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*North Ridgeville High School  
– OHSAA Preseason  
Spring 2026*

# Administration @ North Ridgeville

Meghan Hignite - Principal

Rob Winton - Assistant Principal

Melissa Cirilo - Assistant Principal

Kelsey Millino - Assistant Principal

Don Sparks - Athletic Director

Shayna Asp - Assistant Athletic Director

Lee Armbruster - Coordinator of Community Partnerships and Educational Outreach

Shane Sullivan - NRAC Head Principal

Melissa Durkin - Ranger Hi-Tech Principal

# Athletic Website

<https://northridgevillerrangersathletics.com/>

- Game Schedules
- Bus Schedule
- Staff directory of coaches
- Information for parents -Final Forms information
- District information – Pay to participate

# Final Forms/Physicals

All student athlete paperwork is online.

Students must be in Final Forms to participate in athletics.

Student Athlete and parent/guardian need to register.

Electronic signature for paperwork except pages 3,4 & 5 of the physical form need to be submitted to the athletic office.

Physicals Forms -

-They can be turned into the coach, trainer or the athletic office.

-They can be uploaded into Final Forms.

Link to Final Forms on the [Rangerathletics.com](http://Rangerathletics.com) website.

# Communications on Cancellation

The Spring Season is full of constant changes.

We will communicate via email in final forms as much as possible.

We will also post on the athletic website as much as possible.

Team pages/twitter updates as well.



# Pay to Participate Fee

High School - \$250

Middle School - \$150

Household cap of \$400

Checks payable to NRCS

Pay online through parent portal.

or call the bookstore 440-353-1165 - Lisa Gill

[lisagill@nrcs.net](mailto:lisagill@nrcs.net)





## • Why we want our students to play sports •

Participation in interscholastic athletics programs:

- Compliments your school experience.
- Fosters a sense of community and teaches lifelong lessons of hard work, teamwork, citizenship and discipline.



## Schedule Change at School

If a student drops a course or changes their schedule, it is critically important that they contact the principal or athletic administrator to see if this affects your eligibility.

It is the student's responsibility to communicate this.



## Scheduling Information

Students taking College Credit Plus must comply with OHSAA scholarship standards.

All students participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools must also comply with OHSAA scholarship standards.

Semester and yearly grades have no effect on OHSAA eligibility.

No high school student will be eligible if he or she has been enrolled in high school for more than eight semesters.

High school students will be ineligible whenever they turn 20 years old.



- OHSAA Non-School Team & Out-of-Season Standards •

You will be ineligible if you are competing on a non-school team in the same sport during your school team's season

(example: club baseball during school's baseball season).



## • OHSAA Transfer Standards •

Once eligibility has been established at a member high school and you transfer to another school, you will be ineligible for the **second half of contests including post season play.**

**50 percent of the maximum allowable regular season** sport in which you participated during the previous 12 months.

So for basketball it would be 11 games, even if you only play 20 as 22 is the max.

# High School Trainer - Lindsay Sullinger

If you have a question pertaining to injuries for high school athletes you can contact Lindsay the trainer

[lindsaysullinger@nracs.net](mailto:lindsaysullinger@nracs.net)





## Impact Testing

At North Ridgeville we conduct impact testing prior to the start of each season on our student athletes.

This is a baseline concussion protocol exam.

Done on a computer at the school.

In addition, you are highly encouraged to review a short presentation on concussions available at no cost ([www.nfhslearn.com](http://www.nfhslearn.com)).



## • Concussions •

### Health & Safety

It is **EXTREMELY** important for everyone involved in school sports to recognize the potential dangers associated with **concussions** and review their responsibilities in protecting student-athletes.

Concussions are **NOT** just a problem in football . . . concussions can happen in just about any sport!

A concussion is a traumatic brain injury that interferes with normal function of the brain. “Dings” and “bell ringers” are **SERIOUS** brain injuries and you do **NOT** have to have loss of consciousness for it to be considered serious. Young athletes are at increased risk for serious problems.



