

LISLE SENIOR HIGH SCHOOL



Big things happen...
When you do the little things right!

Student-Athlete Handbook

Visit our web-site at:
<http://www.athletics2000.com/lislehs>

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Introduction

Lisle Senior High School believes in and is committed to the idea that interscholastic competition in athletics is an important part of the school curriculum and plays a vital role in the development of young men and women. Athletics are also an educational experience beneficial to all and thus participation in an athletic program can contribute to the development of physical health and mental well being. All athletic activities in the School District shall be coordinated with the general instructional program and be in complete harmony with all the aims and objectives of the total school program. A good athletic program is one which teaches those who participate, that cooperation, as well as competition, are important parts of the society in which they live. An athletic program, properly administered, should teach victory and the acceptance of defeat and keep both in their proper perspective. To the degree that the athletic program succeeds in any of the above, is the degree to which that program is a success. Innovation is encouraged and thus individuality of coaches and the special relationships developed with their athletes is recognized. It is expected that all concerned will be aware of certain basic methods of operation and rules of conduct that must be abided by. Adherence to these few minimal rules will insure the best possible co-curricular experience for all students participating in our athletic program.

Participation in Co-Curricular Programs is a Privilege

The privilege afforded a student in representing his/her school in interscholastic athletics requires the acceptance of 3 major responsibilities:

1. The responsibility to himself/herself: The most important of these responsibilities is to broaden oneself and develop strength of character. Get the greatest possible good from the many high school experiences. Classroom studies, coupled with participation in sports and other extra-curricular activities help to prepare for life as an adult.
2. The responsibility to his/her school: The way we act and look on campus and while representing Lisle Senior High School is important in contributing to the reputation of the school. Athletes should be leaders and worthy of respect from their classmates and peers.
3. The responsibility to his/her community: Squad members have a heavy responsibility to represent families and friends in a positive and respectful manner. Athletes must act in a way so as to keep their self-respect and make family and friends justly proud.

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

Administering the Athletic Program

The Board of Education, responsible to the people, is the governing agency for Lisle Senior High School. The Board is responsible for the following areas:

1. Interpreting the needs of the community and requirements of the professional organizations.
2. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
3. Approving means by which professional staff may make policies effective
4. Evaluating the interscholastic athletic program and staff in terms of their value to the community.

Lisle Senior High School is a voluntary member of the Illinois High School Association (IHSA). As a member school, Lisle Senior High School agrees to abide by, and enforce, all rules and regulations established by the IHSA.

Lisle Senior High School is a voluntary member of the Interstate Eight Conference. This association was established for the primary purpose of promoting selected activities among member schools, and the assurance of such advantages as may be gained by a union of effort. The Conference was established to encourage member schools to improve their extracurricular programs. The value of conference membership is the aid derived from the arranging of schedules, equalizing of competition, conducting league meets, and generally upgrading the activities program by adhering to conference standards and goals. Membership implies abiding by conference schedules, rules, and regulations.

Members of the Interstate Eight Conference are: Braidwood (Reed Custer), Coal City, Dwight, Herscher, Lisle, Manteno, Peotone, Plano, Sandwich, Seneca, Westmont, and Wilmington.

At Lisle Senior High School, the Principal is responsible for the total athletic program. At the Principal's discretion, the day-to-day operations may be delegated to the Associate Principal.

Lisle Senior High School Code of Conduct

It is our belief that a student who leads a disciplined life and follows the rules is able to perform to the best of his or her ability. A clearly defined code of conduct will promote consistency in behavior that will result in better overall performance for students involved in extra-curricular activities. Further since any student who is performing for Lisle Senior High School (LSHS) represents the school, an effective code of conduct helps insure that the school is portrayed in a positive fashion. Being involved in extra-curricular activities is a privilege and not a right. By establishing a set of criteria to access this privilege, the school district maintains the ability to make each activity a quality growth experience for every participant. By adhering to this code of conduct, students develop not only specific skills and talents, but also habits and behaviors that can be very valuable for the remainder of their lives. It is expected that all students who desire to participate will abide by these rules. **This code is in effect for the full calendar year**

