

NAPERVILLE NORTH ATHLETIC HANDBOOK
TABLE OF CONTENTS

TABLE OF CONTENTS.....1

POLICIES AND STANDARDS.....2

ATHLETIC DEPARTMENT POLICIES AND PROCEDURES.....3-9

IHSA ELIGIBILITY.....10-11

DISTRICT 203 CODE OF CONDUCT.....12-18

PARENT PERMISSION FORM.....19



NAPERVILLE NORTH HIGH SCHOOL ATHLETIC DEPARTMENT **POLICIES AND STANDARDS**

The purpose of this handbook is to provide you the necessary information regarding the North athletic program. Each team will hold individual meetings regarding team expectations, practice and game schedules. This handbook is a helpful guideline for the athlete and the parent for a general overview of specific guidelines of rules and regulations for the athletic department. We ask you review this and use as a helpful resource throughout the year.

Since research indicates a student involved in extra curricular activities has a greater chance for success in adulthood, involvement in co-curricular is a positive outlet for your child. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided will help make your child's experience with the Naperville North Athletic program less stressful and a very enjoyable experience.

Here is the **District 203 Philosophy** in regards to co-curricular activities.

The Co-curricular activities in District 203 high schools are organized to allow for the fullest participation for those students willing to make a definite commitment to co-curricular activities. Participating in Co-curricular activities is viewed by District 203 as a worthwhile endeavor to enhance adolescent development. Participating in Co-curricular activities is a privilege and, as such carries certain expectations. Co-curricular means all activities, inclusive, offered by District 203 high schools in addition to the curricular offerings. The important goals of the co-curricular activities are to offer participants direction in developing healthful living habits, discipline, leadership, teamwork, citizenship skills, and respect for structure, rules, and responsibilities. It is to these ends that a "Code" is established for those students choosing to take part in the co-curricular activities program. Every student who chooses or is chosen to be a participant in a co-curricular activity will be offered the opportunity to practice, and whenever possible, to participate in events, contests and activities relative to their demonstrated abilities.

Important advantages of individual initiative, character, and teamwork can be developed only when there is team cooperation with established procedures. Team success without cooperation is deemed impossible. No attempt to infringe on a student's individual rights is intended, and such standards are applied on participants with the knowledge and recognition that the established goals of character development, team spirit and morale and success cannot be achieved by any other alternative.

Doug Smith
Athletic Director

Jay Wachtel
Asst. Ath. Director

Jim Konrad
Asst. Ath. Director

ATHLETIC ELGIBILITY

Student Athletes must meet all the requirements of eligibility mandated by the Illinois High School Association (IHSA), District 203 and Naperville North High School. A copy of the IHSA requirements is included in this handbook. Specific team requirements will be distributed by coaches to student athletes and parents. A parent meeting will be held at the beginning of each season.

ACADEMICS

Weekly Eligibility: During a competitive season, a student must be passing 20 hours of course work (4 classes) and cannot be failing 2 or more classes at each weeks eligibility check. Students not meeting this requirement are ineligible for competition for the week (Sunday to Sunday) following the eligibility check.

Semester Eligibility: To be eligible to compete in a given semester, a student must be passing 20 hours of course work (4 classes) and cannot be failing 2 or more classes at each weeks eligibility check.

A student not meeting this requirement as a result of grades earned during the spring semester may regain eligibility for the next fall semester through summer school credit provided the courses taken that count towards graduation.

PHYSICALS

A current physical (not more than 1 year old) must be on file in the athletic office. Freshmen entrance physicals meet this requirement. Incoming freshmen must bring a copy of their 9th grade physical for athletic registration. All other grades and transfer students, must bring a copy of their current physical with them to athletic registration.

Any new athlete whose physical expires during the summer or school year is required to have a new physical exam done in order to continue their participation in Athletics. Please keep this in mind when scheduling your son or daughters exam.

PARENTS/GUARDINS: ABSOLUTELY NO TRYOUTS WILL BE ALLOWED WITHOUT A CURRENT PHYSICAL AND THE INFORMATION/RELEASE FORM ON FILE IN THE ATHLETIC OFFICE.

