



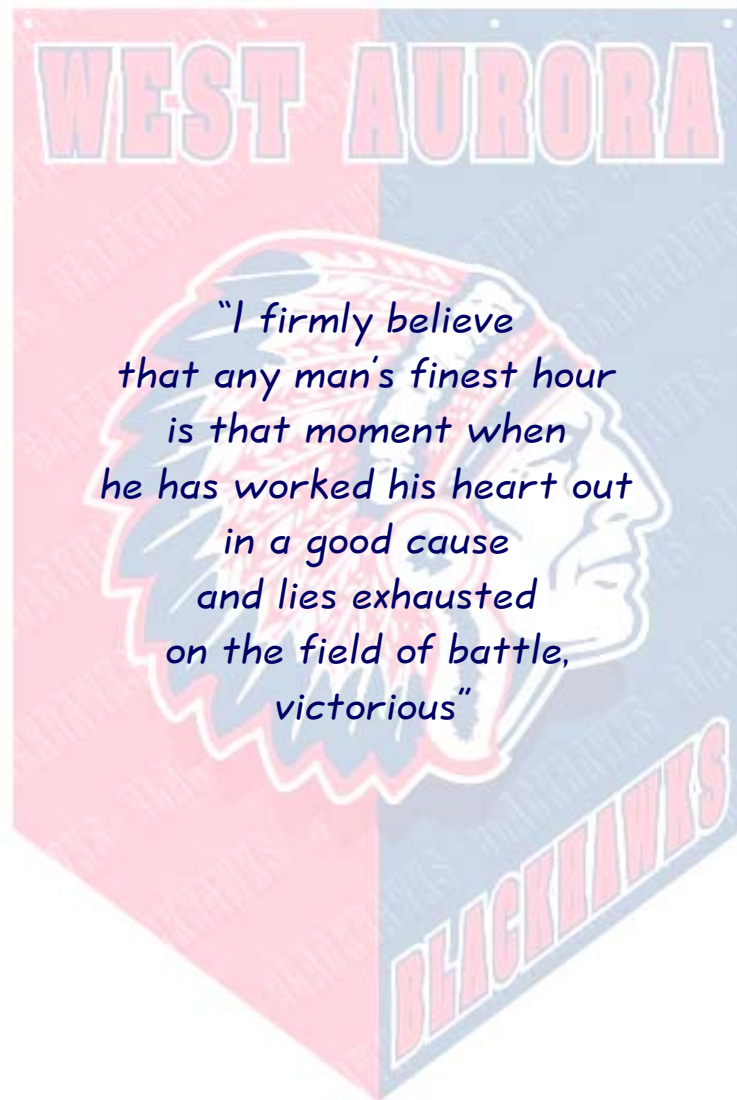
West Aurora High School

ATHLETIC HANDBOOK



***A Guide for
Parents & Students
in School District 129 —
West Aurora High School***





Vince Lombardi



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Introduction to West Aurora High School - District 129



School District 129 considers athletics and activities to be very important components of the overall high school education program. These experiences greatly enhance a student's involvement with and successes of his/her high school career, and also contribute to a well-rounded and multi-faceted individual. This handbook contains valuable information regarding your participation in athletics at West Aurora High School. We kindly ask that you and your parents review this handbook carefully.

As part of any activity/athletic team, you become a representative of West Aurora High School. As such, you are expected to behave in an appropriate manner, both on and off the field. The success of our athletic programs depend on the quality of the people participating in them. In order to succeed in athletics, good sportsmanship is required.

The administrators and staff welcome you to West Aurora High School Athletics. If we can assist you in any way, please contact us at the following numbers. Good luck and enjoy your participation in Blackhawk Athletics.

District Office	630-301-5000
Principal's Office	630-301-5510
Athletic Director's Office	630-301-5582

Philosophy of Athletics

Athletics can make a material difference to the development of young adults. The purpose of athletics is to provide an atmosphere in which every willing participant can actively develop their athletic talents to the best of their abilities. Athletics is a process that can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime. This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication.

