rules, and policies (by the end of the first week of practices). The Athletic Director and Assistant Athletic Directors should be included in all team email communication.
- "Week at a Glance" is to be sent out by Sunday evening with an updated schedule for the upcoming week. This is a good opportunity to highlight any achievements from the team from the previous week. This should be sent out via SportsYou or the platform designated by the MVS Athletic Department.
- Each coach should keep a record of attendance and communicate to the Athletic Director of any student who might be in danger of failing to meet the team expectations. Each coach is allowed to make their own policies concerning missed practices and playing time, but that policy should be clearly communicated with every student (and families) at the start of the season and remain consistent throughout the season.
- If a teacher has to hold a student behind from practice or a game for academic reasons it is the responsibility of the student to inform the coach that they will not be coming or will be late. The coach's understanding and support of this is appreciated.
- Please refer to MVS communication policies for more clear instructions in the Student Handbook

Bullying - Hazing - Taunting

Athletes may not bully, haze, or taunt other athletes. Failure to follow these guidelines will result in a meeting between the coach, parents, athlete, and the Athletic Department to decide what actions should be taken. Athletes and parents reflect the MVS athletic program, and we strive for that image to continue to be a positive one.

- **Bullying-** use superior strength or influence to intimidate (someone), typically to force him or her to do what one wants.
- **Hazing-** the imposition of strenuous, often humiliating, tasks as part of a program of rigorous physical training and initiation.
- **Taunting-** provoke or challenge (someone) with insulting remarks.

Reporting Child Abuse

The state of Ohio requires teachers and other school employees, along with coaches and volunteers, to report suspected child abuse, neglect, or sexual abuse. The School requires all employees to abide by this law. Remember that all school employees are MANDATED REPORTERS. Mandatory reporters do NOT have to establish the validity of the case, as that is the sole responsibility of the authorities. If you have to report a case, our school contacts for reporting are the counselors in each division, the Division Heads, and the Head of School. The Head of School should be immediately notified of any abuse allegations. On an annual basis, school counselors provide mandated reporter training to all employees, volunteers, and coaches.

Title IX Compliance and Policies

Title IX states that no person in the United State shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. MVS complies with all required laws and are proactively to receive all complaints related to Title IX directly, and will take immediate and appropriate steps to investigate. MVS has established a DEI (Diversity, Equality, and Inclusiveness) committee to handle all complaints regarding athletics to provide prompt and equitable resolution.

Certified Athletic Trainer

Our certified athletic trainer (ATC), Katie Jenkins, is provided through a partnership with Kettering Health. Priority for the ATC services is given to upper school students and specifically contact sports. If the athletic trainer has no other Upper School practices or games to cover they will cover a Middle School contest or practice.

Roles and Responsibilities of the Athletic Trainer at MVS

- To develop injury prevention programs, injury evaluations, management, treatment, and



rehabilitation, as well as education.

- To provide medical coverage for MVS sports including attendance at scheduled team practices and home competitions.
- To coordinate physical examinations and provide medical referrals for student-athletes to the appropriate care provider (orthopedic doctor, physical therapist, etc.)
- To treat athletic injuries using rehab equipment, techniques, and various modalities
- To assess and report the progress of recovering athletes to coaches and parents.
- Apply protective or injury preventative devices such as tape, bandages, or braces to body parts such as ankles, fingers, or wrists.
- To assist in developing training programs designed to improve athletic performance and injury prevention.
- Assisting in the development and implementation of an Emergency Action Plan (EAP)

Parents and Students Role

- Students are to report to the athletic trainer when there is an injury or ailment affecting daily life or sport.
- Students should be respectful of the athletic trainer's time.
- Parents and coaches are to report all sport injuries to the athletic trainer.
- Students should not "hang out" in the training room after school. The only students who are to be in the athletic training rooms are those who are being seen for treatment or evaluation of an injury.

Concussions: There are nationally recognized return-to-play protocols, as well as per OHSAA regulations, that will be followed should an athlete be assessed as having received a concussion. These are determined by medical staff and at no point should a coach or parent attempt to undermine or deviate from the protocol prescribed. We will exercise the utmost caution in regard to all head injuries. If an athlete is suspected to have sustained a concussion, please notify the Athletic Department at once so the appropriate school official can undergo the proper procedure to ensure the athlete's safety and well-being.

Student-Athlete Code of Conduct

Participation in MVS Rams Athletics is a privilege that carries responsibility. Student-athletes are expected to represent The Miami Valley School with integrity, respect, and pride at all times — on campus, at competitions, and in the community.