I. Conduct, Cooperation, and Personal Integrity

1. Participants shall always display appropriate conduct as further set forth herein.
2. Infractions of school rules that result in administrative suspension from school will automatically remove a participant from his or her activity as stated in the school handbook.
3. Reasonable training rules related to, but not limited to, general conduct during practices, games and trips, as well as policies dealing with dress codes and curfew may be established by the head coach/sponsor, subject to the approval of the principal or designee. Copies of all such rules shall be provided to the participants or published in the student handbook.
4. A student must be in school attendance at least three clock hours on the day of a contest in order to participate in that contest. Excused, anticipated absences would be exceptions. This paragraph does not apply to activities that are held on a Saturday or Sunday or other non-attendance days as designated on the official school calendar.
5. Any charge of an infraction of the Code of Conduct will result in a conference with the student, parent, coaches, sponsors, and administrators and other persons with knowledge of the situation.

II. Incidents Related to Conduct, Cooperation, and Personal Integrity

Students involved in incidents of insubordination, disrespect, harassment, fighting and improper behavior are subject to any or all of the following consequences:

- Temporary suspension from practice and/or contests
- Suspension for all or part of the season
- Withholding of awards and honors
- Restitution

III. Chemical Use/Possession and Illegal Activities

A student shall not use, consume, possess, buy, sell, or give away the following alcohol and/or alcohol products, tobacco products, or any controlled substance or look-alike substance, regardless of the quantity. In addition, student displays of conduct determined by school officials not to be in the best interests of the team or school such as theft, vandalism, gang-related activities, and other illegal activities are a violation of this Code of Conduct. Infractions of these rules as determined through an investigation by school officials will result in the following:

1st Incident: Any or all of the following consequences based on severity of the infraction:

- Community Service
- Temporary suspension from practice and/or contests
- Suspension for all or part of the season
- Withholding of awards and honors
- Restitution

2nd Incident: Suspension from all extra-curricular contests/per performances for a minimum of 45 days of school attendance

A student involved in a second infraction may qualify for a reduction in the length of suspension from extra-curricular activities by voluntarily completing an approved substance abuse assessment, an approved program of community service, and/or an approved counseling program. Unserved suspension time will carry over to new activities. If a student is suspended during his/her participation in one activity and elects to participate in another activity prior to the conclusion of the suspension, the suspension, the suspended student must complete his/her participation in the new activity for the suspension time to be valid.

3rd Incident: Suspension from extra-curricular participation at LSHS for one year.

NOTE: Any suspension from activities, withholding of awards or honors, or requirement of restitution as a result of Sections II or III, must be reviewed and approved by the building principal.

The Code of conduct is invoked based on information from one of three sources:

- **Faculty and Staff**
- **Police**
- **Self-Reporting by Student or Student's Parent/Guardian**

Assumption of Risk

By the very nature of the athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk cannot be eliminated. It can be reduced but never eliminated. The risk of injury includes minor injuries such as broken bones, dislocations and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks, and that athletes follow all safety directions from their coaches because they are established to reduce the risk of injury.

Academic Eligibility

Students must maintain an overall 2.5 grade point average on a 5.0 scale for each quarter of the school year. To remain eligible during the mid-quarter, each week a student must be passing 75% of his/her classes (**NO MORE THAN ONE FAILURE DURING WEEKLY ELIGIBILITY CHECK**). Students determined to be ineligible during weekly checks shall be suspended from participation and practice for seven calendar days or until or until the specified academic criteria are met. Weekly grade reports reflect a cumulative score. In addition, IHSA rules stipulate that a student can be ineligible for the entire following semester if he/she does not pass 20 semester hours of course work. Summer work can be accepted to help gain semester hours of passing work and affect eligibility, provided it is a repeat of the course failed earlier.

Sports Offerings

Lisle High School offers a comprehensive sports program in accordance with the highest tradition of athletic competition and in proper perspective to the overall educational program of the District.

