

Purpose

This brochure is designed for students and parents to help define the role of athletics in the Champaign Unit 4 High Schools. This ready reference guide should assist anyone seeking information about the function and governance of athletics in this school district. Further, it should serve as an additional instrument for coaching personnel to communicate with parents and students.

We are pleased that our students have indicated a desire to participate in interscholastic athletics and that their parents have expressed a willingness to permit them to compete. We believe that participation in sports provides a wealth of opportunities and experiences which will assist students in personal growth and development. We take this opportunity to acquaint students and parents with problems that could be detrimental to a well-organized program of athletics if parents are not informed.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets the student's needs of self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

For the purpose of this handbook, the following definitions will be used:

Athlete means a boy or a girl enrolled in grades 9 through 12 in Champaign Unit 4 Schools, or who otherwise has authorized administrative permission to participate and who is participating and/or intends to participate in an interscholastic activity, cheerleading, or pom pon activity sponsored by the Champaign Community Unit School District No. 4.

Activity means any tryout, practice, game, event, contest, competition, tournament, match, or recreation connected to the conduct of a sport, including school sponsored weight training, summer league, camp or open gym.

Sport means any interscholastic sport sponsored by Champaign Community Unit School District No. 4 and includes cheerleading and dance.

When there is a violation of school policies, rules, or regulations of this handbook by a student-athlete, nothing in this handbook or elsewhere shall prohibit the school district from imposing discipline available under this handbook and classroom-academic penalties for the same offense. School officials, at their sole and exclusive discretion, may alter the penalties in this handbook or elsewhere to fit the misconduct such penalties are intended to punish.

UNIT 4 HIGH SCHOOL INTERSCHOLASTIC ATHLETICS

| FALL | | WINTER | | SPRING | |
|---|--|---|-------------------------------------|-----------------------------|-----------------------------|
| BOYS | GIRLS | BOYS | GIRLS | BOYS | GIRLS |
| X Country Football Golf Soccer Cheerleading | X Country Golf Swim Tennis Volleyball Cheerleading Dance | Basketball Swim Wrestling Cheerleading | Basketball Cheerleading Dance | Baseball Tennis Track | Soccer Softball Track |

Section 1 MISSION STATEMENT

The Champaign Unit 4 Schools support the philosophy that a quality interscholastic athletic program is vital to the positive social, physical and educational development of students. The interscholastic athletic program enhances and supports the academic mission of the school system. We are committed to promoting the proper ideals of sportsmanship, ethical conduct, and fair play at all athletic contests. We support high standards of good citizenship and propriety, along with regard for the rights of others.

Being a member of the interscholastic program is a privilege to be earned and maintained throughout the season. Students do not possess inherent property rights to participate in the athletic program. Each time participants step into a school or onto the practice field and anytime they participate in a game, they are expected to represent themselves, family, team and school in a responsible, sportsmanlike manner.

It is our responsibility to provide challenging opportunities for our student-athletes to compete successfully at the conference, regional, and state levels.

In addition to embracing and committing to the aforementioned philosophy, we will also encourage and promote:

- The belief that athletes should participate in multiple sports and not specialize in any one specific sport.
- The concept of the broadest-based participation possible by offering several athletic teams to the student-athletes, and extending the opportunity to participate in athletics to as many students as possible.
- The premise that all teams are considered vital for our student-athletes and each is a valued part of our athletic program. No one sport is considered more important than any other sport.
- The approach that all teams are treated as fairly as possible.

Section 2 REQUIRED FORMS

Parent Permit/Insurance Waiver

The parent permission and insurance waiver form is required by Unit 4 Board policy. The parent permission portion of the form is the acknowledgment by parents that their son/daughter has parental permission to participate in any athletic program in the Champaign High Schools. The insurance waiver portion of the form is a waiver of responsibility related to accident and insurance coverage. No participation in try-outs, practice, or contests will take place until the parent permit/insurance waiver form is on file in the athletic office.

Physical Exam

The Illinois High School Association and the Unit 4 Board of Education require that athletes must have a physical examination before they can try out, practice, or participate in any contest. They shall have filed with their high school athletic director a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner not more than one year preceding practice or participation in any interscholastic athletic contest or activity.

NOTE: The same physical examination, insurance waiver, and parent permit will qualify a student for participation in sports during the fall, winter, and spring seasons of any given year.

Section 3 ATHLETIC EXPECTATIONS, RELATIONSHIPS, AND ROLES

Parents are faced with many challenges. The effort and responsibility can be more complicated by being a parent of an athlete. Many relationships are involved in being an athlete and the parent of an athlete. The following expectations are critical for coaches, parents, and athletes to ensure a positive athletic experience and a strong partnership:

Parents' Expectations of Coaches

- Promote academics as the #1 priority
- Provide fair and equitable treatment of athletes
- Communicate with parents and athletes
- Exhibit positive role model behaviors
- Assist with college selection and the recruitment process
- Interpret school, county, and state guidelines
- Model good sportsmanship
- Provide a fair and equitable selection system with sound and objective criteria to the fullest extent possible

Coaches' Expectations of Parents

- Express concerns directly to the coach
- Notify the coach of schedule conflicts
- Support team accomplishments and coaching philosophy
- Exhibit good sportsmanship

The Player-Coach Relationship

The three questions below define the two way relationship between player and coach.