Athletics is an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of athletics to lifetime achievement is well recognized. The interdependency of academic achievement and participation in athletics provides motivation for many student-athletes. It is this synergistic relationship that makes athletics so essential. Athletics can serve as a gateway to career opportunities.

Objectives and Outcomes of Participation

Athletics enhance a successful program by strengthening opportunities that:

- Foster student leadership development.
- Support future academic or career options.
- Promote involvement in the school and the community.

As a result of their participation in interscholastic activities, the student-athlete will be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Athletic Code of Conduct including academic standards, substance use, and appropriate behavior.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level (determined by coaching staff) of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health-related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in interscholastic athletics.

School District 129 Athletic Code



I. Purpose

District 129 considers athletics to be a very important component of the comprehensive high school program. These experiences greatly enhance a student's involvement with and enjoyment of his/her high school career, and contribute to a well-rounded and multi-faceted individual. Important goals of the athletic and activity programs are also to give students direction in developing healthful living habits, self-discipline, leadership, teamwork, and respect for rules and regulations. It is the intent of District 129 coaches to assist student-athletes in developing healthful habits and to facilitate access to support services when needed.

Participation in athletics is considered an extension of, although separate from, the regular school day. While the regular curricular program is a right afforded each student, participation in the co-curricular programs is a privilege, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation. The Athletic Code of Conduct is established for young persons taking part in these programs.

By electing to participate in athletics, the student is choosing to extend their school day as well as the expectations for appropriate behavior and conduct. This code is considered to be in effect at all places and times, 24 hours per day, 12 months per year. Students participating in co-curricular activities will be required to sign a form agreeing to adhere to this Code of Conduct.

II. Minimal Expectations

- A. Must be enrolled as a full-time student to participate. Full-time equates to four (4) classes or carrying 2.0 credits.
- B. Daily attendance at school, practices and contests.
- C. To be eligible to participate in interscholastic athletics at West Aurora High School, all students will be required to meet a three-fold eligibility standard: Minimum GPA (Grade Point Average) per Grading Period, Weekly Grade Checks, and Semester Eligibility.

Minimum GPA Per Grading Period

- The cumulative grade point average through the end of the previous year shall be used for all fall athletes.
- An athlete who falls below an 1.80 GPA maybe placed on academic probation for the next grading period. During this period of probation, the athlete will be encourage to attend project excellence a minimum of three (3) days per week. If improvement or effort to improve is not evident, an athlete may be withheld from competition.

Weekly Grade Checks

- All student-athletes' grades are to be checked on a weekly basis.
- All students taking a full load of classes are required to be passing 2.0 credits on a weekly basis.
- Eligibility will be checked each Wednesday; any athlete not passing the minimum number of credits (2.0) will be ineligible for the next week. A week is defined as Sunday to Sunday.
- Any athlete that receives three (3) or more warnings or failures will be placed on probation for the next week. Any athlete on probation for two (2) or more consecutive weeks will be required to show documentation of their efforts to improve their academic performance. Attendance at Project Excellence, attendance at team study table, meeting with a teacher outside of regular class time, or meeting with a tutor are all accepted efforts to improve academic performance. Failure to show this documentation will result in the athlete becoming ineligible for the next week.

Semester Eligibility

- In compliance with IHSA requirements, all student-athletes will be required to pass a minimum of two (2.0) credits during the semester. Failure to pass the 2.0 credits will result in the athlete being ineligible for the ENTIRE NEXT SEMESTER. During this time, the athlete may practice with the team (at the coaches discretion) but MAY NOT PARTICIPATE IN ANY ATHLETIC COMPETITIONS.
- D. Adherence to all other rules set forth by the coach, Student / Parent Handbook, District 129, and the Illinois High School Association By-Laws.
- E. Conduct becoming of a District 129 representative, including adherence

to the Student/Parent Handbook, and demonstrating respect for persons and property.

