

HOW TO GET INVOLVED AT
**MEDINA HIGH
SCHOOL
2022-2023**



A Directory of
Activities, Clubs and Sports

*All Club/Sports Activities Subject

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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 is no doubt about it, when looking at being admitted into a college, extra extracurricular activities are part of the admissions review. Residential colleges depend on an involved student body and 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.

Choose 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 and Activity Program Medina City Schools - 2022-2023

- A fee will be charged for each sport and extra-curricular performing art at the middle school and high school level per attached list.
- There is a per student cap/family cap on extra-curricular activities (athletics and performing arts) pay-to-participate fees. For the 2022-2023 school year, the per student cap on extra-curricular activities (athletics and performing arts) pay-to-participate fees will be \$660.00 at the high school level and \$250.00 at the middle school level. The family cap on extra-curricular activities (athletics and performing arts) for the middle school and high school level will be \$990. The per student cap is reset each school year. Therefore, per student cap qualification is only for extra-curricular activities (athletics and performing arts) that take place during a given school year. **IMPORTANT:** Please see page 3 below.
- Pay-to-Participate fees for families on Free Lunch status will be waived upon completion of the Sharing Information form which is located on the medinabees website, under Food Services. It is the responsibility of the family to provide appropriate documentation for Free Lunch status with Food Services.
- Participation fees for all extra-curricular activities (athletics and performing arts) are due one week prior to the first contest/activity/performance. Failure to pay will result in exclusion.
- Participation fees for middle school and high school are to be paid in the main office at each School.
- No refunds will be granted to students who become academically ineligible; students removed for disciplinary reasons, or for students who quit the sport/activity after the fee has been paid.
- 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 paper check, cash, or credit card (online only – please see below). Checks should be made payable to: **Medina City Schools.**

Please indicate below:

_____ Cash

_____ Check Number

Credit card payments must be paid online via PayForIt.net. You can access PayForIt by visiting the Medina City School District website at www.medinabees.org, under District Quick Links. Should you not have access to a computer at home, you may use a computer at the high school for payment. Please indicate below if you are making a payment via PayForIt.net. **Please do not write your credit card number anywhere on this form.** Only online credit card payments are accepted.

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 \$ _____

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

Updated May 2022 – Subject to Change

Medina City Schools

Pay-to-Participate Fee Schedule

2022-2023

Medina High School Extra-Curricular

Varsity - \$330

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

Junior Varsity - \$330

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

9th Grade & Cheerleading - \$210

Baseball
Basketball-Boys' & Girls'
Football
Volleyball
Cheerleading – Football
Cheerleading - Basketball

Mixed Sports \$330

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

Theater Activity \$25

Musical Play (Cast)
Underclassman Play
SPICE
Spring Play

Extra-Curricular Music as Noted

Jazz Ensemble	\$75
Starduster	\$75
Chamber Orchestra	\$50
Encore	\$110
Men's Chorus	\$50

Extra-Curricular High School Cap - \$660.00 per Student

Middle Schools Claggett / Root

Sports	\$125.00
Cheerleading	\$62.50

Extra-Curricular Middle School Cap - \$250.00 per Student

- Middle School / High School Family Cap - \$ 990.00 per Family
- Pay-to-Participate fees for families on Free Lunch status are waived. It is the responsibility of the family to provide appropriate documentation for Free Lunch status to Food Services.

Updated May 2022 – Subject to Change

Pay-to-Participate Family Cap/Individual Cap Waiver Request Form

Medina City Schools

2022-2023

Medina City Schools has a \$660.00 *per student cap* on extra-curricular activities at the high school and \$250.00 *per student cap* at the middle school levels. Medina also has a family cap of \$990 across all schools. Fees eligible for waiver are as shown below.

Once the family cap of \$990 or the individual cap of \$660 has been paid (whichever is being requested), the Parents/guardians wishing to request a waiver of any remaining Pay-to-Participate fees must complete this form and return to Michelle Stump, Medina High School. Form may be emailed to stumpm@medinabees.org.

Varsity/Junior Varsity/Mixed Sports \$330.00

Baseball – Boys’	Softball – Girls’
Basketball	Swim and Dive
Cross Country	Soccer
Football	Lacrosse
Golf	Gymnastics
Tennis	Track & Field
Volleyball- Girls’	Wrestling

Theater and Extra-Curricular Music

Chamber Orchestra - \$50.00
 Encore \$110
 Jazz Ensemble \$75
 Men’s Chorus \$50
 Musical Play \$25
 SPICE \$25
 Spring Play \$25
 Stardusters \$75
 Underclassman Play \$25

9th Grade & Cheerleading \$210.00

Baseball – Boys’
 Basketball
 Cheerleading – Football
 Cheerleading – Basketball
 Football
 Volleyball - Girls’

Middle School

Sports - \$125.00
 Cheerleading - \$62.50

It is the responsibility of the parent/guardian to complete this form documenting that the *individual or family cap* has been met. No fees will be waived until the individual cap/family cap amount *has been paid* and this *form has been submitted* and verified.

Please list each waiver eligible fee from the list above:

Student Name	Student ID #	School	Waiver Eligible Activities (only those listed above)	Amount PAID
<input type="checkbox"/> I am requesting an individual cap waiver			<input type="checkbox"/> I am requesting a family cap waiver	

Parent/Guardian name: _____ Email: _____

Art Club

Contact person: Ms. Lauren Smith
MHS Room: 2005
Email: smithl@medinabees.org

Art Club is a place for practicing student artists to hone their skills, collaborate with other artists, and work together through group projects that benefit the school, district, and community. Our mission is to provide art club members with an opportunity to express their individuality through creating artworks and using the arts to better our community through community arts outreach and various art projects chosen and designed by art club members.

Selection process/eligibility: Open to all Medina HS students. Members do not have to be enrolled in an art class to participate.

Meeting/practice times: Scheduled by officers, notification on school announcements. Posted outside Room 2005 and 2007 and Activity Board in White Admin hallway.

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

Cost: Depends on activities.

Special activities: A primary focus on community arts outreach chosen by members, such as fundraising for community groups through art sales and collaborating with community organizations on art projects. Opportunity for students to further their enjoyment of art through personal work, school beautification, visiting artists, gallery and museum visits.

Average number of participants: 30 students

Requirements to maintain membership: Attend meetings regularly

Scholarship opportunities: Scholarship info will be shared with members as well as opportunities for volunteer hours.

Leadership positions: Two co-chair officers. The elections are held the beginning of the school year.

