

# **ATHLETIC STUDENT HANDBOOK AND CODE OF CONDUCT**



**CRYSTAL LAKE CENTRAL HIGH SCHOOL**

45 W FRANKLIN AVE  
CRYSTAL LAKE, IL 60014  
[www.d155.org/CLC](http://www.d155.org/CLC)  
(815) 459-2505  
FAX: (815) 459-2536

Principal: Steve Olson  
Athletic Director: Doug Blundy ex-221  
Trainer: Gino Lech - ext 268

Vice Principal: Lorena Gorey  
Assistant AD Jeff Aldridge - ext 299  
VP/AD Secretary: Andi Miller - ext 267

**STUDENT ATHLETIC CODE HANDBOOK**

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**CRYSTAL LAKE CENTRAL HIGH SCHOOL**  
**Athletic Student Handbook and Code of Conduct**



Student Athletes should understand it is a privilege and honor to represent your school.

- **Respect your opponents.** Treat them the way you would like to be treated as a guest or friend.
- Learn and know the rules of your game.
- **Respect the integrity and judgment of game officials or umpires.** Someone has to make the close calls and we have hired those officials to do so. They are doing their best to ensure a fair contest.
- **Display modesty in victory and graciousness in defeat.**
- **Encourage your team mates and fans to practice the principles of good sportsmanship.**

The **Athletic Student Handbook and Code of Conduct** should be read completely by all athletes and parents or legal guardians. Because this material is important to your status as an athlete, you should familiarize yourself with the contents on the following pages. You will be required to sign training rules **after** reading this material. A sample copy can be found on page seven.

This athletic "Code of Conduct" for all student-athletes has been adopted by the High School District #155 Board of Education. Our coaching staff and athletic department are committed to enforcing this code of conduct. This athletic code of conduct will be in effect twenty-four hours per day, seven days per week, twelve months per year, in season and out of season, whether or not school is in session.

**•Training Rules**

No member of a High School District #155 athletic team will use, attempt to use, solicit, possess, sell, or assist any other student in the procuring or use of:

- tobacco or tobacco products.
- alcoholic beverages.
- any form of drugs or steroids other than those prescribed by a physician.
- any look-alike drugs.
- any drug paraphernalia
- any misuse of prescription drugs, including using another person's prescription or giving your prescription to someone else.

**•Citizenship**

All students of High School District 155 are expected to demonstrate good citizenship. This includes developing healthful habits, self-discipline, leadership, academic commitment, respect for structure, rules, and responsibilities. All students involved in extra curricular activities are expected to follow all school rules, board policies, state laws, and federal laws. Any athlete not demonstrating

good citizenship may, as a consequence, have to serve the penalties of the Athletic Code of Conduct.

**•Enforcement of the Code of Conduct**

Coaches, teachers, administrators, and/or law enforcement agencies may report any alleged violation of the Code of Conduct at any time. Any person from the public may notify school authorities regarding alleged rule violations by a signed letter to the Athletic Director or Principal. A violation must be reported within 28 days from the alleged violation.

**•Penalties for Violations of the Code of Conduct**

All penalties involving this code of conduct are cumulative for the tenure of the student's athletic career in High School District #155.

**1st violation** - The student shall lose eligibility from competition for twenty percent (rounded up to the nearest whole number) of the contests during their season beginning with the first competition following the notification to the student of the infraction.

Any student found in violation of The Code of Conduct Policy for their first offense, may choose to participate in an intervention program that meets the following criteria:

- The program deals with substance abuse, making choices, or problem solving.
- The program is offered by a licensed agency;
- The program is pre-approved by the building principal

- The program meets at least eight hours.
- The entire cost of the program is paid by the student.

A student may start participating in athletic competition when twenty percent suspension for Step One Violation is complete or when they have successfully completed their intervention program, whichever occurs first.

The agency administering the intervention program must certify, to the school principal, successful completion of the program.

Should the student self report a code of conduct violation prior to the school discovering the event, the consequences will be reduced by half (loss of eligibility from competition for ten percent (rounded up to the nearest whole number) of the contests during their season beginning with the first competition following self report of a code of conduct violation.

Should the student who self reports a code of conduct violation choose to enter an intervention program, the number of hours required will be halved to four hours.

Should the student who self reports not violate the code of conduct again for one calendar year, the first violation will be removed from his/her record.

A student in violation of the code of conduct who does not self report but honestly admits the violation when asked, will **have the penalty for a first violation reduced by half as outlined above. However, the violation is not removed from his/her record.**

**2nd violation** - The student shall lose eligibility from competition for fifty percent (rounded up to the

nearest whole number) of the contests during their season beginning with the first competition following the notification to the student of the infraction.

A student who self reports, or honestly admits the violation when asked, shall lose eligibility from competition for twenty-five percent (rounded up to the nearest whole number) of the contests during their season beginning with the first competition following the admission of the second violation. The violation will remain on the student's record.

