



Oak Hills Youth Athletics (OHYA) Sports Registrations

(click on the link below for more details)

Golf

Boys and Girls – Ages 9–15 - Coed league

League Play at Woodland Golf Course and Instruction at Neumann Golf Course

Season - Wednesdays - June 5 – July 31

Beginner and Intermediate Players – several options included for instruction and play

Cost - \$120 - \$130

Registration Closes June 2nd

Follow the link for more information and to register! <https://oakhillsathletics.sportngin.com/register/form/790784458>

Fall Soccer

Boys and Girls - Grades K -12

Season - August - October

- Little Kickers Program (4 - 5 years) - \$35
- Regular SAY Program (6 - 13 years) - \$68
- SAY Premier Program (7 - 13 years) - \$208 (with uniform package)
- SAY Premier Program (7 - 13 years) - \$128 (returning players)
- Minor/Senior Program (14 - 19 years) - \$60

Registration Closes end of May or as teams fill

Follow the link for more information and to register! <https://oakhillsathletics.sportngin.com/register/form/761532337>

Lionfish Swim School

Oak Hills Youth Athletics Swimming is again offering swim lessons. Registration is now open for **OHYA Lionfish Swim School SUMMER Session**

- **Summer Session** - Early registration for Oak Hills families opens April 18. **Registration closes May 26** – Summer two week intensive with 8 lessons over a two week period starting 6/3, 6/17, or 7/8 - \$100
- **Lessons** - Ages 3 – 11 and Parent & Child classes also available (ages 6 months – 4 years)
- Days and Times are posted on the OHYA Swimming webpage.

Follow the link for more information and to register! <https://oakhillsathletics.sportngin.com/register/form/189498734>

Information and Registration links can be found by going to www.ohyouthathletics.org and choosing the sport.



Any current 6th or 7th grade student interested in playing football for Oak Hills next year should plan to attend a meeting with their parents on Monday, May 20th at 6:30 pm in the Rapid Run Middle School Auditorium. Coach Prosser, Coach Sowders (8th gr) and Coach Klosterman (7th Gr) will be in attendance to answer questions.

Oak Hills Little Highlanders Youth Football

Signups are underway for K-6th grade youth football for the upcoming 2019 season!

~ K- \$50, 1st-6th- \$150 ~

(add'l recoverable \$50 fundraising fee per family-\$250 max out of pocket)

For more info and to register and pay online, go to:

LittleHighlanders.com



SAY Soccer Program

Registration is open for Delhi SAY Soccer for the Fall. Registration is available for all boys and girls ages 3 through 13 and is strictly recreational. All information and details is available on our website for each age level. We will also be offering SAY Premier teams for a more competitive environment while not playing club soccer. Visit www.delhielitesc.com for more information and registration.

Summer is fast approaching and Highlander Sports Camps are your answer for fun and safe activities for your kids! Participants will receive coaching and instruction from OH coaches and players.

Check out all the great youth camps we have to offer at highlanderssportsamps.com! You can register and pay right online or print a registration form and mail it in!



2019 OAK HILLS BOYS SUMMER BASKETBALL LEAGUE /4th-9th Grade [All Age Groups]

GENERAL LEAGUE INFORMATION:

LOCATION: Oak Hills High School North and / or South Gyms

AGE GROUPS: 4th/5th Grade League / 6th/7th Grade League / 8th/9th Grade League

PLAY DATES: June 17, 18, and 19 / June 24, 25, and 26 / July 1, 2, and 3

NUMBER OF TEAMS: To be determined by League Participation numbers. Limit- 8 teams per Age Group

NUMBER OF PLAYERS: 8-10 Players per team

****** Players can register late. The cost will be adjusted if you sign up after Game 1.

REGISTRATION DEADLINE – JUNE 13, 2019(Late Registrations are accepted, if openings)

****** Applications are processed on a first-come, first-serve basis. Late registration will be accepted, but may be placed on a waiting list.

Please sign up on line at oakhillssports.com under “Fan Zone” OR use the form below.

COST PER PLAYER: \$70.00 per player

NUMBER OF GAMES/TIMES: 9 games / 9:00 am, 10:00 am, 11:00 am [and possibly Noon]

****** A championship game between the top team in each division will be played on the last day.

SUB SYSTEM: Based on equal number of minutes per player; number system called out by scorekeeper.