By participating in Rams Athletics, student-athletes agree to uphold the following standards:

1. Commitment to Team Responsibility

Student-athletes are expected to:



- Attend all practices, games, and team functions unless excused by the coach.
- Arrive on time, prepared, and ready to participate.
- Communicate respectfully with coaches regarding absences or schedule conflicts.
- Support teammates through positive encouragement and teamwork.
- Demonstrate accountability for their actions and commitments.

Participation in athletics means placing the success of the team above individual interests.

2. Respect for Others

Student-athletes must demonstrate respect at all times toward:

- Coaches and school staff
- Teammates and opponents
- Officials and game personnel
- Spectators and members of the school community

Unsportsmanlike conduct, including arguing with officials, taunting opponents, or displaying disrespectful behavior, will not be tolerated.

3. Sportsmanship and Integrity

Rams student-athletes are expected to:

- Compete with honesty, fairness, and integrity.
- Follow all game rules and team expectations.
- Accept both victories and defeats with dignity.
- Demonstrate humility in success and resilience in adversity.
- Represent MVS positively in all athletic settings.

Good sportsmanship reflects the values of the Rams community.

4. Academic Responsibility

Student-athletes are students first.

Participants are expected to:

- Maintain academic responsibilities and classroom expectations.
- Complete assignments and communicate proactively with teachers.
- Manage time responsibly between academics and athletics.
- Seek support when academic challenges arise.

Academic success remains the highest priority.

5. Safety and Wellness Expectations

Student-athletes are responsible for:



- Following all safety rules and coach instructions.
- Using equipment appropriately and responsibly.
- Reporting injuries immediately to coaches or athletic staff.
- Maintaining personal health, hydration, and fitness.
- Demonstrating sound judgment that supports personal and team safety.

6. Digital Citizenship and Social Media Conduct

Student-athletes represent MVS both in person and online.

Participants are expected to:

- Use respectful language in all digital communications.
- Avoid posting content that reflects negatively on teammates, coaches, opponents, or the school.
- Demonstrate responsible use of social media.
- Uphold school values in all online interactions.

Online behavior should reflect the same standards expected in person.

7. School and Community Representation

Student-athletes serve as ambassadors of MVS.

They are expected to:

- Represent the school with pride at home and away events.
- Demonstrate respectful behavior during travel and competitions.
- Care for school facilities, locker rooms, and equipment.
- Follow all school and team policies during athletic events.

Positive representation strengthens the Rams community.

8. Adherence to Team and School Policies

Student-athletes must follow:

- Team rules established by coaches.
- School policies outlined in the Student Handbook.
- Athletic department expectations and eligibility guidelines.

Failure to meet these expectations may result in disciplinary action, including suspension from practices or contests.

Acknowledgment of Responsibility

Participation in MVS Athletics is a privilege earned through responsibility, respect, and commitment.



By joining a Rams team, student-athletes acknowledge their responsibility to uphold the values and expectations outlined in this Code of Conduct and represent The Miami Valley School with integrity and pride.

Parent & Spectator Code of Conduct

Parents and spectators play an important role in creating a positive athletic experience for all student-athletes. MVS Rams Athletics encourages strong support of teams while maintaining respect for all participants.

Parents and spectators are expected to uphold the following standards:

1. Support Positive Sportsmanship

Parents and spectators are expected to:

- Encourage all student-athletes through positive support.
- Applaud effort, teamwork, and good sportsmanship.
- Model respectful behavior toward players, coaches, and officials.
- Promote a positive game environment for all participants.

The actions of adults set the example for student-athletes.

2. Respect Coaches and Officials

Parents and spectators must:

- Allow coaches to coach and officials to officiate.
- Refrain from criticizing or confronting officials during or after contests.
- Avoid coaching from the stands.
- Address concerns respectfully and at appropriate times.

Game environments should remain respectful and controlled.

3. Communicate Appropriately

Parents are encouraged to:

- Follow appropriate communication procedures.
- Allow time after contests before discussing concerns.
- Contact coaches respectfully to schedule discussions if needed.
- Support the team-first philosophy of Rams Athletics.

Healthy communication builds strong relationships.

4. Demonstrate Respect for All Participants



Parents and spectators must:

- Show respect to opposing teams and spectators.
- Avoid inappropriate language or gestures.
- Support a welcoming and inclusive environment.
- Follow all facility and event expectations.

Respect strengthens our school community.

5. Adherence to School Expectations

Parents and spectators are expected to:

- Follow all school and facility rules.
- Respect property and equipment.
- Follow directions from event staff.
- Demonstrate conduct consistent with MVS values.

Failure to follow these expectations may result in removal from events or further school action.

Acknowledgment of Responsibility

Parents and spectators represent the values of The Miami Valley School. Positive support and respectful behavior help create a safe and meaningful athletic experience for all Rams student-athletes.

Social Media & Digital Citizenship Policy

Student-athletes and families represent MVS in both physical and digital environments. Responsible digital behavior supports the values of Rams Athletics.