A student who self reports, or honestly admits the violation when asked, may choose to enter an intervention program that meets the district's requirements. This program must meet for a minimum of eight hours and be approved by the Principal. If the student enters, and successfully completes the program, the period of ineligibility will be decreased to fifteen percent (rounded up to the nearest whole number). This penalty may be served concurrently with attendance in an intervention program. However, the student will not be eligible to compete until the intervention program is completed and the penalty is served.

**3rd violation** - The student shall lose eligibility from competition for one calendar year beginning with the date of the code of conduct infraction.

**4th violation** - The student shall lose eligibility from all athletic activities for the rest of his/her high school career. These penalties will be for all competition at the varsity,

sophomore, and freshman levels. If a player is playing on more than one level, she/he will serve the penalty on both levels. If a player is serving a penalty at one level, s(he) may not participate at another level at that time.

All consequences may be appealed to the school's athletic council.

**Self-imposed Penalty** - If a student selects a self-imposed year of athletic non-participation from the date of the infraction, this will satisfy either step 1 or step 2 penalties.

**•Violations During the Off-Season**

If an athlete violates this code of conduct at any time, she/he will be placed on the step determined by previous violations. The penalty for this infraction will take place at the start of the next sports season with the exception of the "self-imposed penalty."

**•Carry-over from one season to another**

Any penalties for the code of conduct violations will carry over from one season to another. If an athlete completes a penalty for an infraction in one sport but does not finish that sport, he/she must repeat the penalty in the next sport. If an athlete serves a percentage of the penalty in one sport but does not complete the penalty before the conclusion of that sport, the remaining percentage of the penalty will carry over to the athlete's next sport season with the exception of the "self-imposed penalty."

**•Determination of Penalty**

To determine how many contests the athlete must miss for any violation,

The penalty will be based upon the maximum number of games possible in that particular sport. The total number of contests/events missed will vary with each sport. The athletic director of each high school has a list of how many contests must be missed for each of the sports offered in District #155. If the infraction that the athlete commits requires him / her to serve a suspension from school, the athletic penalty begins on the date of the suspension so that competitions missed while the student is suspended count toward the total of competitions the student must miss.

All decisions concerning violations of this code of conduct will be made by the school's athletic council. This council will be appointed by the principal of the high school.

• ***Due Process Procedures***

The athletic council representative will confront the athlete with the accusation and allow the athlete the opportunity to tell his/her side of what happened concerning the training rules violation. This representative will contact the parents of the athlete to appraise them of the violation and the appropriate penalty. The athlete and/or their parents may request a hearing with the athletic council if they are not satisfied with the decision that has been made. The athlete may not participate in any contest while waiting for the hearing to take place.

• ***Unexcused Absences***

The second unexcused absence from practice may result in the student being dropped from the team for the remainder of the season. If an athlete has an unexcused absence

from an athletic contest, he or she may be dropped immediately from the team. In the event of such action, the athlete shall not be permitted to participate in any other team sport during that season, with the exception of overlapping seasons. In the event that a new sports season begins prior to the conclusion of the current sports season from which the athlete was dropped, he/she will be permitted to begin the new sport.

**•Award System for Athletes**

To receive an athletic award is an honor. The award indicates that you have shown excellent school spirit, self-discipline, dedication to your community and a positive attitude toward good sportsmanship and competition.

To qualify for an athletic award an athlete must have completed the season in good standing and be recommended for an award by the coach of that sport.

Minimum athletic department requirements to receive an athletic award are as follows:

- Be academically eligible for at least seventy percent of the season.
- Participate in eighty-five percent of the scheduled practices and/or finish the season in good standing.

We only issue one set of Numerals, one Minor Letter and one Major Letter. Certificates only are issued as an athlete earns numerals or letters a second, third or fourth time. A pin is issued for Varsity participation.

Additional awards may be given as determined by the head coach of each program. Any athlete may receive any award in any order as determined by which level of competition they were participating.

**CRYSTAL LAKE CENTRAL HIGH SCHOOL HIGH SCHOOL  
ATHLETIC CONSENT AND PERMISSION FORM**

STUDENT NAME: \_\_\_\_\_ SPORT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ID#/YR: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

**Insurance: School District #155 has not offered student insurance since the 1982-83 school year. The school does not carry health or accident insurance on students. If parents desire this type of coverage, they will have to obtain it through a family policy.**

**I have read and understood the Athletic Handbook and Code of Conduct for Crystal Lake Central High School on the school website - d155.org/clc. (Hard copy available for those without internet access)**

I agree to abide by the Code and cooperate with the school in the enforcement of this code.

I understand that violation of any of the IHSA or Crystal Lake Central High School regulations will result in immediate action as stated. I also understand that these rules may change. An updated version of these rules appears each year in the Student Handbook or may be obtained from the Athletic Department.

I am aware and understand the risks involved in athletic participation. I give my consent for the student-athlete named above to participate in athletic activities sponsored by the school.

I understand that the minimum requirements to receive an athletic award are: (a) to be academically eligible for 70% of the season; (b) not have an in-season code of conduct violation; (c) participate in 85% of the scheduled practices and/or finish the season in good standing.