ASL Club

American Sign Language Club

Contact person: Mrs. Bethany Stahler / Ms. La'Shawn Brooks
MHS Room 1220
Email: stahlerb@medinabees.org / brooksl@medinabees.org

Selection process/eligibility: Open to anyone. President and Vice President must be ASL students and have at least one teacher recommendation.

Meeting/practice times: The first Wednesday of every month unless a conflict arises, from 2:40-4:00.

Estimated total time commitment per week/month: Club members – 1 ½ hours.
President and Vice President – 2 ½ hours, as well as time spent planning/preparing outside of school.

Cost: \$5

Special activities: Arts & crafts, Activities and games (including ASL and non-ASL related), Silent dinners, Silent movies (with closed captioning), and more!

Average number of participants: 30

Requirements to maintain membership: \$5 fee paid

Scholarship opportunities: N/A

Leadership positions: President and Vice President

Book Club

Contact person: Mr. David Mohn
MHS Room 1218
Email: mohnd@medinabees.org

Selection process/eligibility: Book club is open to all MHS students.

Meeting/practice times: The club typically meets every other week. The schedule will be determined by the officers at the beginning of the year.

Estimated total time commitment per week/month: The club usually holds two, one-hour meetings per month. In addition to attending the club meetings, members will need to read 1-2 books per month on their own.

Cost: None.

Special activities: Possible activities include volunteering for local elementary-level reading programs and attending author readings and book signings.

Average number of participants: 20-30

Requirements to maintain membership: Attend meetings.

Scholarship opportunities: None

Leadership positions: President, Vice President, Secretary, Treasurer

Cultural Exchange Club

Contact person: Mrs. Sharon Schorr
MHS Room 2201
Email: schorrs@medinabee.org

Selection process/eligibility: Open to all MHS students and MHS exchange students, beginning in September.

Meeting/practice times: Scheduled by officers

Estimated total time commitment per week/month: 1 meeting 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: Information for those students interested in being exchange students

Debate Team

See Course Registration Guide for more information

Contact person: Mr. Scott Quade
MHS Room 1122
Email: quades@medinabees.org

Selection process eligibility: Open to any student currently enrolled in the Honors Debate class. The introductory level debate class is a prerequisite for the honors class. Rarely, but occasionally, students from the introductory level class are allowed to join the team.

Meeting/practice times: Varies by student availability; tournaments take place on weekends (September – March), with participation affected by parent judge availability. We typically also compete at two university tournaments each year, one being Princeton University, usually in December. Team dues do not cover the costs of these two trips or the cost to compete at state and national championship tournaments.

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

Special activities: Competitions and tournaments – these do require some parental time obligations

Average number of participants: 40+

Requirements to maintain membership: Participation at tournaments and unquestionably ethical behavior

Scholarship opportunities: A team scholarship is occasionally available to a senior who shows continued dedication to the team. Many universities offer debate scholarships.

Cost: \$125 dues

Leadership positions/selection: Elected officers and squad captains

Drama Club

Spring Musical (all-school), Fall Play (all-school),
Underclass Winter Play (9th and 10th grades), Talent Show (S.P.I.C.E.)

Contact persons: For Auditions/Performances:
Mr. Ron Douglas
MHS Room 1216
Email: douglasr@medinabees.org

For Crew Member Information:
Mr. David Mohn
MHS Room 1218
Email: mohnd@medinabees.org

Join 2022-23 Spring Musical Google Classroom with code [bcqfqpm](#)

Join 2022-23 Fall Play Google Classroom with code [pefqkk4](#)

Join 2022-23 Underclass Play Google Classroom with code [k7eswsn](#)

Join 2022-23 S.P.I.C.E. Google Classroom with code [gwdmnwk](#)

Selection process: Drama Club general informational meeting at the beginning of year (1st or 2nd week of school). To be cast in a show, students must audition. Auditions usually occur in August (or early September) for the Fall Play, December (or early January) for the Musical, December/ January for the Underclass Play; December/ early January for S.P.I.C.E. To be on a crew – set/run crew, props/costumes, make-up, and sound/ lights, students just need to attend meetings and scheduled sessions.

Meeting/practice times: A schedule will be announced after each show is cast. Fall Play rehearsals usually run approximately 2:30 - 5:30 p.m. Early in the production, rehearsals run 2-3x per week. As the show gets closer (last 2-3 weeks) rehearsals may be 4-5x per week and go until approximately 7 or 8 p.m. Rehearsals run approximately 8-10 weeks (September- mid-November). Directors are willing to work with conflicts if you provide them at auditions. Crew times vary but are usually after school or on weekends.

Musical Rehearsals usually run 2:30- 6:30 p.m. 2-3x per week and on some weekends. As the show approaches length and number of rehearsals will increase, especially the last 2-4 weeks. Musical Rehearsals run approximately 10-12 weeks. Directors are willing to work with conflicts if you provide them at auditions. Crew times vary but are usually after school or on weekends.

Underclass Play (9th and 10th graders) rehearsals run approximately 2:30- 5:30 p.m. 2-3x per week and on some weekends. As the show approaches length and number of rehearsals will increase, especially the last 2-4 weeks. Underclass play rehearsals run approximately 6-8 weeks. Directors are willing to work with conflicts if you provide them at auditions. Crew times vary but are usually after school or on weekends.

S.P.I.C.E. Auditions are in early January. Rehearsals/Performances run 5 consecutive days in January (Tuesday-Saturday during the week of MLK Day).

Estimated total time commitment per week/month: As needed for each production and dependent on the student's role in the show

Pay to Participate fee: \$25.00 – performers in the plays, musical and SPICE only. Crew members do not pay this fee.

Cost: Personal items needed for performance such as personal makeup kit, costume items/rental, cast shirt (optional), and specialized shoes (tap, jazz, etc) if part of the show. Typically between \$50-\$100.

Special activities: Performances each year include: Spring Musical, Underclass Play, Fall Play (all-school), and S.P.I.C.E. (Talent Show)

Average number of participants (cast and crew):

Spring Musical: 100-120, SPICE: 50- 120

Fall Play: 50- 80 Fall Underclass Play: 50-80

Requirements to maintain membership: Participate in shows or crews. Anyone may audition or be on a crew. No special membership or previous experience/participation is required.

Scholarship opportunities: Drama Club awards scholarships each year based on participation and commitment to Drama Club, leadership, and talent.

Other opportunities: MHS is a participant in the Playhouse Square Dazzle Awards Program which is part of the National High School Musical Theater /Jimmy Awards. The musical is adjudicated by industry professionals and the students have opportunities to perform at Playhouse Square at the Jimmy Awards as well as be selected for the Jimmy Awards in NYC. All Drama Club participants (all productions) will have opportunities to participate in Masterclass Workshops in singing, dancing, acting, and technical theater with industry professionals including Broadway and National Tour Performers.