Shown below is a complete list of sports that are offered each season. Most fall sports begin in mid-August and run through October. Winter sports begin the first week in November and can continue into March. Spring sports begin around the first of March, and continue through May. Initial tryout schedules for fall sports will be listed in the sports sections of local newspapers during the last week in July. Tryout dates for sports in winter and spring seasons will be announced during the school year.

Fall

Boys
Cross Country
Football
Golf
Soccer
Cheerleading

Girls
Cross Country
Volleyball
Tennis
Golf
Cheerleading

Winter

Basketball
Wrestling
Cheerleading

Basketball
Bowling
Cheerleading

Spring

Baseball
Track
Tennis

Softball
Track
Soccer

Requirements for Participation

In order to be able to participate in practices or contests, each athlete must have satisfied the following:

1. A valid physical must be on file with the school nurse. Physicals are valid for one calendar year.
2. A signed parent permission form must be on file with the Associate Principal for each sport of participation.
3. A current medical emergency card must be on file with the Associate Principal for each sport of participation.
4. Each athlete must pay the required participation fee. This fee is due within eight days of signing up for the sport, and is non-refundable unless the student never actually participated in a practice or contest.

5. The parent must purchase the school insurance plan or sign off on a proof of insurance stating there is adequate insurance to provide for sufficient coverage for athletic participation.
6. As part of the registration process for athletics, the parents have signed off on the registration having read and agreed to the assumption of risk clause, identifying the inherent risks accompanying athletic competition.
7. Each participant must have passed four subjects at the end of the previous semester, and achieved a 2.5 GPA or better the previous quarter. Weekly eligibility also affects the opportunity to practice and try out for teams. Eligibility issues in conjunction with tryouts will be handled on a case-by-case basis.
8. A student who participates in the activities program is also subject to all Illinois High School Association By-Laws, Policies, and Rules.

Schedules

Although Schedules are given to athletes at the beginning of the season, they are subject to change. Questions regarding time, date, or site can be checked with the Athletic Department. We also strive to keep schedules current and release information about changes on our Athletic Web Site: <http://www.athletics2000.com/lislehs/>. Driving directions for almost all of our sites are located on the website as well. Keep in mind that not all schools have all their playing fields at the same location. ASK, ASK, ASK, we don't mind, and we really appreciate the help this provides.

Attendance

Students are expected to be in school the day of a contest. This rule is in affect primarily as a safety factor both for the athlete and the school. Pre-approval from the office is an exception. Continuous absences and tardiness is a disruption to the educational process and we believe our athletes have a responsibility to demonstrate that education is valued. To continually be absent and tardy is to demonstrate contempt for the process and is unacceptable behavior. Parental permission is not a defense for this behavior and habitual problems in this area can jeopardize the player's eligibility to play that day. **As a minimum requirement, students must be in school a minimum of three consecutive clock hours and the need for this happening should be rare.** This same understanding should accompany student's attendance on the day after contests as well.

Equipment

The Athletic Department provides equipment and uniforms at the start of each season. Athletes are responsible for all items of equipment they are issued. A complete record of all equipment issued will be kept for each athlete.

Lost equipment, or equipment that is damaged, must be paid for at the replacement cost. Athletes will NOT be issued equipment for subsequent sports, and will NOT receive awards until equipment records have been cleared. Equipment that is stolen is still the responsibility of the athlete, and any theft should be reported to the Coach immediately.

Please take care with the washing and drying of uniforms. They are sensitive to hot dryers and have the potential of being destroyed.

It is expected that athletes will take pride in their equipment and wear it only at authorized contests and practices unless otherwise approved by coaches.

Transportation

Lisle Senior High School provides transportation (bus or van) to and from almost all athletic contests and when we do, all athletes are required to use school transportation. Only team members, cheerleaders, and school personnel will be permitted to ride on school vehicles. Athletes may not participate in away contests if they drive themselves to an event or if they use alternate mode of transportation without prior permission from the Associate Principal.

Athletes are expected to ride these buses or vans back to school. Bus or van drivers are not permitted to stop to allow athletes to depart because they might be closer to home. In extenuating circumstances, parents may need to drive their own children home from contests. Parents must communicate this need to coaches prior to transporting their athletes home. Under no circumstances are athletes allowed to ride with anyone other than parents to or from contests.