By signing below, I give permission for my child to participate in the student activities program. I am aware that the school does not make student insurance available and that the school is not liable for any injuries my child may receive while participating in student activities. I further consent to any treatment deemed necessary by a licensed physician designated by the person in charge, for any illness or injury resulting from his/her participation in student activities. I understand that every effort will be made to contact me to explain the nature of the problem prior to any involved treatment.

Signature of Student-Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**CRYSTAL LAKE CENTRAL HIGH SCHOOL  
Athletic Student Handbook**

## **PURPOSE**

Crystal Lake High School views the student athletic program as inherently educational and, for those involved, provides a worthwhile learning experience. Participation is considered an extension of, but separate from, the normal school day educational program. While the curriculum program is a right afforded to every student, participation in the co-curriculars program is a privilege and, as such, carries certain requirements and expectations beyond those of the regular classroom setting.

The goal of the extra curricular program is to offer students direction in developing healthful habits, self discipline, leadership, academic commitment, citizenship and respect for structure, rules and responsibilities. The athletic "code of conduct" has been established to support this goal for students electing to take part in the athletic program in High School District #155. This athletic "code of conduct" will be in effect twenty-four hours per day, seven days per week, twelve months per year, in season and out of season, whether or not school is in session. All athletes, cheerleaders, pommies, and other members of the High School District #155 athletic teams must follow this code of conduct.

## **WARNING OF RISK**

Parents and athletes need to be aware that participation in athletics has inherent dangers and risks. Even though your participation and practice is within the rules of sport and following the instruction of your coach, you may suffer catastrophic injury. These injuries may include but are not limited to death, serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of the internal organs, bones, ligaments, muscles, tendons or other aspect of the musculo-skeletal system are possible. The injuries that may occur may affect your future ability to participate in athletic and recreational activities, earn a living or engage in other business and social activities or attend to personal affairs. To minimize the possibility of injury, you should follow your coach's instructions regarding techniques, training and team or club rules at all times and participate within the rules and regulations of your sport.

A. **Heat Exhaustion** can occur with anyone. Many factors can play a role in an athlete overheating. Heat exhaustion is an

individual concern that must be brought to the coach's attention. There are four types of physical reactions to excess heat and humidity. The higher the humidity, the more dangerous because of decreased evaporation of body sweat. Exercise causes increased sweating and body metabolism which leads to greater loss of body water and/or electrolytes. If these losses are severe, the reactions may vary from simple fainting to fatal heat stroke. The following symptoms must be brought to the coaches attention:

1. Heat Cramps - tightening, cramps, and spasms of active muscles occur, usually during intense, prolonged exercise in hot weather. There is no loss of consciousness. This is associated with low body sodium.
2. Heat Exhaustion - early symptoms are dizziness, weakness, exhaustion, nausea, and vomiting. The student may become irrational and belligerent. The skin is flushed and usually moist, but in extreme cases it can be dry. There may be associated muscle cramps. If the symptoms continue, partial or complete unconsciousness may ensue and lead to heat stroke.
3. Heat Stroke - an acute medical emergency with extremely high fever, disorientation, twitching, seizures, and coma. The skin is hot and dry.

Heat-related illnesses are usually not seen as clearly separate entities; they often merge into each other, especially if proper treatment is delayed.

B. **PREVENTION** - All heat-related illness is preventable if proper measures are taken.

Exercise preconditioning, heat acclimatization, and water replacement are the most important factors.

1. Cool or cold water should be available since it is absorbed more quickly from the stomach.
2. Lightweight, loose, cool clothing should be worn.
3. Commercial electrolyte solutions may be used if desired, however they are no more effective than water.
4. Predisposing condition that make a child more likely to develop heat illness are:

- Vomiting or diarrhea

- Fever from any cause, even an immunization
- Obesity
- Voluntary water restriction
- Prior heat-related illness
- Cystic fibrosis

C. **STUDENT INSURANCE**

School District #155 has not offered student insurance since the 1982-83 school year. The school DOES NOT carry health or accident insurance on students. If parents desire this type of coverage for their student-athlete, they will have to obtain it through a family policy. Parents will also be asked to sign a statement that they understand that no insurance will be provided for their son or daughter through the school. This statement must be signed before their son or daughter will be allowed to participate in any practice or contest.

**REQUIREMENTS AND EXPECTATIONS**

To be eligible for competition in interscholastic athletics, a student-athlete must adhere to the following:

- A. **Attendance:** Students are required to be in attendance at school at least five periods during the day to be eligible to practice or compete on that day. Extraordinary circumstances (funerals, court dates, etc.) may be appealed to the athletic director.

Any student in violation of this requirement will be ineligible to compete in a contest on that day. If a student misses school on Friday, the student will be allowed to compete/participate in a Saturday contest.