Encore

See Course Registration Guide for more information

Contact person: Mr. Tyler Skidmore
MHS Room 2002, Choir Office
Email: skidmort@medinabees.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 be a member of a daily choir class. Instrumental Combo members and Crew members should also apply for membership in the spring to the previous school year. Students must maintain a GPA above 2.0.

Meeting/practice times: Rehearsal and performance schedules will be determined by the Director. In addition to presenting at a number of fall/winter show choir 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 a vocal recital each year.

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

Pay to Participate fee: \$110.00 Extra-Curricular Pay to Participate. Students may participate until this fee is paid.

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: \$500.

Special activities: Vocal recitals, winter competitions, civic performances, summer rehearsals, group travel, social events.

Average number of participants: 45 singers/dancers, 15 pit band members, 15 crew members

Requirements to maintain membership: Audition, attend rehearsals, demonstrate a commitment to growth, and follow policy handbook, provided before auditions.

FCS

Fellowship of Christian Students

Contact person: Bethany Hills, Michelle Stump
Room 1113
hillsb@medinabees.org, stumpm@medinabees.org

Selection process eligibility: Anyone interested in growing in their Christian faith and sharing the love of God is welcome. We also welcome anyone who is interested in learning what a relationship with Jesus is all about.

Meeting/practice times: Every Thursday morning from 6:50 to 7:15 am Room 1113

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

Cost: No fee

Special activities: Possible service projects at MHS and in the Medina Community.

Average number of participants: 75

Scholarship opportunities: None

Leadership positions/selection: Leadership team members.

French Club

Contact person: Ms. Sarah Stevens
MHS Room 1134
Email: stevenss@medinabees.org

Selection process/eligibility: Open to anyone currently enrolled at MHS. To hold an officer position members must be current French students or have completed the French program offered at the High School.

Meeting/practice times: Meet Monthly

Estimated total time commitment per week/month: 1 hour/month (some months may be more depending on activity)

Cost: \$25.00 membership fee which will include a French Club t-shirt. Members will pay for their own meal whenever we visit a French restaurant.

Special activities: International Dinner with the other foreign language clubs, trip(s) to restaurants with French cuisine, celebrations of holidays throughout the Francophone world, and other language and culture related events.

Average number of participants: ?

Requirements to maintain membership: Attendance and participation

Scholarship opportunities: Travel scholarship for students taking part in trips organized by the French department.

Leadership positions: President, Vice President, Treasurer, Event Coordinator

GSA

Genders and Sexualities Alliance

Contact persons: Mrs. Jen Oehler
MHS Room 2200
Email: oeehlerj@medinabees.org

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

Meeting location/Dates: Monthly in Room 2200

Estimated total time commitment per week/month: General members will meet once a month for 1.5 hours. Officers will meet an additional hour with a total commitment of 3 hours a month.

Cost: No club dues. Students have the option to purchase a t-shirt.

Special activities: Fall/October Ally Coffee Break, spring/March Ally Coffee Break, Day of Silence/April

Average number of participants: 20-30

Requirements to maintain membership: Actively participate in activities during the school year and work to advocate for an inclusive school community for all students.

Scholarship opportunities: No

Leadership positions/selection: Officers and representatives are elected each spring of the previous calendar year.

HOPE Squad

Contact person: Mr. Ron Blue
MHS Gold Admin
Email: bluer@medinabees.org

Selection process/eligibility: Students in Hope Squad are nominated by other students in an annual process which occurs at the beginning of the year. The MHS Hope Squad will acquire members from both Middle Schools in the Fall.

Meeting/practice times: 1-2 x per month, various times.

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

Cost: None

Special activities: Hope Squad is a peer to peer based suicide prevention program. Members attend monthly training meetings to learn symptoms of mental illness, suicidal ideation and other mental health related issues. We host Hope Week and Mental Health Awareness Week. We are planning an Annual Day Retreat off campus in September.

Average number of participants: 40-50

Requirements to maintain membership: Attendance to training meetings. Maintain good self-care, no attendance or discipline issues.

Scholarship opportunities: None

Leadership positions: **Team Leaders** - 1-3 leaders in each grade to communicate with the advisors on a monthly basis.

HUDDLE

Helping Us Develop Dedication, Leadership & Enthusiasm

Contact Person: Mr. Ron Blue
MHS Gold Admin
Email: bluer@medinabees.org

Selection process eligibility: The HUDDLE leadership program consists of highly qualified, well-established teen role models who have taken part in a very selective application process. Students **MUST** be tobacco, alcohol and other drug-free, be involved in school and/or community activities, have average or above average grades, be comfortable talking in front of groups, and have an interest in mentoring and supporting younger students. 3.0+ cumulative GPA is recommended.

Acting as role models and presenting classroom lessons designed to build resilience by increasing self-esteem and confidence, the HUDDLE leaders strive to present alternatives to tobacco, alcohol, other drug use and violence for the elementary school students. The program expanded in 2019 to include 3rd grade classrooms in addition to 4th grade and 5th grade classrooms. In total, the club visits approximately 60 classrooms each month. In 2020 the program name changed from Huddle/Shuddle to Huddle 3, Huddle 4 or Huddle 5 to designate the grade.

Applications are accepted in February for the following year. Staff evaluations and group interviews are required and take place in March/April. The HUDDLE teams are announced in early May. This is a highly competitive program as typically there are more high school students applying for the program than there are spots available. Unfortunately, not all who apply will be selected. This program should not be used merely to “build a resume,” but rather to develop leadership skills.

Meeting/practice times: Required training for all new members and one partial day training for all returning members is in early summer. Meetings are scheduled monthly, usually one week before each lesson. Members, in teams of three or four, visit the elementary classrooms once each month. This usually necessitates leaving the high school one period early on the day of the lesson.

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; however, a \$10 activities fee supplements the grant.

Average Number of Participants: Approximately 220 HUDDLE members divided over the 3rd, 4th and 5th grade classrooms in the Medina City School District and St. Francis Xavier School.

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.

An inability to meet program commitments and deadlines may also result in removal from the program. Lack of lesson preparation and a less than enthusiastic attitude will be noted in the classroom so the leaders must be at the “top of their game” when presenting to their young students. Classroom teachers evaluate teams monthly to assure quality.