- Does the athlete/coach care?
- Is the athlete/coach committed?
- Can the athlete/coach be trusted?

The Parent-Coach Relationship

Parents love their children and are concerned about their welfare. We understand that parents want the best for their children; however, an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects.

Should there be any questions or concerns, parents should not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Parents should call and make an appointment for a later time and approach this meeting in a calm and courteous manner.

One of the responsibilities that a coach has at the conclusion of a contest is to have a brief meeting with his or her players. Athletes should come immediately with the team to the locker room after a game or meet. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player Relationship

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Students should enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When a parent speaks with their child after a contest, they should not dwell on their play, how many points they scored, or if they started. The first question should be to ask how the team did. Did they play hard, give 100%, and have a good experience?

Relationship with Officials

There is an age-old refrain often used by irate fans: "How much are you paying the officials?" The home school does not retain the officials for many of our contests. In many sports, the Big 12 Conference assigns officials, and neither team has control over which officials are assigned.

Officials agree to and follow a code of ethics. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

People will not always agree with all of their calls. Good sportsmanship should be displayed at all times. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship that can easily be damaged by spectators.

Spectator-Cheerleader

Cheerleaders try to infuse spirit into the fans / spectators and to lead them in selected cheers. As a spectator, taking on this responsibility is not appropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleaders' directions, therefore, is necessary at all athletic contests.

The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the event.

Athletic Chain of Command

In Unit 4 schools, the following chain of command is in effect:

- Player/Parent
- Assistant / JV Coaches
- Head Coach
- Athletic Director
- Assistant Principal / Principal

If there are any questions or concerns involving some aspect of our athletic program, the athlete and parent should first contact the appropriate coach. If there is no resolution, he or she should then go to the head coach and so forth.

Responsibilities of an Athlete

Being a member of an athletic team is the fulfillment of an early ambition for many students. A wholesome athletic tradition is not established overnight; it is the result of hard work by many people over many years. Student-athletes have inherited a wonderful tradition, a tradition they are challenged to maintain. A good athletic tradition is worthy of the best efforts of all concerned. Over many years Champaign high school teams have won many league and tournament championships. We have individuals who have set records and won All-Conference, All-State, and All-American honors. It will not be easy to represent the school in interscholastic athletics and to uphold a great athletic tradition; however, the contributions made should be a satisfying.

Coaches expect athletes to adhere to the following guidelines:

- Adopt good study habits to strive for excellence in the classroom.
- Develop sport skills and knowledge to the best of one's ability.
- Strive for excellence by maintaining proper training, conditioning, and nutrition, and refrain from the use of any mood altering substances.
- Put the team's goals, welfare and success before any individual.
- Conduct oneself in an appropriate manner in the classroom, on the field of play, and in the community.
- Promote outstanding sportsmanship.
- Use socially acceptable language. Profanity and obscene gestures will not be tolerated.
- Attend all practice sessions. This includes weekend and holiday periods, unless excused by the coach.
- Be receptive to coaching.
- Be responsible for all issued uniforms and equipment.
- Follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also their families, the coaching staff, the school, and the community.
- Report all injuries to either the coach or, more importantly, to our athletic trainer.
- Strive to uphold a high image of the Unit 4 high school athlete in the community.

Responsibilities of a Coach

A coach has the responsibility for the following:

- Selecting the squad.
- Determining the style of play, including the offensive and defensive philosophy.
- Teaching and instructing at practice sessions.
- Determining who starts and how long an athlete plays in a contest.
- Deciding who plays in what position.

Responsibilities of a Coach (continued)

- Establishing team rules (this may be done with input from the squad).
- Selecting team captains (optional). This may be done with input from the squad.
- Establishing the requirements to earn a letter.
- Communicating with athletes and parents with respect to practice sessions; when they will begin and end.

Section 4 PARTICIPATION ON ATHLETIC TEAMS

Participation on an Athletic Team

It is important to understand that participation on an athletic team in a Unit 4 high school is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of an athlete as long as one is enrolled at the school. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to do what they feel is best for the program, a coach will use players best suited to the conditions or demands of the contest at that time.

Selecting the Team

While our ultimate goal is to promote the greatest athletic participation possible in Unit 4 high schools, it may be necessary in some sports to cut a squad. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors. Coaches and sponsors may conduct "try outs." Prospective student-athletes should be positive role models in the school and community. They should exhibit good attendance at school, make passing grades, avoid discipline referrals and suspensions, and avoid participation in any illegal activity within the school and community.