All personnel using High School transportation are expected to observe the following:

1. Enter and exit buses through front doors
2. Do not board buses until coaches are there to supervise
3. No food consumption on buses
4. No abusive language
5. Appropriate conduct is expected

Athletic Injuries and Treatment

As mentioned earlier, there is an inherent risk that goes with participation in extracurricular activities. The possibility of injury is real. We ask that our coaches be diligent in their supervision, teach proper techniques, take care in fitting the athlete with equipment, and have a working ability to provide standard first aid in response to injuries. The athlete also shoulders a responsibility to be safe and smart in the athletic arena. In order to reduce the chance of injury, the athlete should listen and follow the directions. There is no place for horseplay, and proper techniques particular to the sport should be practiced and utilized as a matter of safety.

We have an athletic trainer but the trainer's ability to be everywhere we play or practice is impossible. Whenever possible, the trainer's expertise will be utilized in the care of injuries resulting during practices or games. Our trainer will also be involved in the rehabilitation and decision process as to whether and when the athlete can return to competition. The trainer may make medical referrals to appropriate physicians if conditions indicate such need. Medical referral forms will be given to athletes when need for further medical assistance is warranted. These forms allow the trainer to communicate information regarding suspected injuries and symptoms to physicians. It also allows physicians to communicate specific diagnosis, restrictions, treatment, and rehabilitation instructions to the athletic trainer. If an athlete is sent or goes to a physician without referral from the athletic trainer, a note from the physician is required before the athletic trainer can proceed with treatment or rehabilitation.

It is the athlete's responsibility to report to the athletic trainer and coach all injuries associated with athletic participation immediately, and by any means, within 48 hours. When the athletic trainer learns of such injuries, appropriate coaches will be notified. Similarly, when coaches learn of such injuries, they will notify the athletic trainer.

If injuries are discovered after athletes have returned home, athletes should go to their own physicians and report such to the athletic trainer and coaches as soon as possible the following day.

The athletic trainer will notify parents or guardians in case of emergencies. If parents or guardians cannot be reached, the athletic trainer will contact the alternate name on student's emergency card. The athletic trainer shall follow directions of designated adults with respect to securing additional health care and related transportation services for athletes.

If the adults cannot be reached, the athletic trainer will call the paramedics, if necessary.

If, in the judgment of the trainer or coach, injuries are limb or life threatening, the paramedics will be called first, then the parents or guardians will be notified.

Coaches, athletes, parents, and the athletic trainer are encouraged to communicate on all phases of injuries.

Expectations of Athletes

- Our Student-Athletes understand that their academic responsibilities come first and foremost and maintain their academic eligibility.
- Our Student-Athletes make a commitment to the success of the whole Lisle Athletic Program and keep that commitment on and off the field.
- Our Student-Athletes engage in positive peer pressure and encourage their teammates to follow the Co-Curricular code, especially in regards to remaining drug and alcohol free year round.
- Our Student-Athletes have a good work ethic and strive to obtain realistic and challenging individual and team goals they have set with the assistance of the Coach.
- Our Student-Athletes are leaders for their teammates and classmates and demonstrate this leadership through their actions and sportsmanship on and off the field.
- Our Student-Athletes respect their coaches, teammates, officials, parents, administration, and LSHS facilities and equipment.

Expectations of Our Parents

- Our Parents display positive support for the Student-Athletes, Coaches, and Administrators of Lisle Sr. High School.
- Our Parents notify the Coaching staff of ANY schedule conflict well in advance. They also notify the coaches of any illness or injury that our staff may not be aware of.
- Our Parents are good role models and demonstrate positive behavior and sportsmanship as fans.

- Our Parents are partners with school officials in promoting, understanding, and monitoring the Co-Curricular Code.
- Our Parents work with the Coach, Administration, and Athlete to maintain open lines of communication.
- Our Parents have realistic expectations of their Student-Athletes in the classroom as well as on the field, and encourage their son or daughter to give his or her best effort – physically, mentally and emotionally.
- Our Parents make an effort to learn the rules of the game.
- Our Parents make every effort to support their child through attendance at athletic contests, awards nights, pre-season meeting, etc.