GAME TIMES: Four [4] eight minute quarters, with stop and go. This is subject to change if there are 9 or 10 players on a team.[10 players/team= 10 minute quarters].

T-Shirts: To be distributed at the first game. Please be at Oak Hills High School 30 minutes prior to your first game to receive your shirt.

LEAGUE RULES:

- [1] Attendance is very important to your team. If you cannot attend your game, please notify Mike Price [451-5219] at least one day prior to your game so that subs can be called. Please do not arrange your own sub.
- [2] Players must wear their league shirts to each game. A penalty of one [1] technical will be assessed for each player without a league shirt.
- [3] Excessive absences or unsportsmanlike conduct such as fighting, swearing, complaining to officials, etc. will be grounds for removal from games or suspension from the league.
- [4] Man to man defense must be played. No zones.
- [5] There will be one [1] timeout per half per team.
- [6] If overtime becomes necessary, a two-point sudden death will determine the winner.
- [7] Each player will play equal time with automatic subs at given times. The clock stops during subs. The scorekeeper will be responsible for calling sub numbers at each break.
- [8] Bonus FT's will be awarded on the 10th foul of each half. Shooting fouls will still be awarded [2 or 3 FT's].
- [9] The league directors reserve the right to enact any changes which would be in the best interest of the league, an individual or a team.
- [10] All other high school basketball rules apply.
- [11] Please respect officials in the games. The officials are high school players and/or coaches.

OAK HILLS LOCAL SCHOOL DISTRICT

Release of Legal Guardian on Behalf of Minor
Boys' Basketball Camp

The undersigned, on behalf of

a minor whose birthday is _____
and for whom the undersigned is the natural or legal guardian,
hereby releases the Oak Hills Athletic Boosters and the Oak Hills
School District, its administrators, coaches, and employees, from any
and all liability of whatever nature relating to or in any manner arising
out of the use of such minor of the Oak Hills District facilities.
Furthermore, the undersign agrees to indemnify and hold harmless
the Oak Hills School District, its administrators, employees, and
coaches, from any suit or other legal proceeding, including, but not
limited to, attorneys' fees with respect to the use of the facilities or
any part of them by the minor named above. This release and
indemnification shall be binding upon the personal representatives,
heirs, and assigns of the undersigned and of the minor named
above.

I acknowledge that I have read the foregoing paragraph, that
I understand it, that I have the option to have it reviewed by legal
counsel prior to signing, and that I agree to it.

Signature of Parent/Guardian Date

Print Name

OAK HILLS ATHLETIC BOOSTERS SUMMER BASKETBALL CAMP 2019

Directed by Head Coach Mike Price
and
The Oak Hills Basketball Staff
Including Current/Former Players
At
OAK HILLS HIGH SCHOOL
[North & South Gyms]



DATES

Camp Sessions: June 10-13, 2019

Grades 1-5 8:30-11:00 am

Grades 6-9 11:30 am-2:00 pm

**** Information on Boys Summer League
at Oak Hills Hills High School included.**

**Please sign up on line at oakhillssports.com under "Fan
Zone" OR use the form provided.**

Oak Hills Golf 2-Club Outing

August 3, 2019

Come join the Oak Hills Golf Team as we kick off the 2019 season, with our 2-club golf outing.



Location: Woodland Golf Course
5820 Muddy Creek Rd
Cincinnati, OH 45233

Date/Time: Saturday August 3, 2019 12:30 & 3:00

Information: 9 hole event, 2 Clubs, Seven par 3s, Two par 4s, Individual scores, Closest to the pin awards for each hole, Longest drive award, 1st, 2nd & 3rd place awards, Skins game

Fee: \$55.00 per player includes Greens Fee, Lunch, Drinks, T-Shirt & Door Prizes
(If needed, Carts available at Clubhouse for \$7.50)

Sign up: 12:30 Shotgun Start _____ or 3:00 Shotgun Start _____

- | | |
|----------|------------------|
| 1. _____ | Shirt Size _____ |
| 2. _____ | Shirt Size _____ |
| 3. _____ | Shirt Size _____ |
| 4. _____ | Shirt Size _____ |
| 5. _____ | Shirt Size _____ |
| 6. _____ | Shirt Size _____ |