Coaches/sponsors may limit team/group members based on the following criteria but not limited to:

- overall talent and ability based on objective tryout criteria to the fullest extent possible
- work habits (e.g. positive attitude, hustle, receptiveness to instruction, etc.)
- positions needed for the team or activity
- availability of personnel in sufficient numbers to ensure adequate supervision and safety of participants
- current school year attendance
- current school year discipline
- current school year academic grades

Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the coach. A copy of the written criteria is distributed to our athletes prior to the tryouts and to our parents at sport pre-season meetings. If you have questions about these, please contact the coach.

It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or the varsity squad the following year. Having been a member of a team during the previous year or being a senior does not ensure that an athlete will make the squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment; coaches will handle the task as positively as possible and be available to answer athletes' questions.

While we understand that being cut from a team is disappointing for many athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to try out again next season or to try another sport. When parents and athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.

The Purpose of a JV or Freshman Team

Freshman and JV teams exist to provide those athletes who are unable to participate on the varsity squad an opportunity to develop skills and gain experience. While the athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a freshman or JV team may enhance the athletes' potential to make the varsity squad in the future.

A caution, however, must also be given. Being a member of a freshman or JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year.

Striving to win is important in athletics. However, compiling a great record or winning a championship should not be the primary objective of a freshman or JV team. The development of athletes should be the ultimate purpose of a freshman or JV squad, while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

Practice Sessions

Practice sessions are typically for athletes only. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

Practice sessions:

- May last at least two hours.
- May start and end at different times due to the schedule of the coach or of our facilities. Check with the coach for the specific times.
- May be held on weekends and over holiday periods.

Other practice requirements:

- Students involved in athletic activities must be in attendance at school for one-half of the school day in order to practice or participate in activities that day. Any exceptions must be cleared with the Athletic Director.
- If a player misses practice the day before a game, his or her playing time will be determined by the coach and based upon the reason for missing practice.
- Any player who accumulates two unexcused absences from required practices or games may be removed from the team and may be ineligible for any athletic awards for that sport for that season.

Absence Policy:

- The student-athlete may be removed from the team or activity and forfeit all awards when TWO UNEXCUSED ABSENCES from required practices or games are accumulated.
- The two unexcused absences will accumulate during each sport/activity season, not during a semester or school year.
- Some excused and prearranged absences and all school-sponsored field trips taken during the school day may be treated as though the student-athlete was in school that day so he/she will be allowed to practice and play in games or contests.

Conduct of an Athlete

The conduct of an athlete is closely observed in many areas of life. It is important that his/her behavior be exemplary.

On the Field: In athletic competition an athlete must not use profanity or illegal tactics and should learn that losing is part of the game and that one should be gracious in defeat and modest in victory. It is courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

In the Classroom: In the academic area, an athlete should become a good student. Academic achievement for athletes, as well as other students, must be the number one school priority. Therefore, athletes must plan their schedules so that they have sufficient time and energy for their studies. Athletes should have a good attendance record. Cutting classes or school may adversely affect participation in athletics.

On the Campus: The way an athlete acts and looks on the campus is of great importance. Athletes have an opportunity to be leaders and worthy of respect from their fellow students.

It is the athlete's responsibility to learn and demonstrate proper athletic behavior. Such behavior can be described as actions by players which promote cooperation and learning during practice, which encourage a profitable work ethic, and which result in excellent competition coupled with good sportsmanship on the playing field.

The coaching staff will not tolerate any actions of players who show a lack of concern with regard to acceptable behaviors and attitudes (e.g. profanity, removing jersey prior to entering locker room, etc.). Therefore, if improper behavior is observed in practice or athletic contests, corrective disciplinary action will be taken. Potential consequences may include decreased playing time, suspension from game or games, and possibly dismissal from a team for serious or repeated violations.

In the Community: Athletes are representatives of their team and school everywhere they go, every day of the year. All should be mindful of that fact, and strive to uphold a high image of the school/team/themselves in the community.

Discipline

A student may be suspended or dropped from an athletic team for any one of the following:

- Failure to maintain the district's established academic standards.
- Violation(s) of the Substance Abuse Policy.
- After injury, failure to receive a medical release statement from a physician.
- Falsification of physician's signature, parent or guardian's signature, or an athletic permit card.
- Acts of unsportsmanlike conduct.
- Failure to follow training rules as set forth for individual sports by coaches and approved by the Athletic Director.
- Any gross disobedience or misconduct of school rules that might result in discipline, if it occurred in conjunction with the academic program.

By participating in any extracurricular activity, the student agrees and promises to abide by all the requirements set forth in this section. There should also exist the understanding that violation of this code in any respect will cause the student to be ineligible to participate in extracurricular activities to the extent as set out hereafter. These penalties are the minimum acceptable consequence, as individual coaches may have team rules that are more stringent. Violations that occur while the student is not currently in a season will follow these guidelines:

- A) The penalty will be applied in the next extracurricular sport in which the student participates.
- B) In order for an extracurricular sport to qualify as the next full season, the student must **complete** that season in good standing. If the student should fail to complete the season in good standing, the served suspension is void and must be served in the next season in which the student participates.
- C) If the suspension causes an athlete to be cut from a team at tryouts, the penalty will then be considered to have been served and the athlete will be eligible for the next season.