- F. Refrain from “hazing” or “initiation” activities. These activities are subject to consequences noted within the Student / Parent Handbook and the Athletic Code of Conduct.
- G. Refrain from the possession, use or being under the influence of tobacco, performance enhancing substances, any illegal or controlled substance including alcohol, unlawful drugs, prescription drugs, “look-alike drugs” or any other substance not prescribed for the student, and intended to be used, or used, to achieve a high or altered mental state or physical state.
- H. Refrain from presence at gatherings of students where the students know, or reasonably should know, that any of the substances identified in Section F above are present.
- I. Attendance by parent / guardian and student, at least annually, at a school sponsored program (Introduction Night) prior to participation in extra-curricular activities. Parents are expected to attend all seasonal meetings that the Athletic Department or specific coaches may schedule to discuss expectations of specific programs.

III. Procedures for Breach of Code

- If a violation occurs in A, B or C, the coach or Athletic Director will determine the appropriate disciplinary action. In all cases, all relevant IHSA rules will apply. The requirement to be passing at least five (5) classes weekly is monitored by weekly automatic teacher verification.
- If a violation occurs in D, E, F, G or H, the Athletic Director may confer with relevant coaches and other needed staff or Administration to determine whether the violation occurred, the appropriate disciplinary action, if any, and/or assistance or intervention opportunity. The coach in question serves to provide information only. In cases where the student participates in more than one sport or activity, respective coaches may be consulted. For violations of F and G, the Assistant Principal for Student Services will become involved. Both the parent/guardian and student may be invited to attend a meeting to respond to the reported violation and the imposed disciplinary action.

- It should be noted that compliance with Point I noted previously is expected. Failure of parent/guardian and student to attend Introduction Night may result in suspension from the activity until satisfied.
- Actions the Administration may take are typically drawn up in the form of a contract (Code of Conduct) with the student, and are as follows:
 1. The minimum penalty for the first violation reads as follows: The student shall lose eligibility for the next interscholastic/public events or performances totaling one-half ($\frac{1}{2}$) of the total number of contests, dates, or performances. For athletics, one-half of the number of contests will be determined based on the number of contests contracted on the first day of the sport season according to the IHSA Standardized Calendar. This penalty is reducible to one-fourth ($\frac{1}{4}$) of the total contests, events, or performances when the student completes an approved assistance program such as a substance abuse prevention program, anger management, or other approved program. Approval must be given in advance by the Athletic Director, Activities Director, and/or Assistant Principal for Student Services. At any time, the student may voluntarily admit to a personal code violation prior to school officials' knowledge. In the absence of verifiable evidence or before just cause suspicion of any violation, the student may voluntarily admit in writing the infraction to the Athletic Director, Activities Director, or Assistant Principal of Student Services. The intent of the voluntary admission clause is to allow a student-athlete an opportunity to seek assistance for an ongoing problem. Participation will be uninterrupted when it can be verified that the student has enrolled in and is actively participating in a school-recognized and approved substance abuse program. The student must complete the program. The voluntary admission clause can only be applied for a first violation and only once.
 2. For other violations these actions may take place:
 - a. Refer the student to the appropriate personnel for counseling. If an external intervention program is available that is relevant to the situation, participation in this program may be considered when assigning the penalty.
 - b. Issue a warning letter and place it on file.
 - c. Place the student on probation in the sport.
 - d. Place the student on suspension in the sport.

- ◇ Suspension may carry over from one season to the next, or from one sport to another, including in the same season.
 - ◇ If the violation occurs out of season, suspension shall begin with the next season in which the student participates.
 - ◇ If a school suspension results from a violation of the Student Athletic Code, penalties will run concurrently if reasonably possible. An athletic suspension may run longer than the concurrent school suspension.
 - ◇ During an out-of-school suspension, the student may not participate in any sports or activities.
3. Subsequent, repeated, or severe violations of items outlined in Sections II of the Athletic Code or Student Discipline Code may result in the student being suspended from the activity for the current season or longer.
 4. When a student is involved in a general school disciplinary incident that requires action, a single decision will be made by the appropriate school authority. A violation at a particular point in time can potentially impact any/all athletics for the current and/or next season. The consequences will be applied to athletics and possibly activities in which the student is involved.
 5. In certain circumstances, due to time constraints, a violation of the Athletic Code by a student may result in immediate action.
 6. The steps involved to appeal disciplinary action after the building administrator responsible for athletics has made his/her decision in such cases would be meeting with:
 - ◇ Principal
 - ◇ Superintendent (or designee)
 - ◇ Board of Education (through designated hearing officer)

Expectations of Coaches

The coaches will maintain a role of coach as professional and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.