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

Improv Club

Contact person: Mr. David Mohn
MHS Room 1218
Email: mohnd@medinabees.org

Selection process/eligibility: Open to all Medina High School students

Meeting/practice times: Bi-Weekly meetings scheduled by officers

Estimated total time commitment per week/month: Typically 2 hours per month. If members choose to participate in Improv Club's annual comedy show, they should be prepared to spend 5-10 hours rehearsing per week during the month leading up to the performance.

Cost: Depends upon activities

Special activities: In addition to attending bi-weekly meetings, during which club members play improv games and hone their acting and comedy skills, club members have the opportunity to perform in the club's annual comedy show. (Participation in the show is not mandatory to be a member of Improv Club.) The show is typically held during the second semester. The show offers opportunities for participation in live improv performances, musical acts, stand-up comedy, and prepared skits.

Average number of participants: 15-25 club members

Requirements to maintain membership: Attend meetings

Scholarship opportunities: N/A

Leadership positions: President, Vice President, Secretary and Treasurer

Key Club

Contact persons: Mr. Mario Sako
MHS Media Center
Email: sakom@medinabees.org
Email: mhskeyclub16w@gmail.com

Selection process eligibility: Any student grade 9th-12th may join. Membership is activated when dues are paid.

Meeting/practice times: Meeting location and Google Classroom code will be determined at the beginning of the school year.

Estimated total time commitment per semester: To remain in the club, students must commit to a semester service goal. First semester (August to December) students must meet 15 hours of service and second semester (January to May) students must meet 10 hours of service. Service opportunities are also available throughout the summer.

Cost: \$15.00 yearly dues

Special activities: MHS Winter Formal, Trick-or-Treat for UNICEF, Fall Rally, District Leadership Conference, Kiwanis Flower and Lemonade Sale

Average number of participants: 75+

Scholarship opportunities: Key Club Scholarship, Kiwanis Scholarship, Kiwanis Tom Brumbaugh Scholarship.

Leadership positions/selection: President, Vice President, Secretary, Communications Officer, and Treasurer

Latin Club

Contact person: Mr. Jeff Kolo
MHS Room 2215
Email: koloj@medinabees.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 Tuesday 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: \$30 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 \$200.

Special activities: *Ave atque Vale (Hail and Farewell) 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.**

Average number of participants: 50

Requirements to maintain membership: Regular meeting attendance

Scholarship opportunities: No

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.

Link Crew

Contact person: Mrs. Carrie Schreck, Mr. Mitch Charvat, Ms. Stacy Wilson, Mrs. Kelly Miller, Ms. Brittany Sebera

Meeting Place: Dependent on the activity - typically room 1119

Emails: schreckc@medinagees.org, charvatm@medinabees.org, wilsons@medinabees.org, millerk2@medinabees.org, seberab@medinabees.org

Selection process/eligibility: Leaders are selected through an application process. The second round is an interview. The membership of the student association shall consist of selected junior and senior grade level students. Membership is not continuous. Interested Leaders will need to apply each year for membership. The selection process will be at the discretion of the Link Crew Coordinators. They will consider the students' involvement in other activities, commitment to Medina High School, and general attitude for helping others be successful.

Meeting/practice times: Throughout the school year, Link Crew Leaders will be involved in approximately 1 meeting and/or activity per month.

Junior Link Leaders will take a one-semester Leadership course to continue the leadership training started during the summer. Leadership is a one-semester, Pass/Fail, 0.5 credit course.

Estimated total time commitment per week/month: Varies depending on the week

Cost: \$20/yearly

Special activities: Link Crew will hold a May Day event each year. The event will take place in May and will be the first meeting for Link Crew Leaders of the upcoming school year. During the summer, Link Crew Leaders will undergo 10 hours of leadership training in preparation for Freshmen Orientation. Link Crew Leaders must attend Freshman Orientation that will be prior to school starting. There are no exceptions to the attendance of Orientation.

Freshman Sunrise

Freshman Tailgate

Freshman Exam Survivor Bags

Freshman Ice Cream Social

Average number of participants: 125 Leaders grades 11-12

Requirements to maintain membership: Medina High School's Link Crew has a two-strike system. At the first offense, the student is suspended from Link Crew for 20 weeks. At the end of this suspension, the student may re-apply to Link Crew. If the student has another offense, he or she is removed from Link Crew permanently. These strikes accrue for the student's entire time in Link Crew. This policy adheres to Medina High School's Student

Code of Conduct as well as Link Crew's philosophy that Link Crew Leaders "be a presence on campus as models of positive behavior". Each selected member of Medina High School's Link Crew understands that the following Drug, Alcohol, and Tobacco policy exists. Any inappropriate behavior—including but not exclusively limited to possession of drugs, drug paraphernalia, alcohol, or tobacco; or use of drugs, alcohol, or tobacco—that comes to the Link Crew Coordinators' attention will result in an immediate review of said behavior and could lead to a leader's removal from Link Crew.

Leadership positions: Link Crew will include 4-6 officers of the student association: referred to as Commissioners. The number of Commissioners will coincide with the number of trained Link Crew Coordinators. The Commissioners shall be a member of the senior class who has taken the Leadership Class their junior year and are a returning Link Crew Leader from their junior year.

Medina Outdoors Club

Contact person: Mr. Matt Haramis
MHS Room 2202
Email: haramism@medinbees.org

Selection process/eligibility: Open to all Medina High School students interested in the outdoors. Grade-level requirements for Executive Officers.

Meeting/practice times: To be determined by the Executive officers, but typically meeting every two weeks while school is in session. Meeting dates, times, and locations will be provided throughout the school year. Executive Board also meets opposite weeks of meetings for approximately 20 minutes to plan ahead for club meetings.

Estimated total time commitment per week/month: Approximately 2 hours/month for meetings. Additional volunteer hours and events may be requested by the membership.

Cost: \$15 membership fee, along with any optional special event fees.

Special activities: Special activities may include, but are not limited to: fishing trips/competitions, camping/hiking/backpacking trips, kayaking/canoeing, educate the community about the positive impact of hunting and fishing on wildlife populations, fundraisers, park and trail cleanups, community engagement, public service announcements, conservation activities. In summary, if there is a conservation or recreation component to something in the outdoors, the students of the MOC are welcome to explore it and help other people benefit from the great outdoors.

Average number of participants: 30

Requirements to maintain membership: Pay the annual membership fee, and attend meetings as schedule permits. Eligibility for some elections require attendance to a certain number of meetings throughout the year.

Scholarship opportunities: None at the moment, but in the future the club plans to partner with outside organizations and may be able to develop scholarships for members.

Leadership positions: Elected Officers -Executive Board: President, Vice-President, Treasurer, Administrative Secretary, Secretary of Social Media & Marketing. All must be 10th-12th grade students, with the exception of President, who must be 11th or 12th grade.