## • Concussions •

In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion . . . such as loss of consciousness, headache, dizziness, confusion or balance problems . . . shall be **IMMEDIATELY** removed from the contest or practice and shall not return to play that same day.

Thereafter, the student shall not return to practice or competition until cleared with **WRITTEN AUTHORIZATION** from a physician or health care provider approved by the local board in accordance with state law.

# Return to play

If you go to a physician or medical facility for an injury, any injury, you will need to **get clearance in writing** to return to participation.

At this point the student athlete will work with the trainer to begin the return to play protocol.

The OHSAA has a form for the return to participate protocol.



# Going to the Doctor or Medical Facility

If you got to your doctor or to a Emergency room or Urgent Care for an injury you will need to written clearance to return to play for ANY injury.

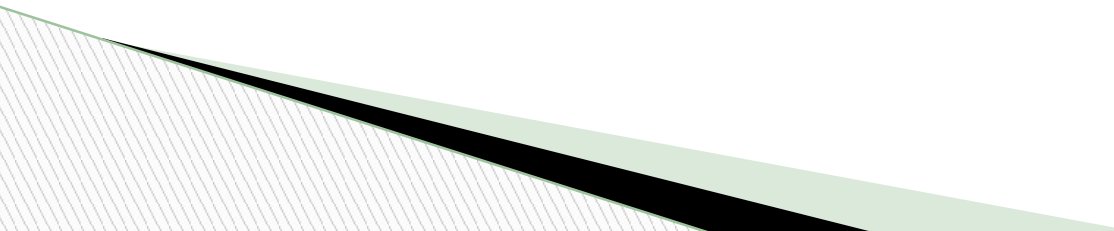
# Attendance at School

In order to participate in practice or a contest a student athlete must be in **school for the entire day**.

Exceptions to this requirement include: field trips, other educational experiences, deaths in immediate family, religious holidays, or other planned absences approved by school administration.

Any student arriving late to school, who signs in at the attendance office within thirty (30) minutes from the start of the school day will be permitted to participate in activities that day.

In the event tardiness to school results in school discipline, the section on school discipline will be in effect. The building administration may provide an extension to this section based on extenuating circumstances.





## • Additional Health & Safety Guidelines •

North Ridgeville HS & the OHSAA do not permit the use of any form of alcohol, tobacco or illegal drugs.

Besides the health risks involved, use of any of these items will result in students being disqualified from contests and violators likely facing additional school and legal penalties.

# What NOT to say During a Contest

You should NOT yell at athletes.

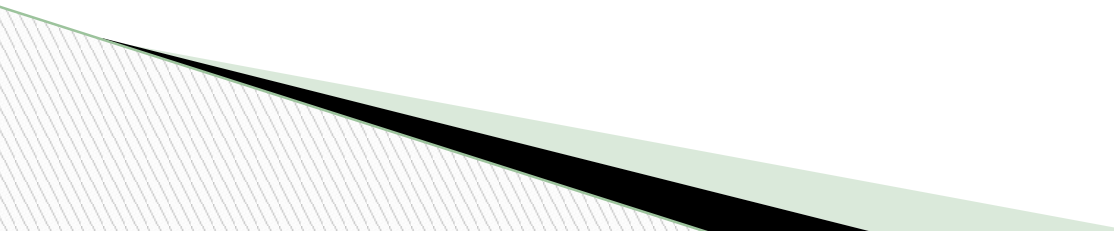
You should NOT talk about other people's children.

You should NOT scream at officials.

You should NOT scream at coaches

You should NOT scream at other fans.

This type of behavior will lead to you being removed from the venue and possibly being banned.



# **If you are upset during or after a contest – Respect the game**

Chances are that if it is immediately after a contest you will be emotional. Chances are the coach may also be emotional.

That is not the time to have a conversation.

Please do not scream or yell at officials, coaches, student athletes or opposing fans.

That behavior will result in a game ejection and possible ban from future events.