- Maintaining open and honest communication with students, parents, and other coaches.
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
- Supporting and collaborating with coaches in other athletic programs.
- Developing the knowledge and understanding of District 129 policies and procedures as it applies to athletics.
- Promoting and enforcing the student-athlete Code of Conduct.

The coaches will be positive role models in personal management, appearance, ethics, and behavior by:

- Connecting athletic experiences with life experiences.
- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Becoming an integral part of, and developing rapport with, the District 129 community including administration, coaches, parents, and students.
- Modeling good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for student-athletes.
- Understanding their leadership style and its impact on student athletes.
- Considering important commitments of student athletes outside their sports.

Expectations of Parents

The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in an appropriate and timely manner including those of physical and emotional well-being on behalf of their student.
- Following an appropriate chain of communication such as
 1. Parent and Coach/Assistant Coach
 2. Parent and Athletic Director
 3. Parent/Principal/Superintendent
- Attending parent meetings and reading information disseminated by the coaches.

The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student-athletes.
- Understanding the game is for students and not for the adults.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or sidelines.
- Expecting consistent student attendance at practices and games.

The parents will create a positive and supportive environment to promote their student-athlete's well-being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well-being of their student ahead of any personal desire to win.
- Expecting their student to play in a safe and healthy environment.
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.
- Supporting the student-athlete Code of Conduct.

Expectations of Student-Athletes

The student-athletes of West Aurora High School will be committed to the school athletic program on and off-season by:

- Following the rules set by the coaches and the school.
- Participating enthusiastically.
- Making appropriate personal sacrifices for the good of the team and school.
- Recognizing that student participation in athletics is a privilege.
- Setting challenging and realistic goals.
- Developing a positive attitude.

- Maintaining high academic standards.
- Being committed to skill development in their sport.

The student-athletes of West Aurora High School will communicate openly and honestly with respect for coaches, teammates, parents, officials and opponents by:

- Developing a team attitude.
- Being coachable and open to constructive feedback.
- Sharing appropriate individual and team concerns with the coaching staff.

The student-athletes of West Aurora High School will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.
- Supporting other sports, activities, and school organizations.
- Playing with dignity and grace, regardless of winning or losing.

The student-athletes of West Aurora High School will develop and maintain mental and physical (health) behaviors by:

- Being alcohol and drug free.
- Practicing self-discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.
- Meeting the standards of the student athlete code 365 days per year.

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 student-athletes. As parents, when your child becomes 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 team.

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 on the team
- Location and times of all practices and contests
- Team requirements, i.e. fees, special equipment, off-season conditioning
- Procedures should your child be injured during practice or contest
- Discipline that results in the denial of your child's participation

Communication Coaches Expect From Parents

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

As your child becomes involved in the programs at West, 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.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child not playing 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.

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- 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.

If You Have a Concern to Discuss with a Coach, the Procedures You Should Follow are:

- Call the school to set an appointment with the coach.
- If the coach cannot be reached, call the Athletic Director.
- Please do not attempt to confront the 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. We respectfully ask that you wait 24 hours before contacting a coach.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

Research indicates a student involved in extra-curricular activities has a greater chance of success during adulthood; therefore, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

Athletic Fee

District 129 has a three-tier fee system:

- 1st sport is \$75
- 2nd sport is \$50
- 3rd sport is free

Fees must be paid prior to picture day for each season. If the fee is not paid, your child may not be able to participate until it is paid. Non-payment of athletic fees may result in team removal.