Medinamite

Student Newspaper

Contact person: Mrs. Jen Oehler
MHS Room 2200
Email: oeblerj@medinabees.org

Selection process eligibility: All students are welcome to submit contributions for consideration to The Medinamite. Staff writers and editors are encouraged to have taken or be enrolled in the Introduction to Journalism class for instruction on journalistic writing and AP style.

Meeting/practice times: The Medinamite meets twice a month after school in room 2200.

Estimated total time commitment per week/month: Staff writers will spend about one hour during the week for research, interviews, and story writing. Editors will spend more time (about 2 hours) per week for meetings with advisor, planning, editing, and formatting. Guest reporters may submit stories any time for consideration.

Cost: There is no club fee for participation. Students will be encouraged to sell advertisements to cover the cost of publication. Students will have the option to purchase spirit wear.

Average number of participants: 20

Scholarship opportunities: Staff writers and editors may have the opportunity to participate in journalism summer camps. Colleges often offer scholarship opportunities for students pursuing journalism as a major/career.

Leadership position/ selection: Editors are selected by the teacher with consideration of staff input.

Medinian

See Course Registration Guide for more information

Contact person: Mrs. Heather Hascher
MHS Room 1205
Email: hascherh@medinabees.org

Selection process eligibility: Open to students who took Intro to Journalism or Digital Art & Photograph, or have previous yearbook experience.

Meeting/practice times: Medinian is the Yearbook class which meets each day during school. Out of school requirements include interviews and photography.

Estimated total time commitment per week/month: 5 days per week class plus homework and projects which includes taking pictures, interviews, and completing the book.

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: None at this time.

Model UN Club

Note – This Club May Not be Meeting in 2022-2023

Contact person: Mrs. Sofie Sisamis
MHS Room 1215
Email: sisamiss@medinabees.org

Selection process/eligibility: 9th-12th grade students are welcome to join. An interest in diplomacy, foreign affairs, and global issues is recommended.

Meeting/practice times: TBD

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

Cost: No cost at this time

Special activities: N/A

Average number of participants: 15+

Requirements to maintain membership: Participation and attendance at monthly meetings.

Scholarship opportunities: N/A

Leadership positions: President, Vice-President, Secretary, Treasurer. Members may also show leadership through committee chair positions.

National Honor Society

Contact person: Mrs. Carolyn Grenfell
MHS Tutoring Center, Room 1300
Email: grenfellc@medinabees.org

Selection process eligibility:

1. Juniors and seniors are eligible for consideration if they meet the scholastic requirement of a 3.8 cumulative GPA and are enrolled at least part time in Medina High School.
2. Expulsion, suspensions, or multiple violations of school rules or the code of conduct will eliminate the student from consideration.
3. Students must indicate their desire to be considered by picking up, completing, and returning the application no later than the due date on the form. Forms will be available at the HUB and the MHS website. All deadlines will be strictly observed. Students will be made aware of the application via the school website and availability via the morning announcements at the high school. Morning announcements are typed daily and posted at the HUB.
4. Failure to return the application on time will eliminate the student from consideration.
5. Rating sheets are given to faculty members for their recommendations in the areas of character, leadership and service. Teachers will be given a minimum of six days, including a weekend, to complete the forms.
6. The advisor will 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.
7. There are no set quotas or percentages of the number of students who can be included in any one year.
8. 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.
9. Appeals regarding acceptance begin with the advisor and then proceed to the building principal. No appeals are available regarding timely completion of the application.

Cost: \$30 dues

Special Activities: Helping at Open House at the beginning of the school year. Helping with Cocoa, Cookies & Cram for freshmen before exam week in December. Helping to plan the induction of new members in the Spring.

Meeting/practice times: As needed

Leadership positions: As needed

OCOM

Outreach Committee of Medina

Contact person: Mr. Ron Blue
Room: Gold Admin
Email: bluer@medinabees.org

Selection process/eligibility: MHS O.C.O.M. is an open club to any student in Medina High School. There are no eligibility or attendance requirements.

Meeting/practice times: Meetings typically take place every other Wednesday after school from 2:30 to 3:15 PM. Location for meetings will be the Zen Den or the location of our particular project.

Estimated total time commitment per week/month: 1-2 30 minute meetings per month plus extra time for club projects like courtyard cleanup or mulching, courtyard decorations (Fall and December), candy grams (in November), Staff Appreciation Week (May) or other fundraisers which occur.

Cost: None

Special activities: See activities above. Our club usually does 5-6 special projects per year which may take extra time.

Average number of participants: 10-15

Requirements to maintain membership: We do not have mandatory attendance requirements for membership.

Scholarship opportunities: None

Leadership positions: OCOM elects officers in the position of President or Co-Presidents, Secretary, Social Media/Communications. These are established in the Spring or Fall.

Recycling Club

Contact person: Ms. Dana Meves
MHS Room 2229
Email: mevesd@medinabees.org

Selection process/eligibility: Open to everyone

Meeting/practice times: Thursdays from 2:30 - 3:30 pm, Room 2229

Estimated total time commitment per week/month: 1 hour per week

Cost: Free

Special activities: To be determined by Recruitment/Retention Coordinator and Outreach Coordinator

Average number of participants: 40

Requirements to maintain membership: Weekly participation in after school recycling pick-up

Scholarship opportunities: None

Leadership positions: President, Vice President, Secretary, Recruitment/Retention Coordinator, Outreach Coordinator, Historian, Treasurer

Spanish Club

Contact persons:

Mrs. Alexandra Musselman	MHS Room 1103	musselma@medinabees.org
Ms. Sharon Schorr	MHS Room 2209	schorrs@medinabees.org
Mrs. Laura Calaiacovo	MHS Room 2111	calaiacl@medinabees.org
Mrs. Marcie Komar	MHS Room 2115	komarm@medinabees.org
Mrs. Allison Hildreth	MHS Room 2211	hildreta@medinabees.org

Selection process eligibility: You must be currently enrolled in a Spanish Class or have completed the Spanish program offered at the high school.

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: \$25.00 membership which will include the Spanish Club t-shirt. Members will pay for their own meal whenever we visit a Hispanic restaurant in town.

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: 150+
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 when available.

Leadership positions/selection: Yes, the club officers include president, vice-president of finances, vice-president of foods & crafts, vice-president of membership, vice-president of publications, and vice president of social media.

SPICE

Students Performing in Creative Entertainment

Contact person: Mr. Ron Douglas
MHS Room 1216
Email: douglasr@medinabees.org
Receive S.P.I.C.E. updates via Remind, 81010 and @mhsspice

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 typically in October and November. Auditions are in early December. Selection is based on audition performance.