This code addresses specific areas of concern for the athletic departments. It is our expectation that our athletes will make positive choices that will keep them from receiving a suspension from competitions. The following students will be subject to athletic disciplinary action regardless of when the incident occurs.

- Students who are found to be in possession of a controlled substance/paraphernalia (including but not limited to alcohol and marijuana) by the police, a staff member or their parents.
- Students who are found to be under the influence of a controlled substance (including but not limited to alcohol and marijuana) by the police, a staff member or their parents.
- Students who are ticketed by the police for attendance at a party where illegal substances (such as alcohol and marijuana) are present.
- Students who commit any other act or behavior deemed of a serious nature by the athletic department.

First offense – Practice may be permitted. Student is suspended for 20% of their games in the current or upcoming season. If the suspension is not completed during the current season, it will be carried over to their next season.

Second offense – Practice may be permitted. Student is suspended for 50% of their games in the current or upcoming season. If the suspension is not completed during the current season, it will be carried over to their next season.

Third offense – Student will be suspended from participation in any extracurricular activity for the remainder of their high school career.

Risks of Athletic Participation

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. We will do all that we can to ensure a safe and healthy environment for our athletes.

Section 5 ATHLETIC ELIGIBILITY REQUIREMENTS

Attendance

A student must be in attendance for a minimum of one-half of the school day in order to participate in a district extracurricular activity. Emergency situations shall be given due consideration.

Truancy

If a student is truant for any portion of the school day, he/she may not participate in any school activity (practice or contest) or be a spectator on that day.

Academics

Every week the Athletic Director checks each athlete's eligibility for the following week's games or meets by reviewing his/her grades in the courses in which he/she is currently enrolled.

All athletes involved in a current sport must meet the following academic requirements, or they will be considered "ineligible" for the following week's games/meets.

NOTE: 1 academic class = 5 credit hours
Physical Education is not considered an academic class

Weekly Academic Requirements

1. At all times students participating in a current sport must be passing at least 20 credit hours (4 academic classes). The "passing" grade is an accumulative grade since the semester began. It is not a weekly nor a quarterly grade.
2. In addition, students enrolled in six or seven academic classes must be passing a total of at least five academic classes.
3. Students enrolled in only four academic classes must be passing all courses.
4. Incomplete work will be treated in accordance with the district's grading policy.
5. The student may practice with the team during the ineligibility period but cannot dress for or participate in games or meets.

Semester Eligibility Requirements

Students should also be aware that in order to participate in any sport, he/she must have passed 20 credit hours the previous semester. If not, the student will be ineligible for all sports the entire semester.

It is currently the spring semester of the school year, and although John doesn't participate in any spring sports, he does play football and basketball in the fall first semester of the next school year. John has "taken it easy" with his courses this spring and at the end of the school year, his second semester grades show that he only passed 3 academic courses (15 hours).

When he goes out for football next fall, will he be eligible to play? NO! HE MUST HAVE PASSED 20 HOURS the previous semester to be eligible for any sports the following semester. Since basketball BEGINS first semester, he is also ineligible to try out for basketball.



Example Situation

Students are, therefore, reminded that eligibility is not only checked every week when the sport is in season, but also checked for semester grades, the semester before the sport is to begin! Consequently, grades need to be maintained all year.

(Athletes may also wish to refer to Policy 725.02 No Pass/No Play, approved July 13, 1998. LEG. REF.: 105 ILCS 5/10.30.)

Summer School Credit

Summer school courses may be used to compensate for additional second semester hours to apply towards first semester eligibility for the next school year.

If a student-athlete does not pass 20 credit hours second semester, he/she may enroll in summer school to make up the additional hours needed to bring the total up to 20, provided that:

1. The courses taken will count towards graduation.
2. The courses taken will provide the additional hours needed.
3. The courses must be completed prior to the start of the fall semester.

It is the responsibility of the student-athlete and parent to stay informed of the possible need for summer school work to ensure first semester eligibility. Students and parents should be working closely with counselors to monitor such needs.

Section 6 Illinois High School Association (IHSA) ATHLETIC ELIGIBILITY RULES 2009-2010 School Year

When you become a member of an interscholastic athletic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic sports participation. The IHSA's rules have been adopted by high schools that are members of IHSA as part of the Association's constitution and bylaws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal has questions or wishes assistance in answering your questions, the principal should contact the IHSA Office.

Information contained here highlights only the most important features of the IHSA bylaws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competitions. The information here is only a general description of major bylaw provisions and does not contain the statement of the bylaws in their entirety. You can review the by-laws at www.ihsa.org.

You will lose eligibility for interscholastic competition if you are not in compliance with IHSA bylaws. Remember, if you have any questions regarding IHSA rules, please contact your principal.