- B. **Scholastic Eligibility:** Student-athletes on a current eligibility certificate or cheerleaders and pom poms in season, are to meet the minimum IHSA scholastic requirements. The student must be passing 20 credit hours weekly and at the end of the semester. This is equivalent to 4 majors (full credit courses) valued @ .500 semester credits.

1. A major subject is any course that gives .500 credit per semester. Health is a major subject. We strongly encourage all students, especially an athlete to take five

- (5) major subjects. Five majors will allow an athlete to stay eligible if he/she is experiencing difficulty in a subject.
2. Quarter credit (.250) classes do not count as a major, i.e., P.E., Band, Choir, Driver's Education, Consumer Education, and Pathways.
  3. All courses are monitored weekly; 9 weeks of "F" will take a number of weeks to average a passing grade.
  4. If you fail to pass four major subjects at the semester you are ineligible for the entire next semester.
  5. A student may receive credit for summer school or a summer correspondence class to makeup for a failed course. A passing grade must be received by the Crystal Lake Central Registrar before the first day of classes for the Fall Semester.
  6. Any student in violation of this requirement will be ineligible for a minimum of one week, or until he/she has sufficiently meets the IHSA academic requirements. If a participant fails to pass 20 semester credit hours for the semester, they will be ineligible for the next semester unless the deficiencies are made up in summer school.
- C. All students must be living with parents or legal guardians within the boundary of High School District #155.
- D. All students must meet all IHSA requirements including the age requirement to become ineligible on the date you become twenty years of age, unless your twentieth birthday occurs during a sports season. In that case, you will become ineligible in regard to age at the beginning of the sport season in which you will turn twenty.
- E. All students must be enrolled in school the semester immediately before the one in which the contest takes place.
- F. **Physicals:** Illinois High School Association By-law #3.070 requires student-athletes to submit to an annual physical examination. The physical exam form must be on file with the athletic director at the high school that your son or daughter will be attending. All students must have had a physical examination certificate on file at the school, not more than one year preceding practice.

1. Who gets them? The school nurse will require a physical exam for enrollment and the athletic department will require a physical exam for participation. Please make two copies of the physical. The original should go to the nurse and one copy to the coach. Keep one copy for your records.
2. A physical must be obtained **annually** from a licensed physician to participate in sports. If your physical is dated May 15, 2003, then your son or daughter must obtain a new physical before he/she can participate on May 16, 2004.
3. Any student in violations of this requirement will be ineligible to participate without a physical examination. This includes practices as well as contests. No exceptions will be made for any reason.

G. **Travel:** Students participating in a school sponsored event must use the mode of travel provided by the school to and from the contest. The only exception to this is when the parents have requested in writing, and received permission from a Dean, to transport their child prior to the travel.

- Athletes must ride the bus provided.
- Athletes are not to enter the bus with cleats on. Dirty shoes should be cleaned out side the bus.
- Athletes are to enter or exit the bus through the front door only, not the rear emergency door.
- Athletes are not to board the bus unless the coach is ready to go.
- Except in inclement weather, team meetings are to be held outside the bus.
- No food is to be consumed on the bus without permission from the bus driver.
- Athletes are required to pick up all garbage on the bus.
- Coaches will control the language and conduct of athletes. Athletes who misbehave on the bus will be subject to disciplinary action.
- Coaches will have their teams ready to depart from school at the assigned time.

Any student in violation of this requirement will be properly disciplined by the coach, sponsor, or athletic director.

- H. **Detrimental Conduct to the Team or Program:** An athlete whose attitude, desire or conduct is, in the judgment of the coaching staff, unacceptable for an athlete representing herself/himself, parents, and the school is subject to the following discipline (example: swearing, vulgar gesture, unsportsmanlike behavior).

The coach responsible for this athlete must have a personal meeting with the individual about this attitude or conduct. The coach may employ the following actions ranging from an extra duty, temporary suspension, to permanent dismissal from the sport. Dismissal or suspension of an athlete from an interscholastic sport is a serious matter. The following procedure will be used if necessary:

1. Prior to dismissal, the Athletic Director will be notified in writing of the situation by the head coach of the sport.
2. The head coach will notify the athlete's parents personally and in writing about the incident.
3. If an athlete is suspended or dismissed from the team, the athlete or parents may request, in writing, an appeal from the athletic Director and Athletic Council. This request must be made, in writing, within three (3) school days upon receiving the written information from the coach.

#### **ATHLETIC COUNCIL**

The purpose of the Athletic Council is to review and improve the Athletic Code and Athletic Handbook. This council will consist of:

1. Athletic Director
- 1.** Three athletic staff members
2. Two teachers - no coaching positions
3. One community member

**CREDO: The athletic program shall be centered around the welfare of the student athletes.**

Athletes at Crystal Lake Central High School wear our uniforms and are recognized as school representatives. You, therefore, have higher visibility which entails greater responsibilities. The athletic program gives you the opportunity to gain the recognition and the other important benefits that result from participation. The program depends on you for its reputation and you depend on the program for your opportunities. Don't let yourself or the program down!