Meeting/practice times: 1 informational meeting (Sept/Oct), 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 15-20 hours total for audition, rehearsals and shows

Pay to Participate fee: \$25.00 - 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.

Cost: Personal 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 any student interested.

Scholarship opportunities: Through Drama Club

Leadership positions/selection: Head Emcee and Crew Head are selected through application, interview, and/or audition process.

Student Council

Contact person: Mrs. Laura Calaiacovo Mrs. Marcie Komar
MHS Room 2111 MHS Room 2115
Email: calaiacl@medinabees.org Email: komarm@medinabees.org

Selection process eligibility: Elections are held as follows:

Incoming Freshmen:	Spring
Upperclassmen 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 participate in fundraising activities.
- The **sophomore** class decorates for Homecoming, helps clean-up and decorates a hallway. They also work in concession stand and participate in fundraising activities.
- 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 Senior Prom**

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

Scholarship opportunities: Rios Scholarship

Leadership positions/selection: 10 selected by election; 5 by selection process. Incoming freshmen selected by the following year's officers.

Technology Club

Contact person: Mr. Ron Fuller
MHS Room 3005
Email: fullerr@medinabees.org

Selection process eligibility: Open to all students. Meetings generally start in late fall.

Meeting/practice times: Usually one day a week but more January through March.

Estimated total time commitment per week/month: Varies, most time required in winter and spring in preparation for competitions.

Cost: \$20 dues – includes cost of t-shirt

Special activities: Participation in FIRST Tech Challenge and National Robotics Challenge

Average number of participants: 14

Requirements to maintain membership: Participation in activities

Scholarship opportunities: First FTC

Leadership positions/selection: Selected by election

VOFT

Volunteer Opportunities for Teens

Contact person: Mrs. Laura Calaiacovo
MHS Room 2111
Email: calaiacl@medinabees.org

Mr. Marcie Komar
MHS Room 2115
Email: komarm@medinabees.org

Selection process eligibility: Anyone willing to sign up for volunteer opportunities can be a member.

Meeting/practice times: To be announced as needed

Cost: None

Special activities: Volunteering

Average number of participants: 60

Requirements to maintain membership: Active volunteerism

Leadership positions/selection: Officers are elected at a meeting in the fall.

The Joyce B. Ebner

Volunteer Tutoring Program

Sponsored by the Medina City Schools Foundation

Contact person: Mrs. Carolyn Grenfell
MHS Room 1300 – Tutoring Center
Phone: 330-636-3258
Email: grenfellc@medinabees.org

Selection process eligibility: Students requesting a volunteer tutor should see Mrs. Grenfell in the Tutoring 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. Grenfell 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. Hours are eligible towards service hour requirements.

Cost: None

Special activities: None

Average number of participants: 500

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: Four \$500 Tutoring Center Scholarships

Leadership positions/selection: None

Other Course Related Activities

See Course Registration Guide for more information

Performing Arts

BeelinersMr. Jason Locher
Co-Curricular Pay to participate fee = \$100.00

Stingers (Flag-line)Mr. Jason Locher
Co-Curricular Pay to participate fee = \$100.00

Marching and Symphony Band/Winds DirectorMr. Jason Locher
Concert Band DirectorMs. Margaret Blasko
Co-Curricular Pay to participate fee = \$100.00

StardustersMr. Jason Locher
Extra-Curricular Pay to participate fee = \$75.00

Jazz BandMs. Margaret Blasko
Extra-Curricular Pay to participate fee = \$75.00

String, Symphonic and Chamber OrchestraMrs. Shelly Jansen
Pay to participate fee = String & Symphonic \$100.00, Chamber \$50.00

Vocal MusicMr. Tyler Skidmore
Pay to participate fee = \$100.00, Encore \$110.00



ATHLETICS

2022-2023

INTRODUCTION

This booklet provides basic information concerning the athletic opportunities at 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:

BOYS

FALL

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

GIRLS

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, JV, V)
Swimming (V)
Bowling Club (JV, V)

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

SPRING

Baseball (9, JV, V)
Tennis (JV, V)
Track (JV, V)
Lacrosse (JV, V)
Boys Rugby Club (7, 8, JV, V)
Boys Volleyball Club

Softball (JV, V)
Track (JV, V)
Lacrosse (JV, V)
Girls Rugby Club (7, 8, 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. Todd Hodkey (330-636-3226)
Mr. Mason Harper (330-636-3226)
Mr. Mason Harper (330-636-3226)

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. As members of the Greater Cleveland 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: Mr. Mike McMullen

JV Coaches: Mr. Mitch Rippee

9th Gr. Coaches: Mr. Bill Turner

Contact: Coach McMullen: mcmullenm@medinabees.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.

PAY TO PARTICIPATE: \$210.00 for 9th Grade Team; \$330.00 for JV & V - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

City and traveling summer leagues, weight lifting, summer workouts

Boys Basketball

Head Coach: Mr. Chris Hassinger

JV Coach: Mr. Ryan Heath

9th Gr. Coach: Mr. Carl Walcher

Contact Coach Hassinger: hassingc@medinabees.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; Coach ability (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: \$210.00 for 9th Grade Team; \$330.00 for JV & V - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Ms. Karen Kase

JV Coach: Ms. Brittany Sebera

9th Gr. Coach: Ms. Barb Davis

Contact Coach Kase: karenkase@hotmail.com

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 Greater Cleveland Conference
- 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 (Cannot 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.
- Freshman and JV teams (10-12 players)/Varsity team (8-12 players).

PLAYING TIME CONSIDERATIONS

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

BASIC PRACTICE SCHEDULE

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

LETTERING REQUIREMENTS

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

ITEMS TO BE PROVIDED BY THE ATHLETE

Shoes

PAY TO PARTICIPATE: \$210.00 for 9th Grade Team; \$330.00 for JV & V - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

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

Cheerleading

Head Coach: Mrs. Wendi Clardy

JV Coach: Ms. Kiara Woods

9th Gr. Coach: Miss Isabelle Poling

Contact Coach Clardy: clardyw@medinabees.org

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 April for football and basketball season. Skill, attitude and work ethic are judged by UCA college cheerleaders, MHS alumni 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: \$210.00 Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Cheer camp, cheer competitions

Boys Cross County

Coach: Jordon Olson

Contact: Coach Olson: olsonj@medinabees.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

All athletes will write a “goals essay.” This must be given to the head coach before they are allowed to practice. They have three days to turn in the essay once the official practices start (August) or they have cut themselves from the team. 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 invitationals 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, shirts and sweats.