Attendance

1. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
2. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
3. If you attend school for 10 or more days during any one semester, it will count as one of the 8 semesters of high school attendance during which you may possibly have athletic eligibility.
4. If you have a lapse in school connection for 10 or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

Scholastic Standing

1. You must pass 20 credit hours of high school work per week. Generally, 20 credit hours is the equivalent of four (4) .5 credit courses (two full credits).
2. You must have passed and received credit toward graduation for 20 credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court-appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

1. You attend the public high school in the district in which you live full time with both of your parents, custodial parent, or court appointed guardian; or
2. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, and you continue to pay tuition as a high school student in that same district; or
3. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent, or court-appointed legal guardian; or
4. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
5. You attend the private/parochial high school which one or both of your parents attended; or
6. You attend a private/parochial high school located within a 30-mile radius of the residence where you live with your parents, custodial parent, or court appointed guardian.

Transfer

1. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. *You cannot be eligible when you transfer until this form is fully executed and on file in the school office.*
2. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to try-outs, drills, physical practice sessions, team meetings, playing in contests, etc., at the school from which you transferred. For example, if you went out for cross country at the school from which you transferred and transferred after classes started for the school term, you would be ineligible for cross country that entire school term at the new school.
3. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - a. Your transfer is in conjunction with a change in residence by you and your parents, custodial parent or court-appointed guardian from one public school district to a different public school district;
 - b. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court-appointed guardian change residence to the district attendance area for the school to which you transfer;
 - c. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 - d. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court-appointed guardian, you are changing high schools for the first time, and the principals of both your former school and the new school concur with your transfer;

- e. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
4. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
5. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the bylaws.
6. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
7. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal of the school into which you transfer before you participate in an interscholastic athletic contest.

Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

Physical Examination

You must annually have placed on file with your principal a certificate of physical fitness signed by a licensed physician, physician's assistant, or nurse practitioner in order to practice to participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal.

Amateur Status

1. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost.
2. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$20 fair market value. There is no limitation on the value of your school letter.
3. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
4. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

Recruiting of Athletes

1. The bylaws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
2. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
3. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
4. You may not receive an "athletic scholarship" or any other special benefit from your school, provided because you participate in athletics.
5. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.

6. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal or an administrator at the school, not a member of the coaching staff.

School Team Sports Seasons

1. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - a. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the bylaws.
 - b. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
2. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

Playing in Non-School Competition

1. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
2. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
3. If you wish to participate in a competition sponsored and conducted by the National Governing Body for the sport, your principal must request approval in writing from the IHSA Office prior to any such participation.
4. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
5. You will become ineligible if you participate on, practice with, or compete against any junior college, college, or university team during your high school career.

All-Star Participation

1. After you have completed your high school eligibility for football, basketball, soccer or volleyball, you may participate in three (3) all-star contest in any of these sports and still play for other school teams, provided:
 - a. the high school season in that sport has been completed;

You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.

2. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer or volleyball, except that you may not do so during the school season for the sport.

Coaching Schools

1. A coaching school, camp or clinic is defined as any program sponsored by an organization or individual which provides instruction in sports theory and/or skills; which does not culminate in competition; and which is attended by more than two (2) persons from the school which the student attends.
2. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.

3. You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:

You may not attend a coaching school, camp or clinic for any sport after Saturday of Week No. 5 in the IHSA Standardized Calendar (August 8, 2009).

4. You may take a private lesson at any time provided no more than two students from your school are in the private lesson.

Misbehavior During Contests

1. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
2. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

IHSA Steroid Testing Policy

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-2009 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at
http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2007-08.pdf.

Section 7 FRESHMAN ELIGIBILITY REQUIREMENTS College Entrance Requirements NCAA Division I and II

The National Collegiate Athletic Association stipulates that a student-athlete entering an NCAA Division I or II member institution must meet certain specified requirements to be eligible for financial aid awarded by the institution or to practice and compete on an intercollegiate team during the first year of attendance. Prospective athletes normally should register to be certified by the NCAA Initial Eligibility Clearinghouse after completion of their junior year. Students should see their counselor early in their senior year.

The NCAA has a core course requirement. A core course is defined as "a recognized academic course designed to prepare a student for college-level work (as opposed to a vocational or personal service course). Courses that are taught at a level below the high school's regular academic instructional level shall not be considered core courses regardless of course content. At least 75 percent of the instructional content of the course must be in one or more of the specified subject areas and a statistics course must be advanced (algebra-based) in order for the courses to qualify as core courses in meeting the NCAA freshman eligibility requirement." (NCAA Memorandum dated March 6, 1992.) Please check with the counseling office to determine if a course qualifies as a core course for NCAA purposes.

Students should check their progress each year with their counselors as they register for classes in February. Students are encouraged to take the SAT/ACT in the spring of their junior year and again in September of their senior year if needed.

Parents of student-athletes who may be interested in participating on an intercollegiate squad should stay in close contact with counselors to stay informed about deficiencies and alternatives.