### **QUALITY OF EFFORT**

The following topics have been taken from *The Quality of Effort* by Reggie Marra. (Marra, Reggie. *The Quality of Effort: Integrity in Sport and Life for Student Athletes, Parents and Coaches*. New York: From the Heart Press, 1991.) Our Department believes every parent and athlete should take time to read and discuss these topics before they try out for a team at Crystal Lake Central High School.

### **WHY ARE WE WORKING SO HARD?**

If the only reason we're shooting five hundred jump shots a day, studying eight hours at a time, or working eighteen-hour days is to win the scoring title, win the scholarship, or win the promotion, **there is a good chance that we'll fail**. Complement these final goals with an enjoyment of shooting, studying, and working, and a desire to become a better shooter, student, or member of the work force, and there is virtually no way that we'll fail. **The effort must count for something in our lives.**

### **PARENTING THE STUDENT ATHLETE**

Adolescence is a difficult time of discovery and change even in the absence of athletic endeavors. **The last thing that a student-athlete needs is to find a parent and the coach in adversarial roles**, be the roles real or imagined. Try this question on for size as a sixteen-year old: *Should I side with my parent, who brought me into the world, who loves, feeds, clothes, shelters, and supports me? Or should I side with my coach who accepted me on the team, who teaches me to be an athlete, and a player, who teaches me punctuality, teamwork, and responsibility, and who ultimately can play me, bench me, or ask me to resign?*

That's a tough choice that no student-athlete should have to think about, let alone make. **Unless a coach is definitively wrong--unprofessional behavior or actions that are harmful to the student-athletes--parents should make every effort to avoid, both publicly and privately, this adversarial role. Coaches should do the same.** Which leads us to this final point.

**No parent is as objective about the team as is the coach,** nor should we expect any parent to be. When it comes down to making cuts, choosing starters, making substitutions, and selecting strategies and tactics, parents must not interfere. In most cases, coaches do not have any of their own children on the team; parents, by definition do have one or more children on the team. **A coach, unless he or she is masochistic,** has the best interests of the team in mind--wants the team to do well; the parent, who undoubtedly does have an interest in the team's success, also has strong biological and emotional ties to a particular team member.

It is much easier for a parent to be happy after the team suffers a devastating loss if his or her child turned in an outstanding individual performance, than it is if the athlete didn't play, or played poorly. The coach, on the other hand, while he or she does celebrate quality individual efforts, must focus on the bigger picture--the team effort.

**When a parent is tempted to publicly or privately criticize the coach, at least one question should be brought to mind:** "Would the coach deliberately do something that would adversely affect a team with whom he or she spends so much quality time and effort?" Also, trust that there is much more to coaching well than having played some high school or college sports or watching the professionals regularly on television.

So, parents, yell and scream all you like at the games. Cheer for your child and for your child's team mates. Be enthusiastic. But please don't use the freedom and anonymity of the stands to abuse the coaches, the officials, or the players (i.e. no profanity or name calling). **Ask yourselves, "What do I want my child to learn from sports?"** Then help provide him or her with the proper environment.

**Winning, Losing, and Competing--A Perspective**

Personal excellence, the individual's absolute best, is the ultimate goal; performance judged relative to others is limited by the performance of others.

--Don't be happy with your performance simply because you beat your opponent.

--Don't make beating your opponent the only result that will make you happy.

Be happy with your performance when you have done your best with the variables over which you have control. Whatever your sport, learn to recognize those variables over which you have control.

### **"If You Are Trying Out This Year"**

If you are trying out for a team this year, what will you do if you:

--Make the team, earn a starting spot, and everything goes well?

--Make the team, don't start, but get a decent amount of playing time?

--Make the team, but rarely, if ever, play in the games?

--Get cut from the team?

Your reaction to each of the four possibilities should be the same (unless getting cut convinces you to give up sports entirely). Whether you start, get cut, or wind up somewhere in between, you should continue to work hard at your sport--develop your skill level and your athletic ability. It all goes back to the basic philosophy--compete against yourself and the contest--if you do this honestly, you'll do your best in terms of your opponents too.

### **"Sport a Winning Attitude"**

As we enter each sport season we want to remind you to always "**sport a winning attitude**". Cary-Grove High School and the IHSA are again committed to improving sportsmanship and we would like you to join us. Doing the right thing isn't always easy. In most cases it is easier to ignore poor sportsmanship than it is to confront it. But if our goal is to improve sportsmanship, we must have the courage to act. As participants and fans we offer the following suggestions in your quest to "**do the right thing**" in regards to sportsmanship.

### **FANS**

Sports offer you, the fans, the opportunity to get close to the action. Depending on which direction the wind blows **your comments**, whether positive or negative, they **can easily be heard** by coaches, players, officials and other fans. **They are a reflection of your school and community.** Therefore, remember to always:

- Positively support your team. Do not taunt or show a lack of respect for the opponents.
- **Respect the officials and the difficulty of their task. Do not make remarks toward them at any time during or after the contest.** Someone has to make the close calls and we have hired those officials to do so.
- Keep in mind that the contest is a learning experience for the young men and women involved and mistakes will happen.
- **Encourage other fans to be positive in their support for their team.**
- Comply with district regulations regarding our "smoke-free environment", which includes inside and outside activities.