(If you are not able to fill a complete group of 6, please register and we will pair with others)

You may also show support with a Hole Sponsorship of \$50.00 in the name of: _____

We appreciate your consideration and hope that you are able to join the fun! Please let us know if you are able to donate items/ certificates to be used as prizes. 100% of the proceeds go to the OH Golf Program. More info contact Derrick Reed reed_de@ohhsd.org 513-913-8408

Please send all payments to Oak Hills HS 3200 Ebenezer Rd Cincy, OH 45248 Athletic Dept.
Attn: Derrick Reed. Checks made out to Oak Hills Athletic Boosters (OHAB) or Sign up/ Pay at www.oakhillssports.com Click Fundraisers.

Please follow us on Twitter: [oakhillsgolf](https://twitter.com/oakhillsgolf) & Facebook: Oak Hills Boys Golf

2019 OAK HILLS SOFTBALL CAMP

Oak Hills Softball Head Coach Jackie Cornelius-Bedel and her staff will be conducting the 2019 Summer Softball Camp on June 3 and 4. It will be run by current and former college and professional players and coaches, ensuring that each camper receives the highest quality instruction available in the area. Instruction will be given in all areas of fast pitch ... fielding, throwing, hitting, base running. Special drills for pitchers and catchers will be available.

Staff will include:

- **JACKIE CORNELIUS-BEDEL** – Oak Hills Head Varsity Coach, Oak Hills High School 4 yr starter, Cleveland State University 4 yr player, European National team player/coach, Michigan Ice professional team player
- Oak Hills Assistant Varsity and Reserve Coaches
- Other current and former college players and coaches from U of Dayton, George Mason University, Northern Kentucky University, Marshall, Wright State University, Thomas Moore College, Miami University, among others.

June 3 and 4, 2019

\$70 per camper (includes t-shirt if registered by June 1)

Camp is for all girls entering grades pre-K thru 10

Camp runs 9:00 – 3:00 each day

Bring your lunch. Drinks and snacks will be available for purchase.

Camp will be held at Rapid Run Middle School

6345 Rapid Run Rd, Cincinnati, OH 45233

Camper should bring their glove, bat, cleats, and helmet.

Complete this form and Medical Release and return both forms to the address listed below. All confirmations will be done via email

Camper's name _____ Grade in fall _____
Address: _____ t-shirt size: YM YL AS AM AL AXL
City, State, Zip: _____
Parent cell phone _____
Email address (mandatory for confirmation) _____
Primary playing position _____
Summer team _____

Checks payable to: Oak Hills Athletic Boosters

**Mail to: Oak Hills Softball Camp
4472 Hidden Oaks Lane
Hamilton, OH 45011**

Sorry, no refunds for non attendance

Rain date – June 5

QUESTIONS ?? – 703-6109, oakhillssoftball@gmail.com

**SAVE TIME AND
REGISTER ONLINE**

www.highlanderssportsamps.com

**Pay via credit card or print registration
and send in by mail.**

**REGISTER SOON TO GUARANTEE
YOUR SPOT !!**



RAPID RUN/OAK HILLS MIDDLE SCHOOLS

FALL 2019 ATHLETIC INFORMATION



IMPORTANT!

- ❖ Students will not be allowed to participate in tryouts or practices until all paperwork is filled out on final forms.
- ❖ The [Pre-Participation Physical](#) is the only hard copy that needs to be turned into the coach then AD of each middle school.
- ❖ Final Forms needs to be filled out after 5/1/19 but before 7/30/19 – <https://oakhills.finalforms.com/>
- ❖ If you have any questions contact Shane Sowders (RRMS Athletic Director) at sowders_s@ohlsd.org
- ❖ Mandatory parent meeting for all fall athletes – Monday, August 5th – 6:00 – 7:00 pm – RRMS Auditorium

VOLLEYBALL

Rapid Run Middle School Team

- ❖ Open gyms – 7/19, 7/22, 7/24 – 9:00 – 11:00 am
- ❖ Tryouts – 8/1 and 8/2 – 7th grade 4:45 – 6 pm / 8th grade 5:45 – 7 pm
- ❖ 8th Grade Coach Cohill – cohill_k@ohlsd.org
- ❖ 7th Grade Coach Ibold – ibold_k@ohlsd.org