Athletic Forms for Participation

- All athletes must turn in a **Parent Permission** form. This form indicates the sport(s) of interest and the parent signs giving permission for their child to try-out for the sport(s).
- All in-season athletes must return a completed **Medical Release** form and **Sports Physical** to the Athletic Department (or have on file) prior to participating in a scheduled athletic practice and/or event. Per IHSA rules, your physical examination must be performed by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes no more than 365 days prior to participation in any such practice, contest, or activity. We strongly encourage all individuals who plan to participate in interscholastic athletics to complete their Sports Physical in late June or July. Completing the exam during these months will avoid any ineligibility issues.
- All student-athletes must have a current **Code of Conduct** on file with the Athletic Office.
- All in-season athletes must be signed off that they and their parents have received a copy of the Athletic Handbook.

IHSA
Illinois High School Association



Key Provisions Regarding IHSA Rules

Eligibility Rules

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

The principal / official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal /

official representative who has a complete copy of all IHSA eligibility rules including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA office.

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

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA By-Laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

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

2. Scholastic Standing

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

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court-appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

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

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. ***You cannot be eligible when you transfer until this form is fully executed and on file in the school office.***
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty (30) days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you

engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.

- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court-appointed guardian from one public school district to a different public school district;
 - 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court - appointed guardian change residence to the district attendance area for the school to which you transfer;
 - 3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 - 4. Your transfer is from a private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court-appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
 - 5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to

your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the By-Laws.

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age

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

6. Physical Examination

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

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for the accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementos.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.

- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an “athletic scholarship” or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at the school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

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

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sponsored and conducted by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may tryout for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team of which you are a member terminates for the school term.

- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. Misbehavior During Contests

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

SPORTSMANSHIP BY-LAWS

Illinois High School Association Sportsmanship By-Law 2.042



IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Illinois High School Association Sportsmanship By-Law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-Law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

SUMMER PARTICIPATION

Schools may permit persons who coach a sport at a member school to have a maximum of 25 contact days in that sport with students during the summer (camps, clinics, leagues, etc). The contact days may be used between the times school is out in the spring and Saturday of week 4 in the IHSA Standardized Calendar. Students may have only 25 contact days per sport. A contact day is defined as any date where coaching or instruction in the skills and techniques of any sport takes place. These limitations apply to all sports except Baseball and Softball.

*The complete set of IHSA By-Laws and Policies are available at
www.ihsa.org*

DuPAGE VALLEY CONFERENCE

CODE OF ETHICS



DVC Student-Athletes will:

- Treat competitors, teammates, coaches, officials, and fans with courtesy and respect.
- Continually strive to improve and excel both in the classroom and on the athletic field.
- Represent their team, school and conference in a positive and responsible manner.
- Maintain a healthy and productive lifestyle, and refrain from the use of all controlled substances, alcohol and tobacco products.
- Model and exhibit the principles of good sportsmanship in all contests and practices.

DVC Coaches/Sponsors will:

- Impart in their athletes not only a desire to win, but also a respect for their game.
- Teach their athletes to succeed with humility and deal with adversity with dignity.
- Model integrity in all interactions with athletes, officials, peers and spectators.

- Exhibit the same positive behavior and attitudes that they expect from their athletes.
- Keep the physical and emotional well-being of all athletes foremost in their minds in all decisions and actions.

DVC Spectators will:

- Conduct themselves in a manner which brings pride to their school.
- Show support and encouragement for their players and coaches in the form of positive and constructive comments.
- Demonstrate respect for opposing teams, fans and officials through their comments and behavior.
- Exhibit the same good sportsmanship that DVC schools expect from their coaches and athletes.

Spectator Control

Spectator control is the responsibility of the host school. Mechanical noisemakers are prohibited at conference athletic events. Signs, banners, hoops, etc. may be permitted provided they are in good taste and reflect good sportsmanship in their message and use; they reflect identification and encouragement to participants and their school/community; they are not situated in a manner that might interfere with play during the contest; they do not obstruct a spectator's line of sight; and they are not a safety hazard.