EMEGENCY INFORMATION

All athletes must have an emergency information card on file with the **Athletic Trainer**. This card provides vital information for the coach and trainer in the event of injury or medical emergency. Be sure the card is properly filled out with all proper phone numbers and contact information. **Inform the trainer of any changes that occur to this card during the year.**

ATHLETIC PARTICIPATION FEES

North does charge an athletic participation fee. Fees are due at registration for non-cut sports and immediately following tryouts for cut sports. If a fee is not paid prior to the first contest and previous arrangements have not been made with the athletic office, the student athlete will not be allowed to participate in any games or contests. Any parent or athlete who have concerns about the payment of the athletic fee are encouraged to contact the Athletic Director.

Fees are as follows:

Sport	Part. Fee
B Baseball	\$88.00
B Basketball	\$88.00
B Cross Country	\$52.00
B Football	\$72.00
B Golf	\$88.00
B Gymnastics	\$88.00
B Soccer	\$52.00
B Swimming	\$52.00
B Tennis	\$72.00
B Track & Field	\$52.00
B Volleyball	\$88.00
B Water Polo	\$52.00
B Wrestling	\$72.00
G Badminton	\$52.00
G Basketball	\$88.00
G Cross Country	\$52.00
G Golf	\$88.00
G Gymnastics	\$88.00
G Soccer	\$52.00
G Softball	\$88.00
G Swimming	\$52.00
G Tennis	\$72.00
G Track & Field	\$52.00
G Volleyball	\$88.00
G Water Polo	\$52.00

ATTENDANCE

Student athlete must be in attendance the last four hours of a school day in order to participate in an athletic contest or practice. Extenuating circumstances and emergency situations will be handled on an individual basis. **Senior Ditch day is not an authorized school holiday. All athletes are expected to attend all classes on this day.**

ATHLETIC CODE

Being part of an athletic team at North is a privilege. It is the responsibility of all athletes to adhere to the District 203 Co-curricular Code of Conduct which is in effect year round. It is included in this handout, please review with your athlete and familiarize yourself with the code. Should you have any questions please contact the Athletic Office at 420-6490.

INHERENT RISK

While participation in athletics provides student athletes with valuable and constructive experiences of both a social and physical nature, it must be remembered and understood normal participation in games and practices may also bring the possibility of injury. While every precaution is taken to safeguard athletes from injury, a certain amount of risk is inherent in athletic participation.

INSURANCE

District 203 provides supplemental student accident insurance for each student enrolled in athletics during the school year. Covered accidents must be reported as soon as possible by completing a form with the trainer describing the accident. That report is then filed with our District office who handles all claims.

INJURY

Student athletes are expected to report all injuries to their coach or athletic trainer whether the injury takes place during practice or a game. A certified trainer is available to treat injuries and assist with rehabilitation. If a doctor withholds a student athlete from participation due to injury, **a written release from the doctor** must be brought to the Athletic Trainer before they will be allowed to practice or compete.

AWARDS

Sports Awards Night is held at the end of each sport season. It is at this event that awards are presented. This is an important evening and we encourage parents to attend and share in the recognition of their child's accomplishments. Athletes are expected to attend awards night and dress in proper attire (no jeans or shorts).

An athlete has an opportunity to earn a variety of different awards during their athletic career at North. These awards are dependent on their year in school and level they are participating at and previous awards they have received. The following is a list awards they may receive:

1. **Freshmen Numerals**
2. **Sophomore Letter**
3. **JV Letter**

4. Varsity Letter
5. Certificate
6. Pin
7. 2 year Plaque
8. 3 year Plaque
9. 4 year Plaque

Four Senior Awards are presented at the Spring Awards Night.

- Outstanding Male Athlete
- Outstanding Female Athlete
- (these 2 awards are voted on by the coaches)
- Outstanding Male Scholar Athlete
- Outstanding Female Scholar Athlete
- (these 2 awards are determined by the male/female varsity athlete with the highest GPA)

QUITTING OR DISMISSAL FROM A TEAM

Any student athlete who quits a team or is dismissed from a team must return to their physical education class the next day if they are on a waiver from that class. These student athletes will not be eligible to work with any organized pre-season or any off-season program for another sport until that sport is completed.

SCHOOL SUSPENSIONS

Any student athlete who is suspended from school, in or out of school suspension, will not be eligible to practice or compete during their suspension.