1. Represent MVS Positively Online

Student-athletes are expected to:

- Post content that reflects respect and responsibility.
- Demonstrate good judgment in all online interactions.
- Avoid sharing negative or inappropriate comments.
- Represent the school in a positive manner.

Online actions reflect personal character and school identity.

2. Respect Teammates and Coaches

Student-athletes must:



- Avoid posting content that criticizes teammates or coaches.
- Refrain from sharing confidential team information.
- Support teammates through positive communication.
- Avoid posting game-related frustrations publicly.

Team trust is essential to success.

3. Respect Opponents and Officials

Student-athletes are expected to:

- Avoid negative comments about opposing teams.
- Refrain from posting complaints about officiating.
- Demonstrate sportsmanship in all digital communications.

Respect extends beyond the playing field.

4. Maintain Privacy and Safety

Student-athletes must:

- Avoid sharing personal or sensitive information.
- Protect passwords and personal accounts.
- Use caution when sharing photos or locations.
- Follow school technology guidelines.

Digital safety is a shared responsibility.

5. Consequences of Inappropriate Use

Misuse of social media may result in:

- Removal of inappropriate content.
- Suspension from athletic participation.
- Additional school disciplinary action if necessary.

Responsible digital behavior protects individuals and teams.

Transportation & Travel Expectations

Travel to athletic events is an important part of team participation. Student-athletes are expected to demonstrate responsibility and respect while representing MVS.

1. Team Travel Expectations

Student-athletes are expected to:



- Travel to and from contests using school-approved transportation when provided.
- Follow coach and chaperone instructions at all times.
- Remain with the team unless approved otherwise.
- Demonstrate respectful behavior during travel.

Travel is an extension of the school environment.

2. Bus Conduct

While traveling on school transportation, student-athletes must:

- Remain seated and follow safety instructions.
- Keep noise levels respectful.
- Maintain cleanliness of the bus.
- Treat drivers and passengers respectfully.

Safe travel ensures safe competition.

3. Away Game Expectations

Student-athletes are expected to:

- Represent MVS respectfully at all locations.
- Follow facility rules at host schools.
- Maintain positive conduct in locker rooms and competition areas.
- Support teammates throughout the event.

Professional conduct reflects Rams pride.

4. Release from School Transportation

If students are released to parents/guardians after contests:

- Parents must notify coaches in advance when required.
- Students may only be released to approved adults.
- Coaches must verify appropriate release procedures.

Safety remains the top priority.

Game Day Conduct Expectations

Game days are opportunities for student-athletes to represent MVS through performance, character, and teamwork.

1. Pre-Game Expectations



Student-athletes are expected to:

- Arrive on time and properly prepared.
- Wear appropriate team attire.
- Follow team warm-up and preparation routines.
- Demonstrate focus and readiness.

Preparation supports performance.

2. Sideline and Bench Conduct

Student-athletes must:

- Remain attentive and engaged during contests.
- Encourage teammates positively.
- Follow coach directions at all times.
- Maintain appropriate sideline behavior.

Positive sideline conduct supports team culture.

3. During Competition

Student-athletes are expected to:

- Follow rules and officiating decisions.
- Demonstrate sportsmanship at all times.
- Avoid arguing or displaying negative behavior.
- Compete with integrity and respect.

Respectful competition defines Rams Athletics.

4. Post-Game Expectations

Student-athletes must:

- Shake hands with opponents and officials when appropriate.
- Support teammates regardless of outcome.
- Assist with equipment and facility responsibilities.
- Represent MVS respectfully following contests.

[NIL \(Name, Image, and Likeness\) Parent Information](#)

The Ohio High School Athletic Association (OHSAA) now permits **Ohio high school student-athletes** to receive compensation for their Name, Image, and Likeness (NIL). The Miami Valley School supports student-athletes as they explore these opportunities while maintaining full compliance with OHSAA rules and regulations.



How teams finish reflects their character

<u>Fall Season Offerings</u>	<u>Winter Season Offerings</u>	<u>Spring Season Offerings</u>
Boys & Girls Cross Country 7/8 & 9-12	Swim 9-12	Boys & Girls Track & Field 7/8, 9-12
Boys & Girls Soccer 3-6, 7/8, & 9-12	Boys & Girls Basketball 3-6, 7/8, & 9-12	Boys & Girls Run Club 3-6
Girls Tennis 3-6 (activity), 7/8, & 9-12	Boys & Girls Bowling 7/8, 9-12	Boys Tennis 3-6 (activity), 7/8, & 9-12
Girls Volleyball 3-6, 7/8, & 9-12	Golf Club (activity) 3-12	Golf Club 3-12 (activity)
Golf Club 3-12 (activity)		