If all of us will commit to doing what we can to improve sportsmanship, we can make a difference. Thanks for your support and best of luck in all your endeavors.

## **Communication Process**

### A. Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### B. Communications You Should Expect from Your Child's Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad.
3. Location and times of all practices and contests.
4. Team Requirements, ie fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

#### C. Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your child becomes involved in the programs at Cary-Grove High School they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

#### D. Appropriate Concerns to Discuss With Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach.. Other things such as those listed below must be left to the discretion of the coach.

#### E. Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear

understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

F. The Procedure You Should Follow If You Have A Concern To Discuss With A Coach

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. If there is a problem (The student is closer to being an adult than a little kid.)

1. Student is to talk to the level coach.
2. Parent and student will talk to the level coach.
3. Parent, student and level coach will talk to the head coach of the program.
4. Parent, student, level coach and head coach will talk to the Athletic Director. Call to set up an appointment and provide a list of your concerns to the coach and AD. The Athletic Office phone number is 815-459-2505 ex 221.
5. If the coach cannot be reached, call the AD. He will set up the meeting for you.
6. Concerns are taken to the Assistant Principal.
7. Concerns are taken to the Principal.

G. The Athletic Department is striving to make our programs better and safer.

1. Anonymous calls and letters are not recognized.
2. We have never seen a coach mistreat a student because of a parent's concern.
3. If we don't know who you are it's very difficult to answer your concerns properly.

### **ATTENDANCE AT PRACTICES AND GAMES**

Team members of all teams are expected to be at all practices and all games at the time specified by their coach.

The team and coaches depend on you as it is very important for the success of the team to have meaningful practices. ALL players are expected to be physically fit, be able to perform the necessary individual skills and know the team strategies before they will be able to perform in games.

You, as an athlete, have to learn and acquire skills to improve. Above all, to be in good physical condition takes day-to-day

dedication. Your performance in practices will determine your personal success as an athlete.

In the event you must miss a team function due to illness or family emergency, notify your coach as soon as possible. Unexcused absences will result in being dropped from the team.

The first absence not cleared through the team's coach shall result in the participant not playing in the next game. The second unexcused absence shall result in the student being dropped from the team for the remainder of the sport season. In such an event, the student shall not be permitted to participate in any other team sport during that season, with the exception of an overlap of a season. Absence from practice by freshman athletes in fall sports prior to the beginning of school may be dealt with individually by the coach involved.

On the third unexcused absence from practice, an athlete will be dropped from the team. The athlete may be dropped from the team with two (2) unexcused absences if the coach has indicated this policy to the team. If an athlete has an unexcused absence from a contest, he or she may be dropped immediately.

Any unexcused absence will result in disciplinary action. It will range from extra work to suspension of games.

The following reasons for absences will be considered unexcused: (1) work, (2) doctor or dentist appointment unless previously cleared by the coach, (3) vacation; unless with parents and cleared by the coach.

Many teams practice over vacation which is not common in the junior high. Football requires 12 practice dates before the student is allowed to play in a game (Sundays do not count).

#### **EQUIPMENT ISSUE POLICY**

The athlete must understand the following:

4. It is their responsibility to pay the replacement cost for lost, stolen or broken items through abuse.
5. It is their responsibility to turn in their equipment when the season ends or when he/she is no longer practicing with the team.
6. If they are no longer practicing with the team before the end of the season, they are to turn in their equipment to

their coach within the next three school days and remove all of their personal items from their locker.

7. All equipment must be turned into the coach. Any exceptions are to be made in advance with the coach.
8. In the event that the coach has to remove their equipment and personal items the coach or the high school is not responsible for personal items in the event that their personal items get lost.

**Lockers will be issued to you and all equipment and personal belongings should be locked at all times.**

Lost or damaged equipment must be paid for or future equipment will not be issued. Athletes will be charged replacement value, which is usually a 100% markup for a one-item order.

**Locker Rooms:**

Each student must use only the locker assigned to him or her and must keep it in good order. It is the student's responsibility to periodically clean out the locker to ensure the locker remains in good condition. The condition of the locker, both interior and exterior, are the student's responsibility. Lockers should never be struck, kicked, written on, or defaced. Stickers and other materials should not be attached either inside or outside the locker. A monetary fine and/or disciplinary action may be assessed for locker damage.

Lockers are the property of the school. **The school is not responsible for the replacement of property missing from lockers.** When circumstances warrant a search and the school principal or designated individual reasonably believes a search of property is necessary to protect the safety and welfare of students, faculty, school property or to enforce school rules and regulations, a reasonable search of all property and persons may be conducted including but not limited to automobiles, locker, jackets, bags, purses or other property brought onto or located on the school premises at the time of the search.