In addition, the student-athlete shall have an official copy of ACT and SAT scores sent to the appropriate collegiate institution's admissions office.

Core Courses Required Under NCAA Division I and II Freshman Eligibility Requirements

BEGINNING IN THE FALL OF 2008 FOR DIVISION I COLLEGES

16 CORE COURSES

- 4 years of English
- 3 years of mathematics (Algebra 1 or higher)
- 2 years of natural/physical science (1 year of lab)
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above or foreign language, non-doctrinal religion/philosophy)

FOR MORE INFORMATION

- For more information regarding the new rule, please go to www.ncaa.org. Click on "Custom Home Pages" and pull the menu down to "Prospect/Parent" page.
- For questions about NCAA eligibility, please call the NCAA Initial-Eligibility Clearinghouse at (319) 337-1492 or toll-free at (877) 262-1492. One may also call the NCAA at (317) 917-6222.

Section 8 GOVERNING BODIES

The Board of Education

The Board of Education, responsible to the people, is the governing agency for the Champaign Community School District.

- The Board of Education is responsible for the following areas:
- Interpreting the needs of the community and requirements of the professional organization.
- Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
- Approving means by which professional staff may make these policies effective.
- Evaluating the interscholastic athletic program and staff in terms of their value to the community.

The Illinois High School Association

The Champaign high schools are voluntary members of the Illinois High School Association (IHSA) and compete only with member schools. As a member school district, the secondary schools of Champaign agree to abide by, and enforce, all rules and regulations promulgated by the IHSA.

The administrative authority of the IHSA is vested in a board of directors consisting of 7 members, each elected for a term of three years. The officers and members of the board of directors of the IHSA are authorized to interpret the constitution and bylaws and to exercise all the powers and duties expressed or implied in the constitution and bylaws, and to act as an administrative board in the interpretation of and final decision on all questions and appeals arising from the directing of interscholastic activities of member schools.

The National Federation of State High School Associations

The National Federation consists of the fifty individual state high school athletic and/or activities associations. The purpose of the Federation is to service, protect, and enhance the interstate activity interests of the high schools belonging to state associations, to assist in those activities of the state associations which can best be operated on a nationwide scale, to sponsor meetings, publications, and activities that will permit each state association to profit by the experience of all other member associations and to coordinate the work to minimize duplication.

The National Federation is both a service and regulatory agency. The growth and influence of state associations and the National Federation ensures some degree of teamwork on the part of more than 180,000 schools and enables them to formulate policies for the improvement of school athletics.

Section 9 GENERAL INFORMATION

Athletic Department Policy

Athletes are expected to be responsible, dedicated, and team-oriented to their program(s) and to their teammates. Subsequently, the following Athletic Department policies governing all interscholastic programs at Centennial and Central High School have been established:

- No uniform attire is to be worn except on game day. Practice warm-ups are to be worn at practice only. Any athlete in violation of the policy will immediately turn that item in to the Athletic Director, and he/she will not have it for the rest of the season.
- Any athlete not having all items returned to his/her coach prior to the awards banquet will not receive any award recognition on the night of the banquet. (This includes both the certificate and the letter/numerals, unless the team is still involved in IHSA tournament play after the banquet.) No equipment will be collected at the banquets.
- Any injured athlete will attend all practices, games/meets, and pre-game/half-time/post-game team sessions, as well as sit on the team bench if he/she elects to continue as a member of that team, support that team through his/her presence, and stay abreast of all teaching and coaching that is being given to the team. Failure to do so may result in the loss of any award for that season. Unless the nature of or the circumstances involved with such injury are such that the athlete cannot be in attendance, it is assumed through team association that the athlete will support the team and continue to learn, although it may not be in an active role. Exceptions must be cleared through the Athletic Director.
- Athletes are expected to sit on the team bench—not in the bleachers with spectators or friends. Friends not on the team should not be at practices, nor should they be in the immediate vicinity of the team at a game/meet (i.e., dug-out area). Team members are expected to be attentive to the practice or game/meet itself. Socialization comes after the practice or game/meet—not during.

Post-Game/Practice Responsibilities

Student-athletes waiting and/or loitering in any school campus areas pose potential problems at our high schools. Risk of injury and property damage can possibly result from unsupervised gatherings. To address this issue, the following guidelines will be used:

The **coach** will be responsible for:

- Calling in the game results.
- Supervising the locker room while athletes change.
- Securing all equipment, locker rooms, gymnasiums, and exterior building doors.
- Supervise all school areas until the last athlete's transportation has arrived and he/she leaves the high school campus.

The **athlete** is responsible for:

- Arranging for transportation for after practices and games in advance.
- Leaving the building and grounds with-in approximately one-half hour after the conclusion of a contest or practice session, unless otherwise instructed. Waiting, lounging or "hanging out" in any campus area past this point is not permissible.