Expectations of Our Coaches

- Each Program will establish a preseason parent meeting for the purpose of understanding and communication. Some of the topics that will be discussed at these meetings are:
 - Program Philosophy
 - Practice and Contest Expectations
 - Procedures for injured athletes
 - Importance of the co-curricular code
- Our Coaches are teachers who build an athlete mentally as well as physically and aid the athlete into realizing his/her potential
- Our Coaches are enthusiastic motivators who help athletes set realistic goals for individual and team improvement
- Our Coaches realize that they are role models and promote good sportsmanship through their conduct and treatment of others
- Our Coaches enforce the Co-Curricular Code, as well as school rules and their individual program rules. They also honor and follow the Coaches Code of Conduct.
- Our Coaches strive to keep open lines of communication between coach, player, parent and administration
- Our Coaches are loyal to Lisle, support the whole school program and encourage participation in athletics and activities.
- Our Coaches are professionals who make decisions based on the best interest of our student-athletes.

Lost and Stolen Property

Students should not bring valuables to practice or to Athletic Competitions. Each team member is responsible for his/her belongings. The coach will attempt to provide as secure a locker room possible, but please recognize the availability of these areas and always lock your locker when you leave the area.

Problem Resolution

With few exceptions, when there is a problem, the athlete should first speak to the coach at an appropriate time. If a parent has a question, the coach will welcome that opportunity to talk at an appropriate time and place. The Athletic Department insists that discussion occur where there is privacy and adequate time. If after having a conversation with the coach there is continued concern, the parent should contact the Athletic Director. If a parent needs to contact a coach who is not a faculty member, the parent should call the Athletic Director.

If a parent is aware of a problem or has a concern about any aspect of a team, he or she should call the coach. If a parent still has concerns, he or she should contact the Athletic Director and then the Principal.

Having said all that, please recognize that you can always call the Athletic Office and we would be happy to help as we can. The point of all this is that the best and most direct way of dealing with many of these situations is with the Coach who is much closer to the situation. When possible, we want to follow this four step approach:

Athlete will meet with the coach to solve the problem.

Parent will set up an appointment with the coach to solve the problem.

Parent will set up a meeting with the Athletic Director and Coach to solve the problem.

Athletic Director will set up an appointment with the Principal, parent, coach, and athlete to solve the problem.

Athletes and College

If an athlete is interested in being involved in athletics in college should visit the NCAA website: Guide for the College Bound Athlete at this location:

http://www.ncaa.org/library/general/cbsa/2007-08/2007-08_cbsa.pdf

This is a team effort on the part of the athlete, coach and family and all parties must work together for this to be a successful and enjoyable experience. Remember that any athlete wanting to compete at a Division I or Division II school must fill out an NCAA Clearinghouse form, available on-line at:

https://web1.ncaa.org/eligibilitycenter/student/index_student.html

The current cost is \$50.

Absences due to Vacations, Thanksgiving, Christmas and Spring Break

A commitment to be a part of the Athletic Program carries with it a responsibility to attend scheduled athletic team events and practices during Thanksgiving, Christmas and Spring Break vacation periods. This is especially true at the varsity level. At the same time, we realize that occasionally it may be desirable or necessary for a student to travel with his/her family during one of these vacation periods and miss scheduled practices, games or meets. Here are some guidelines and criteria we will use to handle such circumstances:

1. The athlete shall continue as a team member provided the student gives advance notification to the coach at least one week prior to the first scheduled contest of the season.
2. The athlete may be required, upon return from vacation, to ‘sit out’ a number of contests, games, meets or practices based on the number of days missed while on vacation. This is based on the belief that a sense of fairness is owed to those individuals who did not miss and were daily a part of the practices and competitions. These students, themselves, may have sacrificed a vacation opportunity to be a part of the team.
3. The athlete is not guaranteed the same position or amount of playing time as when he/she left. The athlete who replaced him/her may have earned the position; it is the responsibility of the athlete who was gone to earn the spot back.
4. An athlete may only be excused for one vacation per school year under these criteria.
5. Particular care should be given to the District calendar that outlines the starting times and tryout times for various activities.