Uniforms laundered at home should be done according to label instructions or coaches instructions.

**Theft is an ever-present problem  
which you must be aware of.**

**Thieves should be reported immediately.**

## **AWARD SYSTEM FOR ATHLETES**

To receive an athletic award is an honor. The award indicates that you have shown excellent school spirit, self-discipline, and dedication to your community and a positive attitude toward good sportsmanship and competition.

To qualify for an athletic award an athlete must have completed the season in good standing and fulfilled the requirements as specified by the coach of that sport.

The minimum requirements for a student to receive an athletic award are:

- be academically ineligible for at least 70% of the season
- Not have an in season Code of Conduct violation
- Participate in 85% of the scheduled practices and/or finish the season in good standing

We only issue one set of Numerals, one Minor Letter and one Major Letter. When an athlete earns their first Major Letter they also receive a pin. A pin is given for each additional major letter earned.

**FRESHMAN OR FIRST YEAR AWARD** = Numerals and certificate

**SOPHOMORE OR SECOND YEAR AWARD** = Minor letter and certificate  
(Minor letter for a first time athlete who earns a Sophomore or JV certificate)

**JUNIOR VARSITY** = Minor letter and certificate  
(Minor letter for a first time athlete who earns a Sophomore or JV certificate)

**VARSITY** = Major letter, pin and certificate  
(Major letter for a first time athlete who earns a Varsity certificate)

### **PLACEMENT OF AWARDS ON JACKET**

Numerals:	Placed under the right pocket
Major Letter:	Placed on the left breast of jacket
Minor Letter:	Placed on right breast of jacket
Script Tigers:	Placed on the back and can be purchased at local stores

Academic and band letters are placed on the back.

Additional awards may be given as determined by the head coach of each program.

**Awards also given to varsity athletes:**

**Most Valuable Player:** Each sport will choose a MVP at completion of the season, according to criteria established by the head varsity coach.

**Special Coach's Award:** Varsity Coaches will be given one award in addition to the MVP trophy. They will decide how to use this award and the criteria for earning it.

**Four Year Award:** An athlete will receive a four year award upon successful completion of the fourth in a particular sport season. Examples: four years playing football; 3 years playing volleyball, one year playing tennis.

**Loyalty Award:** A loyalty award will be given to all athletes completing three sports for four years, at the completion of their high school career. Athletes transferring to Cary-Grove from another high school will be given credit for sport seasons successfully completed, with written proof from that high school.

**U.S. Army Scholar Athlete:** A male and female recipient will be chosen by the athletic department each year.

**U.S. Marine Most Distinguished Athlete:** A recipient will be chosen by the athletic department each year.

**FVC All Conference Academic Award:** Must be a senior having a composite of 3.5 over seven semesters and participated in a varsity sport during their senior year in school.

**Athlete of the Year:** A male and female recipient will be chosen each year using the following criteria:

Complete evaluations, taking into consideration each athletes most recent one year period, will be accumulated at the end of each school year. The areas of concern and the points which may be accumulated are as follows:

1. Training Rules - an individual who has been in violation of training rules will not be eligible for athlete of the year.

2. Academic Standing - the student must meet the minimum NCAA cumulative requirements. The student's cumulative grade

point average must be a minimum 2.00, determined at the conclusion of the first semester of the current year.

### 3. Athletic Achievement -

- Varsity Letter **3 points each**
- All Conference recognition or placing in the first round of the IHSA tournament, each sport, each season. **3 points each**
- Most Valuable selection in a sport **2 points each**
- Coaches evaluation **0-6 points**

### **CHEERLEADING/POM PON AWARD SYSTEM**

To receive a school award for cheerleading or pom pons, a squad member must have meet the minimum athletic requirements as stated on page 12, completed the year in good standing and be recommended by the sponsor.

Cheerleaders and Pom Pon girls are prominent representatives of Cary-Grove High School. Therefore, their behavior and actions are expected to reflect this position. Cheerleaders and Poms must adhere to all rules as prescribed in their constitution. Failure to comply with these rules will result in disciplinary action.

### **CHANGING SPORTS MID-SEASON**

Once a student becomes a member of any team or squad, he or she may not change to another sport during that season.

Exceptions are:

- 1.If the student is dropped for reasons other than discipline, eligibility or attendance.
- 2.If his or her coach believes he or she can contribute more in another sport.

For the student's benefit, the coach initiates a change, but it must be agreed upon by both coaches and the student.

## **QUITTING THE TEAM**

It is our belief that quitting is destructive to a positive self-image. A quitter shouts to the world and to them self that he can't do it. And maybe that's not all bad. A realistic assessment of one's strengths and weaknesses is critical to our self-knowledge. But quitting isn't the appropriate response to the sudden awareness that we have weaknesses. Personal growth is always a function not only of strengths exploited but of weaknesses overcome and sometimes the weakness extends beyond physical limitations to an unwillingness to extend oneself.

To say that all athletes can't be first teamers is no startling revelation, but they can provide something for the team within the framework of their physical limitations.