Conference Philosophy Regarding Sportsmanship

The schools of the DuPage Valley Conference believe that quality sportsmanship, characterized by respect, pride, and a sense of fair play, is the cornerstone of our quality interscholastic programs. Our student-athletes, regardless of team record or individual ability, compete not only for potential victory, but also for the important personal rewards that come from spirited efforts and completed goals. We demonstrate respect for our athletes for their skill, commitment and determination. We expect fair play from our athletes because they have been taught that only through fair play is any victory truly achieved. The DuPage Valley Conference seeks to instill in all students, parents, spectators and community members the same expectation of respect, pride and fair play. We seek to teach all who participate, whether as spectator or athlete, that to cultivate the dignity of each individual, to demonstrate our understanding of the importance of learning as a process based on experience, and to recognize the success created as the result of commitment, teamwork and skill.

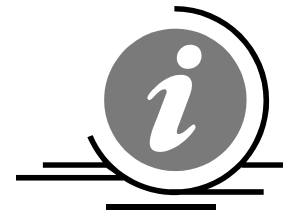
Sportsmanship Mission Statement

(For use in programs and pre-game announcements)

The schools of the DuPage Valley Conference consider good sportsmanship to be one of the important rewards of healthy competition. DuPage Valley Conference coaches, athletes, administrators, teachers, parents and school boards support and demonstrate good sportsmanship. Nothing less is expected of the fans that attend our games. So cheer your team. Recognize good performance by others. Know the rules of the game. Enjoy your part of the contest. Have fun representing your school and the Conference. Thank you for demonstrating good sportsmanship the DVC way!

GENERAL INFORMATION

WEST AURORA HIGH SCHOOL SPORTS MEDICINE



Mission Statement

The mission at West Aurora Sports Medicine staff, including the Athletic Trainers and the Team Physician, is to provide adequate and appropriate care to all West Aurora athletes. Our staff is committed to the prevention, recognition, evaluation, proper diagnosis, immediate care, and rehabilitation of athletic injuries to our athletes.

Athletic Training Room Rules

The following rules for the Athletic Training Room are for athletes, student athletic trainer aides, and visitors of School District 129. Due to the large number of athletes seen on a daily basis, these rules must be enforced for everyone's safety.

- Athletes, as well as student athletic trainer aides, must have Certified Athletic Trainer (ATC) supervision to be in the Athletic Training Room.
- Athletes must arrive 15 to 30 minutes before practice to receive treatment and/or taping.
- Only those individuals receiving treatment are allowed in the room — no loitering is allowed.

- Vulgar language and horseplay will not be tolerated.
- Bare feet, hats, spikes and/or cleats are prohibited.
- Shirts must be worn at all times.
- Personal items and equipment are to be left in the hallway
- The Athletic Training Room Staff (not coaches) will administer all treatment. Generally, treatment triage will be as follows:
 1. Injuries
 2. Athletes who have a game
 3. Athletes who have practice
 4. Athletes out of season

Administration of Modalities and Equipment—Restricted to the ATC’s only!

- All equipment issued by the Athletic Training Staff is to be returned. Failure to return this equipment will result in a bill sent to the athlete’s parent/guardian for reimbursement.
- Coolers used by teams will be picked up by team members before practice and returned at the end of practice (unless checked out for season). Cooler should be cleaned out and returned to their proper place.
- Report all injuries to the Athletic Training Room when they occur. Unless it is a medical emergency, it is recommended to consult with the Athletic Training Staff before seeing a physician.
- Use only rest, ice, compression and elevation (RICE) to care for the injury if the athlete is unable to see the Athletic Trainer immediately.

Physician Coverage / Rules

Team Physician

- Physician coverage at West Aurora High School is provided by Dreyer Medical Clinic.
- The team physician for the school serves as a medical advocate for both the athletes and West Aurora High School, working with both to provide the highest level and most comprehensive health care to our athletes.
- The team physician will be present for all home varsity collision sports contests (football and wrestling) and other select contests.
- The team physician will be available for evaluation of injuries during a courtesy clinic once a week in the athletic training room. Athletes

wishing to see the team physician need to first be evaluated by one of the Athletic Trainers.