BOYS GOLF

Rapid Run Middle School Team

- ❖ Tryouts - 8/1 arrive by 12:30 pm & 8/2 arrive by 10:30 am
- ❖ Woodland Golf Course - 5820 Muddy Creek Rd, Cincinnati, OH 45233
- ❖ Please bring your clubs, a water bottle and attend both tryouts
- ❖ Coach Adamson – jadamson55@gmail.com

GIRLS GOLF

Oak Hills Middle School Team

- ❖ Tryouts will be held at Robin's Nest or Fernbank on Thursday, 8/1 TBA
- ❖ Please bring your clubs, a water bottle and attend both tryouts
- ❖ Coach Fritz – fritz_f@ohlsd.org

FOOTBALL

Oak Hills Middle School Team

- ❖ Practice Begins Thursday, August 1st
- ❖ Please complete Final Forms to receive updates and information throughout the summer
- ❖ Coach Sowders – sowders_s@ohlsd.org – 8th Grade Coach

CROSS COUNTRY

Oak Hills Middle School Team

- ❖ First Conditioning practice is – Thursday, July 11th – 7:30 pm
- ❖ @ Fernbank Park Lodge (by the flagpole)
- ❖ Contact Coach Anderson for information – anderson_c@ohlsd.org

GIRLS TENNIS

Oak Hills Middle School Team

- ❖ Tryouts – Thursday, August 1st and Friday, August 2nd
- ❖ Oak Hills High School 11:00 – 12:30 pm
- ❖ Coach Zang - zang_s@ohlsd.org



BEACON

Orthopaedics &
Sports Medicine

Pre-Participation Sports Physicals

Cost: \$20.00 Check or Cash Only
(\$10.00 is donated to school's
Athletics Department)

Date: Monday, June 10th

Time: 6:00pm - 8:00pm

Location: Beacon West

6480 Harrison Avenue
Cincinnati, OH 45247

***Each Student must have OHSAA forms signed
by a parent or legal guardian!**

For questions or an email reminder, please contact
aharper@beaconortho.com





PREPARTICIPATION PHYSICAL EVALUATION 2019-2020

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HISTORY FORM – Please be advised that this paper form is no longer the OHSA standard.

(Note: This form is to be filled out by the student and parent prior to seeing the medical examiner.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____
 Address _____
 Emergency Contact: _____ Relationship _____
 Phone (H) _____ (W) _____ (Cell) _____ (Email) _____

Medicines and Allergies: Please list the prescription and over-the-counter medicines and supplements (herbal and nutritional including energy drinks/protein supplements) that you are currently taking

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: Asthma Anemia Diabetes Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		

BONE AND JOINT QUESTIONS - CONTINUED	Yes	No
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		
MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the past month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes (cold sores) or MRSA (staph) skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headaches, or memory problems?		
36. Do you have a history of seizure disorder or epilepsy?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had an eye injury?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to gain or lose weight? Has anyone recommended that you do?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Student _____ Signature of parent/guardian _____ Date: _____

The student has family insurance ☐ Yes ☐ No If yes, family insurance company name and policy number: _____

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TIME TO REGISTER FOR OUR ALUMNI & COMMUNITY GOLF OUTING

SPRING IS HERE!

June 21, 2019 * Aston Oaks Golf Club * 1:30 p.m.



Greetings Highlanders,

Happy first day of spring! Just a quick note while you're enjoying your spring break to remind you about the Oak Hills Alumni & Educational Foundation's golf outing on June 21 at Aston Oaks. The event is open to alumni, staff, parents, teachers and community members age 21 and over! Registration opened March 1 and we're already 50% sold. **This event will sell out** so don't waste time if you're planning to play.

[Visit our website to register your foursome](#) now or, you can pony cash or checks payable to OHAEF to me at district office!

Early-bird registration is \$110/player and includes:

- 18 rounds of golf with cart in a scramble format
- lunch before the outing
- drinks on the course
- dinner and drinks after the event
- sleeve of golf balls
- swag bag

Price is \$125/player beginning May 1.

The event is our largest fundraiser and all monies raised are distributed back to the district through education grants for teachers and special projects. Will you join us on the course this June? Gather your team and sign up now!