Athletics is one of life's opportunities to become more than we are - in our own way to elevate ourselves above the ordinary. And such elevation doesn't require being a "**star**". Often it means simply sticking it out.

When players quit, therefore, they affect many people. Most obviously, they deprive the team of any help that they might provide. They deny their team mates the chance to help them, an act which is as beneficial to the person who gives help as well as to the one who receives it. They reaffirm the popular misconception that athletics is little more than playing games. And they deny themselves the personal growth that results from a good fight with an adversity. The athlete who performs well receives our recognition; the athlete who overcomes adversity receives our respect and admiration.

With few exceptions, therefore, we will always try to discourage an athlete from quitting. But if he/she does, we part ways amicably and we tell him/her that if he/she decides to rejoin the team at some time in the future, we will be pleased to have him/her back, but the final decision involving his/her reinstatement will be with the team. The reasons are simple. The athlete really hasn't hurt the coaches at all by quitting. We may be disappointed in him/her and might miss him/her, but we are largely unaffected by his/her decision. The athlete has hurt him/herself and their team mates. The decision, therefore, is theirs to make.

## **REFUNDING OF FEES**

A full refund of fees for co-curricular activities will only be made if a student is dropped or withdraws from a team or group before the first contest, game or event.

### **OFF-SEASON PROGRAMS**

ANY ATHLETE WHO QUILTS A SPORT MAY NOT TAKE PART IN THE OFF-SEASON PROGRAMS. THE EXCEPTIONS TO THIS IS:

- 1.The athlete quits within the first ten days of the IHSA starting date. This does not include students who come out late for a sport.
- 2.The athlete leaves the team in good standing. The student must see the coach within three school days of quitting the team.
- 3.The athlete must return all of the equipment issued within three school days.
- 4.The athlete must bring a note from his or her parents requesting permission to enter the off-season program. The note must be taken to the athletic office prior to participation.

### **SWITCHING SPORTS OR TAKING A YEAR OFF**

One of the goals for each sport is to provide the best varsity team possible. In order to do this each program must have members who are willing to put in four years to achieve the goal. When an athlete decides to take a season off or try another sport, that decision hurts the other members of the program as well as losing valuable experience. When a student takes a season off he/she must receive approval of the team to be reinstated back into the program.

### **ATHLETIC SCHOLARSHIPS - FACT AND FICTION**

How many high school athletes and their parents realize that major universities mail as many as 5,000 to 8,000 questionnaires each year to prospective high school football players? How many of these families realize that NCAA rules allow each school only 20-25 scholarships? In essence, a high school football player who receives a questionnaire from a college expressing interest in him as a player, may encounter odds as high as 300 to 1 against his receiving a scholarship. How high are the odds if a player receives no questionnaires?

For example, statistics indicate that 106 major colleges and universities (NCAA Division I schools) award approximately 2,600 football scholarships each year, but mail just under a half million questionnaires. Of the approximately 265,000 high school seniors who play football each year, only 1% will receive a scholarship to play for a major university. Another 2% will receive scholarships - most always partial scholarships - to play for Division I and Division II schools.

Most schools are fortunate, therefore, if one of their seniors - in every two or three year period of time - receives a scholarship to play in college. Parents who watch Junior score the winning touchdown against a cross-town rival and celebrate his All-Conference honors at the end of the season deserve the vision of watching him punch one across in the Rose Bowl. Expecting it, however, is a different thing.

Over 100,000 high school players in this country earn All-Conference honors every year, and an approximate maximum of 7,000 scholarships, mostly partial, are available to the seniors within that number. Parents and athletes must understand such statistics in order to plan realistically for the future and to impose reasonable expectations upon you and me when we work with their kids.

## **SUMMER CAMPS**

The philosophy for all summer camps and programs is to provide an opportunity for a student to improve and demonstrate strength, agility, conditioning, teamwork, dedication, individual skill and team concepts in a particular sport. Family vacations and personal development camps have priority over our summer camps, but before, after, or in between, we would like to have our students with us in the summer. Participation in our summer camps is not required for you to play on our athletic teams.

Athletes and coaches are limited to 25 contact days during the summer break. The summer break starts on the first day the students are not required to be in attendance. The summer break ends the last Saturday in July.

**SPORTS OFFERED AT Crystal Lake Central High School**

Crystal Lake Central High School will offer a program of interscholastic competition in the following sports:

	<u>BOYS</u>	<u>GIRLS</u>
<b>FALL:</b>	Football Cross Country Soccer Golf	Tennis Cross Country Volleyball Swimming Golf (co-op with Cary Grove & South)
<b>WINTER:</b>	Wrestling Basketball Swimming (District co-op)	Basketball Gymnastics (co-op with Prairie Ridge)
<b>SPRING:</b>	Tennis Baseball Track & Field	Soccer Softball Track & Field

POMS, Cheerleaders, student trainers and managers are additional participation opportunities offered by High School District 155.

As of 04/05/2009