

INDIAN CREEK HIGH SCHOOL
TIMBERWOLVES
ATHLETIC/EXTRA CURRICULAR HANDBOOK
2011-2012



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THE MISSION OF THE INDIAN CREEK COMMUNITY UNIT DISTRICT 425 IS TO STRIVE FOR EXCELLENCE IN LEARNING.

INDIAN CREEK - STRIVING FOR EXCELLENCE IN LEARNING

BELIEFS

THE INDIAN CREEK COMMUNITY OF LEARNERS BELIEVE:

1. Schools exist for students.
2. All students can learn.
3. Education is everybody's responsibility.
4. A standard of excellence should exist for all.
5. The district strives to create a physically, emotionally, mentally, safe and healthy environment for all.
6. Everyone deserves respect.
7. Adults lead by example: positive role models.
8. Education encourages students to be responsible for developing their academic, social and civic potentials for life-long learning.
9. A broad and flexible curriculum has basic education as a first priority.
10. Effective communication is important.

STUDENT ATHLETIC/EXTRA-CURRICULAR HANDBOOK

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Philosophy Statement

The purpose of athletics/extra-curricular activities at Indian Creek High School is to offer the opportunity for every male and female to compete in the interscholastic/extra-curricular activities of his or her choice. The athletic director and members of the coaching staff/activity advisors believe that the primary purpose of our athletic/extra curricular program is to aid in the development of our athletes/extra-curricular participants into productive citizens and to develop their abilities and attitudes for further learning.

Athletics/extra-curricular activities are part of the educational program and as such should be closely coordinated with the general instructional program and properly articulated with other departments within Indian Creek High School.

It is the responsibility of the athletic director and the individual coaches/activity advisors to direct the athletic/extra-curricular program toward the fulfillment of the educational goals, and finally to see that the health, safety and welfare of each student are a primary consideration.

General Information

The Indian Creek High School athletic/extra-curricular program consists of interscholastic sports for both males and females, along with the following activities. The activities are as follows:

<u>FALL</u>		<u>SPRING</u>	
<i>Golf</i>	Male & Female	<i>Track</i>	Male & Female
<i>Soccer</i>	Male	<i>Baseball</i>	Male
<i>Volleyball</i>	Female	<i>Softball</i>	Female
		<i>Soccer</i>	Female
<u>WINTER</u>			
<i>Basketball</i>	Male & Female		
<i>Cheerleading and Drill Team Squad</i>			

ACTIVITIES

Academic Bowl Team	Art Club
Band	Bass Fishing
Chess Club	Choir
DCP/SAFE	Creative Writing Club
FFA	Drama Club
National Honor Society	Spanish Club
Student Council	WYSE Team
Family, Career, and Community Leaders (FCCLA)	

Indian Creek High School is a member of the Little Ten Conference which consists of the following schools: Earlville-Leland, Hinckley-Big Rock, Indian Creek, Kirkland-Hiawatha, LaMoille, Newark, Paw Paw, Serena and Somonauk.

College Auditions – Athletics

Under the provisions of the IHSA By-Laws, auditions at colleges, junior colleges and universities could jeopardize the eligibility of high school student athletes if such auditions include:

A contest in which high school students participate with or against college or university students. (By-Law 3.113)

Group instruction or coaching involving more than (2) students from the same school, in sports theory or skills in any interscholastic sport. (By-Law 3.121)

A contest (or scrimmage) involving high school students if it is during their regular season in a sport. (By-Law 3.111)

Participation by high school students in a practice or scrimmage with or against college, junior college or university students. (By-Law 3.113; By-Law 3.123)

In addition, principals and coaches in the IHSA member high schools have expressed the following concerns about auditions (or tryouts) conducted by colleges, junior colleges and universities:

A student might be required to participate in several auditions (or tryouts) before gaining a scholarship. There may be no success in gaining a scholarship even though the student invested a great amount of time and money, since participation in an audition (tryout) is usually at the student's own expense. This could present an economical hardship on the family and could thus deny some of the most deserving students the opportunity to be considered for a scholarship because they cannot afford to participate in the audition (tryout).

The institution conducting an audition (or tryout) should be responsible to provide complete insurance coverage for the high school students who participate in auditions (tryouts). Neither the high school coach nor the high school itself should be expected to assume such responsibility and they should not be held liable for a students participation in an audition (tryout) at a college, junior college or university. For example, the host institution should be held liable for any injury that might occur during the audition (tryout) as a result of negligence.