Athletic Injury and Procedures Information

In the event of an injury during practice or competition in athletics, the care-of-injury procedures listed below are recommended for all coaches. It is our hope that an injury to an athlete will never occur. We will minimize injury with safe equipment, good facilities, and informed coaches. If an injury does occur, we will do everything that we can to ensure the athlete has proper care and treatment.

The coach will:

- Determine the severity of the injury (be familiar with the "First Aid Procedures for Accidents and Illnesses") for first aid treatment, Illinois Department of Public Health publication.
- Call an ambulance if necessary.
- Notify the parents of the injury by telephone (parent telephone numbers should be readily available on injury or equipment card).
- Determine the hospital to which the injured athlete is to be taken.
- Contact the home or hospital after the contest or practice to check on the condition of the injured student.
- Fill out an accident report form in main office of the high school as soon as possible.
- Assist, as necessary, with the implementation of any rehabilitation program prescribed by the attending physician.

Please make sure that the athlete is aware of the type of health care that the family carries (Carle Care/Christie Personal Care) or who the family physician is for referral purposes.

NOTE: Both Centennial and Central High Schools have entered into contractual agreement with Carle Sports Medicine to provide limited medical consultation, free of charge, to the student athlete. No participation in try-outs, practice, or contests will take place until the insurance waiver form is on file in the athletic office.

CARLE CLINIC - CENTRAL/CENTENNIAL. A Carle Clinic specialist in Sports Medicine, and/or one of his/her associates is usually available at scheduled athletic contests. The Carle specialist and/or associate also reports to the Athletic Director's office weekly to see if there is a special need for the Clinic's services.

Sportsmanship – Athletes and Coaches

Sportsmanship is an overt display of respect for the rules of sport and for all others – players, coaches, officials and fans (National Federation News, March 1999, p.10). It also involves a commitment to fair play, ethical behavior, and integrity. The Illinois High School Association (IHSA), the governing body for high school interscholastic sports in Illinois, has developed the following guidelines for the athlete:

- Treats opponents with respect.
- Refrains from using vulgar or inappropriate language.
- Refrains from taunting or trash talking opponents.
- Plays hard, but plays within the rules.
- Exercises self-control at all times, setting the example for others to follow.
- Respects officials and accepts their decisions without gesture or argument.
- Wins without boasting, loses without excuses, and never quits.
- Always remembers that it is a privilege to represent the school and community.

The Illinois High School Association has developed the following policy for any athlete or coach who is ejected from a contest for unsportsmanlike conduct:

- Any player or coach ejected from an interscholastic contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or school may assess.
- An ejection or disqualification prevents a player or coach from attending the next regularly scheduled contest. This includes riding the bus or being on or in any of the following areas: the locker room, the sidelines, the bench, the stands, or anywhere on the contest site.
- Once a player has been disqualified, appeals from a coach, player, official, or other party will not be honored.

In addition, the Unit 4 high schools have instituted this additional penalty:

- The SECOND time a player or coach is disqualified in the same sport or any other sport during the school year, the penalty shall be doubled.

Sportsmanship – Spectators and Fans

Unit 4 advocates good sportsmanship for not only players and coaches, but spectators as well. Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. The Illinois High School Association (IHSA), the governing body for high school interscholastic sports in Illinois, has developed the following guidelines for the spectator:

- Attempts to understand and be informed of the playing rules.
- Appreciates a good play no matter who makes it. Fans should be supportive and positive. Cheering should be done for our team and not against our opponents.
- Cooperates with and responds enthusiastically to cheerleaders. Fans should not impede or interfere with our opponent's cheerleaders as they lead their cheers.
- Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players; and avoids the use of profane and/or obnoxious language and behavior.
- Respects the judgment of and strategy of the coach, and does not criticize players or coaches for the loss of a game.
- Respects property of others and authority of those who administer the competition. Spectators cannot leave the bleachers or enter onto the court or field during a contest.

Spectators at games are very much encouraged. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests. The following forms of disruptive behavior will not be tolerated at Unit 4 athletic contests:

- Inappropriate or foul language directed at coaches, athletes, officials, or fans.
- Excessive berating of officials.
- Taunting opposing players, coaches and fans.
- Failing to cooperate with the school administration. Not remaining in the bleachers during a contest and refusing to leave a specific restricted area are two examples of "failing to cooperate."

If a spectator displays poor sportsmanship at an athletic event, the following procedures will be followed:

- The spectator will be reminded that his/her behavior is unacceptable, and consequences of a repeat offense will be explained.
- If the behavior persists, the spectator will be asked to leave the contest.
- The Board may make and enforce reasonable rules of conduct and sportsmanship for athletic and extracurricular school events. Any person who violates such rules may be denied admission to school events for not more than one year, provided that written 10 days notice of the violation is given such person and a hearing had thereon by the board pursuant to its rules and regulations. The administration of any school may sign complaints as agents of the school against persons committing any offense at school events.

Athlete Study Hall

All varsity athletes involved in athletics may choose to attend study hall rather than a physical education class during their sport season. It should be clearly understood that regular attendance and appropriate behavior will be expected. Cutting and disrupting a study hall will be handled the same as in any other assigned class.