There should be No expectation that a student will be made a part of the team if they are not here to begin the season on time or miss ANY of the tryout practices and judging.

Questions and discussion, regarding absences during tryouts, should be directed to the Associate Principal.

IHSA Security Policy

To help insure the safest and most secure atmosphere for this IHSA State Final, event management will diligently maintain established security procedures and activities. This will require complete cooperation by all competing teams, contest officials and fans. Security will always have priority over convenience; therefore, if you are requested to cooperate with event personnel in any manner, please do so promptly. Your assistance will enable our staff to fulfill its responsibilities efficiently.

Alcohol and Illegal Substances Prohibited

The possession, distribution, sale, possession and or consumption of alcoholic beverages and illegal substances are prohibited on the property of any IHSA state series contest facility. State series hosts are required to make all state series contest sites, including parking lots, fan accommodation areas, and other school event venue property, alcohol and illegal substance free zones on the date or dates of any IHSA event being held at the site. Event personnel will enforce this policy rigorously.

Persons and Possessions Subject to Search

Please note that all persons and their possessions are subject to search upon entering an IHSA State event venue. Items prohibited under this policy or any item deemed by the IHSA or event staff to be dangerous or harmful to persons or property will be confiscated. Patrons of any IHSA state series contest who do not cooperate with event staff in their enforcement of this policy will be removed from the premises and law enforcement officials will be called as warranted. No ticket refunds will be granted in such cases.

Student Sex Equity, Sex Discrimination and Sexual Harassment/Intimidation Summary Policy Statement

Statement of Policy

Lisle Community Unit School District 202 does not discriminate on the basis of sex in the provision of programs, activities, services, or benefits, and guarantees both sexes equal access to educational and extra-curricular programs and activities. No student shall be subjected to sexual discrimination, harassment, intimidation or bias by any District employee, by other students, or by the effect of school policy or practice.

“Sex Bias” means the attribution of behaviors, abilities, interests, values and/or roles to a person or group of persons on the basis of sex.

“Sexual Harassment” means (1) unwelcome sexual advances, (2) sexual advances to students by School District 202 employees, whether welcome or unwelcome, (3) requests for sexual favors, and/or (4) other verbal or physical conduct of a sexual nature.

Sexual Harassment may include, but is not limited to:

1. Uninvited sex-oriented verbal “kidding” or demeaning sexual innuendoes, leers, gestures, teasing, sexually explicit or obscene jokes, remarks or questions of a sexual nature;
2. Graphic or suggestive comments about an individual's dress or body;
3. Displaying sexually explicit objects, photographs or drawings;
4. Unwelcome touching, such as patting, pinching or constant brushing against another's body; or
5. Suggesting or demanding sexual involvement whether or not such suggestion or demand is accompanied by implied or explicit threats concerning one's grades, educational opportunities, employment status, or similar personal concerns.

“Sexual Intimidation” means any behavior, verbal or nonverbal, which has the effect of subjecting members of either sex to humiliation, embarrassment or discomfort because of their gender.

Concerns about any of the above should be brought forward to a school employee as soon as possible.

Confidentiality

The rights to confidentiality both of the complainant and the accused will be respected consistent with the school District’s legal obligations and with the necessity to investigate allegations of misconduct and to take corrective action when this conduct has occurred.

Hazing, Initiations and Bullying

Hazing, initiations, or bullying of student-athletes by other team members are not acceptable, and any such practice of this type of behavior will not be tolerated. Student-athletes should be aware that hazing can constitute a violation of Illinois Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability. Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student’s participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student’s participation or membership. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to or after the season or school day.

Lisle District 202 specifically prohibits engaging in any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct. Prohibited conduct includes any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, bullying, hazing, or other comparable conduct. Conduct constituting “bullying” will not be tolerated. “Bullying” is defined as conduct which subjects a student to insults, taunts, or challenges, whether verbal or physical in nature, which are likely to intimidate and/or provoke a violent or disorderly response from the student being treated in this manner.