PAY TO PARTICIPATE: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Summer mileage club, weight lifting, road races

Girls Cross Country

Coach: Mr. Scott Van Fleet

Contact Coach Van Fleet: vanflees@medinabees.org

OBJECTIVES

- To enjoy running
- To earn good grades
- To win the Greater Cleveland 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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Summer conditioning and time trials, winter conditioning, spring track season

Fastpitch Softball

Varsity Head Coach: Ms. Jess Toocheck

JV: Ms. Corey Bernard

Contact Coach Toocheck: toocheckj@medinabees.org

OBJECTIVES:

- To win the Division I State Championship
- To win the Greater Cleveland 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) – 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

Every day 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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Mr. Larry Laird

9th Gr. Coach: Mr. John Pilarski

Contact Coach Laird: lairdl@medinabees.org

OBJECTIVES

- To teach the game of football
- To develop each athlete physically, mentally and emotionally
- To win Greater Cleveland 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

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

ITEMS TO BE PROVIDED BY THE ATHLETE

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

PAY TO PARTICIPATE: \$210.00 for 9th Grade Team; \$330.00 for JV & V - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

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

Boys Golf

Head Coach: Mr. Mike Mozingo

Contact Coach Mozingo: mozingom@medinabees.org

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 10- 12 playing at Medina Country Club. There is an optional week of practice to help kids prepare.

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: \$330.00 Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Mrs. Michelle McGrath

JV: Mr. Dennis McGrath

Contact Coach McGrath: mickeydmcgrath@gmail.com

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 6-8 girls will make the Varsity team, with the remaining girls playing 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 first two weeks of matches. Based on scores, the players are posting in matches, the coach may move players between Varsity and JV in order to put the strongest competitive team in the Varsity matches.

BASIC PRACTICE SCHEDULE

- Before the school year starts – there will be practice or matches daily
- During the school year – 3pm to 5:30pm every night after school
- Usually there are 2-3 matches per week

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Private lessons at a local driving range are recommended.

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

OTHER

Medina High School's golf team is competitive. Girls coming out for the team should be able to play 9 holes of golf and know the basic rules of golf. To qualify for the Varsity team, you must be able to walk and play 18 holes of golf several days in a row. All golfers will get a lot of instruction, but is not intended for the novice player.

Girls Gymnastics

Head Coach: Ms. Darcy Ranallo

Contact Coach Ranallo: darcyranallo@gmail.com

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Jake Kubasta

Contact Coach Kubasta: kubastaj@medinabees.org

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
- To teach sportsmanship, team work, and dedication

TEAM SELECTION PROCESS

All athletes with the desire to learn the skills of Lacrosse and have the dedication to commit to practice and game time will be kept on the team. The level of participation is based on ability, attitude, and game experience.

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

Practice beginning in mid February is 5-6 days a week continuing through the 1st of June... Both indoor & outdoor.

LETTERING REQUIREMENTS

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

ITEMS TO BE PROVIDED BY THE ATHLETE

Stick, shoulder & arm pads, mouthpiece, cleats, team helmet (\$130), team gloves (\$60).

PAY TO PARTICIPATE: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Summer, fall and winter leagues throughout Northeast Ohio (see Coach.) Summer and fall Open Field play on Sundays, 7 pm. Various summer tournaments and Fall 7v7 tournaments. Weight and conditioning programs November – Season.

Girls Lacrosse

Head Coach: Ms. Colleen Bodkin

Contact Coach Bodkin: bodkinc@medinabees.org

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 pm. The 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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Winter indoor from November to mid February, summer camps

Boys Soccer

Head Coach: Mr. Doug Coreno

JV-A Coach: Mr. Jason Stepp

JV-B Coach: Mr. Scott Simpson

Contact Coach Spelling: corenod@medinabees.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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

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

Girls Soccer

Head Coach: Mr. Jason Rutowski

JVA Coach: Nicolle Varney

JVB Coach: Ed Gambaccini

Contact Coach Rutowski: ruthowsj@medinabees.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 1. Cuts will be made this year. 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 and development.

BASIC PRACTICE SCHEDULE

M-F 3:00-5:00 JVB; 4:00-6:00 JVA & Varsity

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Talk to Coach Wojnarowsky for details.

Swimming

Coach: Mr. Anthony Petruzzi

Contact Coach Petruzzi: anth@zoominternet.net

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 participants)

PLAYING TIME CONSIDERATIONS

Skill level

BASIC PRACTICE SCHEDULE

- Season runs the first week in November through the end of February.
- Practices are weekday mornings, afternoons and Saturday mornings.
- Practices and meets will be held during school breaks.

LETTERING REQUIREMENTS

Based on time standards. Special consideration from Coaches

ITEMS TO BE PROVIDED BY THE ATHLETE

Team suit, goggles and spirit wear

PAY TO PARTICIPATE: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Athletes are strongly urged to participate with a competitive USA swim team and involve themselves in with a strength training and fitness program.

Boys Tennis

Head Coach: Ms. Alison Snook

JV Coach: TBD

Contact Coach Snook: snooka@medinabees.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. 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: 3:00pm-5:00pm Monday – Friday

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Mr. Pete Hoffmann

Contact Coach Hoffmann: hoffmanp@medinabees.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 Greater Cleveland 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 on 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 on 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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

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: Mr. Tobin Stepsis

Contact Coach Stepsis: stepsist@medinabees.org

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Indoor track starting in January and continuing until March, AAU meets and track clubs in the summer

Girls Track

Head Coach: Mr. Scott Van Fleet

Contact Coach Van Fleet: vanflees@medinabees.org

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 2:30 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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Indoor track, winter weight-lifting and conditioning, summer track clubs

Girls Volleyball

Head Coach: Mr. Jason Schellenberger

JV Coach: TBD

9th Gr. Coach: Ms. Andrea Catanzarito

Contact Coach Schellenberger: schellej@medinabees.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 and one three-hour practice for freshmen. After the start of school: Varsity, JV and Freshmen 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: \$210.00 for 9th Grade Team; \$330.00 for JV & V - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

High School camp, Open gyms throughout May, June and July, Club volleyball, Volleyball camps

Wrestling

Head Coach: Mr. Chad Gilmore

JV Coach: Mr. James Unger

Contact Coach Gilmore: gilmorec@medinabees.org

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: \$330.00 - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

Open mats, Clinics, Camps, Tournaments

Bowling Club

Head Coach: Mr. Jarrod Rodriguez

Contact Coach Rodriguez: medinabeesbowling@gmail.com

OBJECTIVES

- To develop Bowling fundamentals and knowledge of the game
- To teach team work, sportsmanship and dedication for the sport of Bowling
- To compete within the Greater Cleveland Conference (GCC) and at Sectionals, Districts and State.