Outside Physicians

- If the athlete sees a physician, it is vital for the athlete to ask for a note stating the diagnosis and listing any restrictions from participation in sports. This note should be given to the Athletic Trainer, not your coach.
- If an athlete has seen an outside physician, that athlete must have a release from a physician to return to participation. The Athletic Trainers, coaches or the Athletic Director cannot overrule a physician's decision.

Hours of Operation

Monday through Friday: 3:00 pm —6:30 pm (Trainers are on Site)
(Subject to change depending on events)

Saturday/Holiday/Break: 9:00 am—11:00 am (Trainers are on Site)
(Subject to change depending on events)

Emergency Medical Release / Sports Physical

All “in-season” athletes **MUST** have on file with the Athletic Department a completed and signed copy of the “Emergency Medical Release” form and a current sports physical. Those documents alert our trainers to any pre-existing health conditions that they may need to be aware of and identify procedures the parent would like followed in case an emergency (contacts/hospital choice).

AUTOMATIC EXTERNAL DEFIBRILLATORS (AED)

An automated/automatic external defibrillator (AED) is a portable device that analyzes the heart's rhythm and, if necessary, allows a rescuer to deliver an electric shock to a victim of sudden cardiac arrest. This shock, called defibrillation, may halt the rapid and chaotic heart activity of sudden cardiac arrest, and help the heart to re-establish an effective rhythm of its own.

West Aurora High School has a number of AEDs throughout their campus. Our athletic trainers will also have one while on duty. The AEDs located

in or near our sports venues are as follows:

- * Auditorium Foyer
- * Field Houses (one in the blue; one in the red)
- * Gymnasium
- * Stadium (one on the west side; one on the east side)

TRANSPORTATION

Please be aware of School District 129's policy concerning the transportation of student-athletes to and from competitions.

District 129 provides transportation to and from all athletic contests. All athletes are required to use school transportation. Athletes may not participate in an away contest if they drive themselves to the event or if they use alternate transportation without permission from the coach and athletic office. In extenuating circumstances, parents may need to drive their own children to or from a contest, but coaches and the Athletic Department need prior written notification. Approval from the coach or athletic office must be granted in advance.

EQUIPMENT

An athlete is responsible for each item of equipment that is issued to him/her. **Lost or stolen equipment must be paid for at the replacement cost.** An athlete will not be allowed to receive awards, participate in a subsequent sport, or receive his/her diploma until the equipment record has been cleared. Please do not abuse your equipment. Large amounts of money is spent to supply the best equipment for your use and safety. Please treat all equipment with respect.

AWARDS

The following are awards given by the Athletic Department:

- **ALL ACADEMIC CERTIFICATE** – *Varsity Athletes ONLY* who have a cumulative GPA of 3.0 or better. This is a DVC Conference award.
- **SCHOLAR ATHLETE CERTIFICATE** – *Any Athlete*, freshman through senior, who has a cumulative GPA of 3.5 or better. This is a West Aurora High School award.
- **LAMP OF KNOWLEDGE PIN** – Any athlete who qualifies for one of

the certificates listed above. An athlete will receive only one (1) Lamp of Knowledge Pin per school year.

- **VARSITY SCHOLAR ATHLETE T-SHIRT** (Gray) – *Any Varsity Athlete* with a cumulative GPA of 3.5 or better. This is a West Aurora High School award given once per school year.
- **LETTERMAN T-SHIRT** (red or blue) – *All Varsity Athletes*
- **LETTERS** (4 Sizes) - Varsity; Junior Varsity; Sophomore; and Freshman
- **THREE-SPORT ATHLETE PATCH** – Any athlete that has completed in three (3) sports in one school year.

General Requirement for Awards:

In order to be eligible for any award, an athlete must:

- Complete the season in good standing and be in regular attendance at all contests and practice sessions. Participation missed because of an injury or illness will not be counted against an athlete.
- Adhere to the guidelines of the Athletic Code of Conduct and team rules.
- Any in-season or out-of-season violation may result in the loss of privilege to attend the end of the season sports awards night or varsity banquet and receipt of any individual awards.
- Maintain good faith towards the coaches and fellow players and be a positive team member.