Permission, consent or assumption of risk by an individual subjected to hazing, initiation and/or bullying does not lessen the guilt associated with this unacceptable behavior.

In order for the District to effectively enforce this policy and to take prompt corrective measures, it is essential that all victims of hazing, or bullying and persons with knowledge of hazing or bullying report the harassment immediately. The District will promptly investigate all complaints, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.

IHSA Steroid Testing Policy Consent to Random Testing

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 2008-09 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.

By signing the athlete consents to random testing in accordance with the IHSA's steroid testing policy. It should be understood that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

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

IHSA Banned Drug Classes 2008-09

The value of high school interscholastic programs is found in the over-all physical, emotional, and intellectual development of student-athletes. In that pursuit, anabolic steroids and performance-enhancing dietary supplements offer no positive contribution. Rather, their use jeopardizes not only the health of student-athletes, but also impedes in their over-all development. And since this use runs counter to the purpose and value of interscholastic programs, coaches, administrators, school officials or employees, or booster club/support group members have an obligation and responsibility to provide only healthy, safe, and approved substances to student-athletes. IHSA By-Law 2.170, which took effect on July 1, 2007, strengthens the relationship between students and their schools by affirming the school's commitment to offering a safe environment in which their students can develop.

The purpose of this document is to provide schools, athletes, and parents with a description of those substances that are considered banned by the IHSA, and, therefore, substances student-athletes can not take and maintain their athletic eligibility.

This document presents the banned drug classes to be in effect for the 2008-09 school year. As a part of the IHSA's Drug Testing Program, the IHSA Board of Directors shall annually approve the association's banned drug classes, and that group reserves the right to adjust the banned classes as necessary at any time. The classes shall be made available to schools and other interested parties through the IHSA's website.

Background: The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a violation of the IHSA Drug Testing Program. The use of supplements is at the student-athlete's own risk for students are ultimately responsible for what they ingest. Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class. The examples listed under each class are not to be considered an exhaustive or all-encompassing description of prohibited items:

1. Stimulants

amiphenazole, amphetamine, bemigrade, benzphetamine, bromantan, caffeine1 (guarana), chlorphentermine, cocaine, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, ephedrine (ephedra, ma huang), ethamivan, ethylamphetamine, fencamfamine, meclofenoxate, methamphetamine, methylenedioxyamphetamine (MDMA, ecstasy), methylphenidate, nikethamide, octopamine, pemoline pentretazol, phendimetrazine, phenmetrazine phentermine, phenylpropanolamine (PPA), picrotoxine, pipradol, prolintane, strychnine, synephrine (citrus aurantium, zhi shi, bitter orange), and related compounds

2. Anabolic Agents: Anabolic Steroids

androstenediol, androstenedione, boldenone, clostebol, dehydrochlormethyltestosterone, dehydroepiandrosterone (DHEA), dihydrotestosterone (DHT), dromostanolone, epitrenbolone, fluoxymesterone, gestrinone, mesterolone, methandienone, methyltestosterone, nandrolone, norandrostenediol, norandrostenedione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, stanozolol, testosterone2, tetrahydrogestrinone (THG), trenbolone, and related compounds

3. Diuretics

acetazolamide, bendroflumethiazide, benthiazide, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, finasteride, flumethiazide, furosemide, hydrochlorothiazide, hydroflumethiazide, methyclothiazide, metolazone, polythiazide, probenecid, quinethazone, spironolactone (canrenone), triamterene, trichlormethiazide, and related compounds

4. Peptide Hormones and Analogues

Corticotrophin (ACTH), human chorionic gonadotrophin (hCG), luteinizing hormone (LH), growth hormone (HGH, somatotrophin), insulin like growth hormone (IGF-1)

All the respective releasing factors of the previously-mentioned substances also are banned:

erythropoietin (EPO), darbepoetin, sermorelin

Definitions of unacceptable levels depend on the following:

1. for caffeine — if the concentration in urine exceeds 15 micrograms/ml
2. for testosterone — an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ration of total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.