TEAM SELECTION PROCESS

Bowling welcomes all participants from grades 9-12. A maximum of 7 **Varsity** and 8 **Junior Varsity** bowlers (both boys and girls) will be chosen based on highest average to compete within the conference and scheduled tournaments. Remaining bowlers will be allowed to practice with the Varsity and Junior Varsity teams and may be rotated into the Junior Varsity lineup as determined by the coaching staff.

PLAYING TIME CONSIDERATIONS

Five bowlers will start on the Varsity or Junior Varsity Team. Substitutions may be made for an individual bowler based on the United States Bowling Congress/USBC rules. However, no more than 8 bowlers may be rostered for a single competition.

BASIC PRACTICE SCHEDULE

- Tuesday through Thursday from 3:00pm to 5:00pm at AMF Medina Lanes
- Practicing on your own is highly encouraged. Medina Lanes offers a discount to any Medina High School bowler who would like to utilize the lanes throughout the season. Call-ahead lane rental is recommended.

LETTERING REQUIREMENTS

Currently, Bowlers cannot letter for this sport. However, club and individual awards are recognized at the end of season banquet and at the Conference, District and State level.

ITEMS TO BE PROVIDED BY THE ATHLETE

Bowling Shoes and Ball(s). These may be purchases on your own or can be supplied through the hosting bowling alley.

PAY TO PARTICIPATE: \$200.00 (subject to change) - Extra-Curricular Pay to Participate fee applies. Students may not participate until this fee is paid.

OFF SEASON OPPORTUNITIES

There are many summer and fall leagues available throughout Northeast Ohio to youth bowlers.

Medina Rugby Club

Director and V/JV Boys Coach: Mr. Brian Scerca

Girls V/JV Coach: Ms. Chalee Fronk

Middle School Boys Coach: Mr. Bob Bower

Middle School Girls Coach: Mr. Mike Nort

5th/6th Grade Coed Coach: Ms. Cindy Nort

Contact Medina Rugby: bscel123@gmail.com

OBJECTIVE:

- To teach life skills, attitudes, and values.
- To help each team to play to its greatest potential
- To teach team work, sportsmanship, responsibility, and hard work
- To help each player grow as a player, student, and person
- To develop Rugby fundamentals and knowledge of the game
- To help interested graduating players earn a college Rugby athletic scholarship

***Athletes looking to become better Football/Basketball/Soccer/Hockey players and Wrestlers are encouraged to participate (as there are many transferable skills). The game of Rugby encourages selflessness, team camaraderie, and trust. Every player gets chances to catch/pass/run/score/kick the ball. We develop all players to be equally as good at tackling/contact and running/evasion skills.

TEAM SELECTION PROCESS: Rugby is not a "cut" sport, so anyone may participate without the fear of being cut from the team.

PLAYING TIME CONSIDERATIONS

JV players will be rotated at positions to best prepare them for Varsity play. On Varsity, the best players play. 5th/6th and 7th/8th are also rotated to prepare players for the next level of play. These positions and playing time will be determined by the coaching staff.

BASIC PRACTICE SCHEDULE

V and JV practices for 2 hours per day 2-3 days a week. 7th/8th also practice for two hours alongside the JV/V teams. During winter weather Jan-March they practice inside usually in the evening. March-June they practice outside. 5th/6th start practice outdoors in March.

ITEMS TO BE PROVIDED BY THE ATHLETE

Cleats and a mouth guard

CLUB FEES: \$230 JV & V. 7th/8th \$130. Scholarships are available.

OFF SEASON OPPORTUNITIES

Traveling summer leagues, weight lifting, and summer/fall workouts.

Boys Volleyball Club

Head Volleyball Coach: Mr. Chris Howells

Contact Coach Howells: howellsc@medinabees.org

OBJECTIVE:

A volleyball club committed to developing competitive volleyball skills in student athletes by establishing and growing men's high school volleyball in Medina & Northeast Ohio.

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

TEAM SELECTION PROCESS

Two or three day evaluation in March. Players are selected based on tryout results in the following areas: skills/ability, commitment, coachability, position played.

PLAYING TIME CONSIDERATIONS

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

Beginning the 1st week of March, M-F generally 4:00-6:00 pm. Late March matches begin, generally Tuesday's & Thursdays. Regional playoffs begin Mid-May

LETTERING REQUIREMENTS

We do not yet offer varsity letters. We hope to soon!

ITEMS TO BE PROVIDED BY THE ATHLETE

Shoes, jerseys, shorts, warm-up jersey & volleyball, the first year. Re-usable subsequent years. Approximate cost \$165

CLUB FEES: TBD

OFF SEASON OPPORTUNITIES

Open gyms, Club volleyball, Volleyball camps

Medina Athletic Booster Club

boostermembership@medinabees.org

The Medina Boosters Club is a volunteer organization in the Medina City School District benefiting student athletes and organizations.

The Boosters Club consists mainly of dedicated, enthusiastic parents, coaches and community members willing to volunteer their time and efforts to further Medina athletics and organizations in a variety of ways. Such events include fundraising projects, community events focused on enhancing spirit and community pride for Medina athletic programs, as well as membership drives with proceeds benefiting student athletes and organizations.

The Boosters welcomes and encourages the vital input, ideas and suggestions of new and existing members. Membership is open not only to parents of Medina City School students but to adults, MHS alumni, as well as businesses and corporations in the community wishing to support the efforts of the Boosters. A variety of Booster membership levels are available and begin at the \$25 patron level.

The Medina Boosters can be emailed at boostermembership@medinabees.org. Sports, membership, advertising, meeting dates and email subscription information can be viewed at www.medinaboosters.org.

Traditionally, the Boosters have worked with the Athletic Department to purchase uniforms (on a rotating schedule) for each school sports team. The Boosters have developed additional fundraising efforts that encompass coach and Athletic Department requests for student athletes such as scholarship and recognition awards for MHS athletes qualifying for state level competition.

The Boosters' mission is to work closely with the Athletic Director, the Athletic Department and the school district administration, with the support of coaches, in an effort to develop and maintain a quality, interscholastic athletic program.

Athletics Lettering Policy

Lettering policy:

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

The MHS Activity Guide has been developed with the direct help of the advisors, athletic directors, 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 publication.

Any changes to the MHS Activity Guide should be directed to
Karoline Balas at Medina High School
balask@medinabees.org