LOCKER ROOMS

All student athletes will have a locker in the locker room. Athletes should be aware of any individuals hanging around the locker room who are not on an athletic team. Please notify your coach or athletic office of any suspicious behavior. Athletes should lock all items in their locker. Athletes are advised not to bring valuables or excessive money to schools this will help prevent theft. A lock will be issued to all athletes by the athletic office and is to be returned to their coach at the end of their sport season.

AFTER 3:45 PM

Unless a student athlete is under the direct supervision of a teacher, after 3:45 p.m., if they do not have practice or have completed practice, they need to exit the building. Student athletes should go to their hall lockers before practice or a contest and bring everything they will need for that evening to their locker in the team locker room.

NCAA

Information on NCAA clearinghouse and NCAA qualifying standards are available by visiting the home page of www.athletics2000.com/napervillenorth .

ENTERING AND EXITING THE BUILDING

On Saturdays, holidays (any day that school is not in session) **and evenings**, student athletes should enter and exit the building **only through E-19**. Parents should drop off and pick up their children in the west parking lot. The academic portions of the building are not accessible on the weekends.

IMPORTANT: PLEASE NO PARKING ALONG THE CURB OR DRIVEWAY. HELP ALLEVIATE CONGESTION AND WAIT FOR YOUR ATHLETE IN THE WEST PARKING LOT IN THE MARKED SPACES.

ATHLETIC TRAINING ROOM

Naperville North has certified trainers on staff to care for all athletic injuries sustained during school sponsored interscholastic activities. The trainers provide prevention, emergency care, and treatment in conjunction with team physicians and your private physician. The purpose of the training room is to provide treatment for the prevention and/or rehabilitation of injuries. The training room entrance is located in the southwest corner of the building beneath the contest gym by E-17. Trainers room can be reached by calling 420-4253.

PHYSICAL EDUCATION RELEASE

The Athletic Department believes that physical education is an essential part of the school curriculum and that student athletes **should remain in their class** during their sport season. However, Junior and Senior athletes who are on a varsity team, may request a release from their physical education class during their sport season. To qualify for a waiver the following criteria must be met:

- Student must have a full schedule of classes
- No late arrival
- No Study Hall
- No early dismissal
- No Teacher assistantship, tutor or independent study
- Signature by coach, PE head and AD and Parent

The athlete must return to physical education immediately upon completion of season, dismissal, or quitting of sport. Students must inform the PE office if an extension is needed for post season play (regional, sectional, state championships).

PARENT-COACH COMMUNICATION

Proper communication is the key to success in any business. We advise following the guidelines listed below should any of the possible scenarios arise. Participation in athletics is also a maturation process for your child so if they have concerns with the coach about anything the first conversation should be between player and coach.

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.

Communication You Should Expect From Your Child's Coach

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players of the team.
- Locations and times of all practices and contests.
- Team requirements, i.e., fees, special equipment, off-season conditioning.
- Procedure should your child be injured during participation.
- Discipline those results in the denial of your child's participation.

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach
- Notification of any schedule conflict well in advance
- Specific concern in regards to a coach's philosophy and/or expectations

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

Appropriate Concerns to Discuss

- Treatment of your child
- Ways to help your child improve
- Concern's about your child's behavior

Issues Not to Discuss

- Playing Time
- Team Strategy
- Play Calling
- Other Student-Athletes

There are situations that may require a conference between the coach and parent. We encourage the player to meet with the coach first to see if they can settle any concerns they might have.

If You have a concern to discuss with a coach, this is the procedure to follow:

- Call to set up an appointment
- North Athletic Department 630-420-6490
- If the coach can not be reached ask for the Athletic director, Doug Smith and he will set up the meeting for you.
- Please do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

ATHLETIC OFFICE

The Athletic Office is located inside E-19 near the contest gym. Please feel free to visit us anytime. Office hours our Monday through Friday 7:30am until 4:00pm.

Athletic Director is Doug Smith, Assistant Athletic Directors are Jay Wachtel and Jim Konrad and the Athletic Secretary is Kathy Kavanagh. The office number is 630-420-6490. Our website is www.athletics2000.com/napervillenorth . Website has all team schedules and other useful athletic information, including but not limited to North athletic history, links to IHSA and NCAA, needed forms, Booster information, etc.