Each sport has specific expectations for awards. Coaches are to establish criteria (i.e. number of varsity contest played in) for earning varsity awards and communicate those criteria to athletes and parents prior to the start of each season.

ATHLETIC SCHOLARSHIPS AND AWARDS

JOHN W. BAUER MEMORIAL SCHOLARSHIP – \$2500 non-renewable scholarship will be offered to a college-bound athlete who is majoring in the field of Education with an emphasis on Physical Education, Math, Computer Science, and Elementary-Middle K-8. Other educational areas of study will also be taken into consideration.

JANIS LAPSA SCHOLARSHIPS – Four \$500 non-renewable scholarships offered by our Sports Boosters. The first two are awarded to the top male and female athletes. The remaining two are awarded to the athletes with the next highest scores regardless of gender. A point system is used to determine qualifications.

RICHARD DORSEY SPORTSMANSHIP AWARD – This sportsmanship award is to honor one female and one male athletes who go above and beyond the athletic arena. Coaches nominate athletes for this award.

ANDERSON/APSIT LEADERSHIP AWARDS – This award is given to one male and one female student-athlete for their leadership and work ethic, regardless of their athletic ability. This award began several years ago by Sonny Anderson (alumni) to honor his former coach at West High, Mig Apsit. His instructions were to honor athletes who display first and foremost the values of leadership, integrity, hard work, and over-all character. He was emphatic that this award not be given solely on athletic ability. Coaches nominate athletes for this award.

ATHLETES OF THE YEAR – Coaches nominate athletes for this award.

BOOSTER CLUB

The West Aurora Blackhawks Sports Boosters Club is a group of friends and parents who are interested in interscholastic athletic programs at West High. The Booster Club supports and encourages the athletic activities of School District 129 student-athletes. They also provide moral and financial support to encourage participation in athletic activities for the benefit of all students. They have been responsible for generating funds and improving athletic equipment and facilities. Meetings are held at West Aurora High School.

For Booster information go to www.sd129.org/boosters.

INFORMATION FOR PROSPECTIVE COLLEGE ATHLETES

NCAA CORE COURSE REQUIREMENTS

DIVISION I (16 Core Courses)

- ◇ 4 years of English
- ◇ 3 years of Mathematics
(Algebra 1 or higher)
- ◇ 2 years of Natural/Physical Science
(1 year of lab if offered by high school)



- 1 year of additional English, Math or Natural/Physical Science
- ◇ 2 years of Social Science
- ◇ 4 years of additional courses
(from any above area including Foreign Language/
Philosophy)

DIVISION II (14 CORE COURSES—*Will be 16 in 2013*)

- ◇ 3 years of English
- ◇ 2 years of Mathematics
(Algebra 1 or higher)
- ◇ 2 years of Natural/Physical Science
(1 year of lab if offered by high school)
- ◇ 2 years of additional English, Math or Natural/Physical Science
- ◇ 3 years of additional courses
(from any above area, including Foreign Language/
Philosophy)

***For information regarding the core course breakdown,
eligibility or rules, please go to***

<http://www.ncaa.org>

or

<http://www.ncaaclearinghouse>

ADDITIONAL NOTES ...

INTERNET RESOURCES

- * West Aurora School District 129
<http://www.sd129.org>
- * West Aurora High School
<http://www.sd129.org/westhigh>
- * West High Athletics
<http://www.sd129.org/athletics>
- * Blackhawk Sports Boosters
<http://www.sd129.org/boosters>
- * Illinois High School Association
<http://www.ihsa.org>
- * National Collegiate Athletic Association
<http://www.ncaa.org>

**West Aurora School District 129
80 South River Street
Aurora, Illinois 60506
630-301-5000**

**West Aurora High School
1201 West New York Street
Aurora, Illinois 60506
630-301-5600**

Go!!!



Blackhawks!

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