Athlete Study Hall offers time for athletes to use for academic work. We have designed them to replace study time lost because of after-school athletic practice and games. Consequently, the athlete must follow the rules outlined below:

- Be on time every day.
- Bring study materials (homework) each day to study for 50 minutes.
- Do not eat or drink while studying.
- Do not talk. Quiet is essential for studying.
- We will issue no passes.

Failure to follow these rules may result in reassignment to PE class:

- Tardiness
- Failure to bring class work
- Quitting the team
- Discipline problems in the Athlete Study Hall

NOTES: The quarterly grade in P.E. will be the grade earned while in P.E. If the athlete is in Athlete Study Hall for the entire quarter, he/she will receive an "A" in PE class.

As is the case in any other class, we may change the athlete's study hall assignment if we feel it is in his/her best interest.

Don't expect to use the 50 minutes of the study hall for any other purpose. This time can not be used for extra workouts, assisting teachers or coaches, or the like.

Hazing

Hazing is prohibited. School officials shall respond to all hazing incidents that have a reasonable connection to the school program. Hazing is any activity, by a student, that occurs on or off school grounds, at any time of the day or night, at any time during the calendar year, which activity is intended to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Hazing includes, but is not limited to: relevant alcohol incidents; paddling; attempts to excessively fatigue a person; physical and/or psychological abuse; public stunts; or morally degrading or humiliating games and/or activities. A student athlete who is found to have engaged in hazing shall be disciplined by school officials. Discipline for a student found to have been involved in hazing may range from a five (5) day suspension from all games, practices and meets to expulsion from school for a period not to exceed two calendar years.

Security

Centennial and Central High School experience a high level of student participation in extracurricular activities after school. Subsequently, building/room security, including the locker room, is difficult to adequately monitor and supervise. Athletes should not leave valuables in their P.E. lockers after school, and should also ensure that their locks are actually locked. Centennial and Central are not responsible for lost or stolen articles.

School Uniforms and Equipment

Students are responsible for all equipment issued to them. Athletic uniforms, both practice and game, are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose. When the season is completed, all uniforms and equipment are to be returned to the school. School athletic uniforms are the property of the school and school district; however, athletes are responsible for the items checked out to them for the season.

- All uniforms and equipment issued to the athlete must be returned within ONE WEEK after the last game of the season.
- Lost or stolen items are the responsibility of the player, and he/she must pay the present day replacement cost of any items issued but not returned.
- Any returned items which have been damaged, not as a result of normal wear and tear, must be replaced or repaired. The replacement or repair bill becomes the responsibility of the athlete. The question of what constitutes "normal wear and tear" shall be determined by the coach/sponsor and athletic director.
- No awards will be given to the student until all equipment and uniforms issued to him/her have been returned and accounted for or paid for at present day replacement cost.
- No athlete will be allowed to begin the next athletic season, or any high school activity, until all equipment and uniforms have been returned and accounted for or paid for at present day cost if lost or damaged.

Transportation

Transportation to away contests will be provided by the school district.

- All team members must travel as a group to and from all athletic contests.
- If approved by the head coach in advance, a team member may be released to the custody of their parent at the conclusion of an away contest. An athlete may not be released to anyone other than the athlete's parent/guardian.
- Approval to leave a contest with a parent must be requested in writing prior to the event.
- The note must be approved by the athletic director or by the head coach.

Sports Booster Club

High school athletic teams need the support of their individual booster clubs to enhance our athletic programs. Our booster clubs have three primary goals: To raise funds to assist the athletic programs, to increase school spirit and to encourage and promote good sportsmanship.

The booster clubs are not a vehicle to remove coaches, advance vested interests or to alter Athletic Department policy. These clubs are service and support organizations, which work in harmony with each high school and their athletic programs.

All parents are encouraged to get involved with booster club(s) for your son's or daughter's sport(s) and to become an active member.

Awards

Requirements for earning a letter vary with each sport, and an explanation may be found in the student handbook. Each coach will give these requirements to the athlete at the beginning of the season. An athlete may not be awarded a letter if he/she violates eligibility rules, sports guidelines, and training rules or regulations.

Awards Banquet

At the conclusion of each sport season, an Awards Banquet/recognition is held for each sport. At that time, athletes receive their awards. No awards will be given at the banquet to any athlete who has not been cleared by his/her respective coach. This includes all uniform/equipment being returned to the coach **prior** to the banquet.

Web Pages

Central High School (gomaroons.com or www.athletics2000.com/cchs) and Centennial High School (centennialathletics.org) have their own web pages. Visit these sites often in order to obtain the most up-to-date information concerning our athletic programs.

Questions

Please feel free to contact the school office or the high school Athletic Director for more information.

John Woods, Athletic Director
Champaign Central High School
351-3933

Brian Easter, Athletic Director
Champaign Centennial High School
351-3988