Auditions (or tryouts) held during the regular high school season in a sport may interfere and disrupt a student's participation on the high school team. For example, the date of an audition (or tryout) might be the date of an important game for the high school team. Thus, the audition creates conflicts for the student as well as for the high school team.

Whether or not an audition (or tryout) held at a college, junior college or university really provides a true assessment of a student's abilities and skills in a sport is questionable. It is felt that observation of the student is participating with the students own high school team in interscholastic competition would provide a better opportunity for assessment of a students performance potential.

The auditions (or tryouts) conducted by colleges, junior colleges and universities are designed to be convenient and economical for those institutions. As such, the colleges, junior colleges and universities might judged to be exploiting the high school athletes who wish to be candidates for the scholarships offered by those institutions.

CURFEW

IT'S THE LAW

It is unlawful for anyone under the age of 17
in the State of Illinois to be out between
the following times:

Friday – Midnight until 6:00am
Saturday – Midnight until 6:00am
Sunday thru Thursday Evenings
11:00pm – 6:00am
(Ill. Rev. Stat. Ch. 23, Sec. 2371 (1987))

In SYCAMORE,
under the age of 15, as follows:

9:30pm until 6:00am
any day of the week
unless accompanied by a parent or guardian.

—
*Teenagers, under the age of 17, beware:
Your driver's license is invalid during curfew
hours, thus increasing parental/guardian liability.

Waiting for update from IHSA

Waiting for update from IHSA

ATHLETIC/EXTRA-CURRICULAR CODE OF CONDUCT

Every athletic/extra-curricular participant shall not use and/or possess any form of alcoholic beverage or drugs unless prescribed by his/her physician.

Every athletic/extra-curricular participant shall not smoke or chew tobacco or possess it.

Every athletic/extra-curricular participant shall not use abusive language or be disrespectful towards classmates, teammates, sponsors, coaches, supervisors or the general public.

Every athletic/extra-curricular participant shall attend all performances, meetings, and events of his/her sport, club or organization unless excused by his/her sponsor or coach. Where a conflict arises when a participant is involved in more than one activity/sport, a workable resolution will occur involving the participant and the various coach(es)/advisor(s). In the case of an individual participant being asked to make a decision between attendance at a performance or a practice, the actual **performance/event/game** shall be recognized as the priority activity.

Every athletic/extra-curricular participant shall refrain from all unsportsmanlike conduct such as cheating, fighting, verbal abuse of officials, contestants, coaches or spectators during his/her performances, practices, meetings and events.

Every athletic/extra-curricular participant will be permitted to FAIL ONLY ONE COURSE based on that student's specific full schedule of courses.

Students, who are ill and miss any portion of the school day, will not be allowed to participate in extra-curricular activities that day.

Every athletic/extra-curricular participant shall abide by any additional rules established by his/her sponsor or coach.

REASONS FOR A CODE OF CONDUCT

As a school community, we recognize that there is a problem with student substance abuse.

We realize that we need to be a part of the prevention program to help students make wise choices.

Because athletic/extra-curricular activities are based on voluntary participation, special rules can be established for participation.

LOCAL SERVICES OFFERED

Enforcement of the Code of Conduct for all students participating in athletic/extra-curricular activities.

Provide training in substance abuse prevention to coaches and sponsors of athletic/extra-curricular activities and to the athletes themselves.

CONSEQUENCES For Breaking the Code of Conduct

The Code of Conduct was established to guide students toward making wise decisions regarding the non-use of drugs, alcohol and tobacco. In addition, the Code of Conduct

establishes standards for student behavior including (but not limited to) unsportsmanlike behaviors, inappropriate language, disrespectful behaviors, etc. ALL STUDENTS INVOLVED IN ATHLETIC/EXTRA-CURRICULAR ACTIVITIES ARE RESPONSIBLE FOR FOLLOWING THE BEHAVIORAL POLICIES AS ESTABLISHED IN SCHOOL BOARD POLICY AND THE INDIAN CREEK HIGH SCHOOL STUDENT HANDBOOK. It was written as a standard expectation for all students who wish to participate in athletic/extra-curricular activities.

From time to time students make poor choices and break the Code of Conduct.

While all incidences of breaking the Code of Conduct are not reported to the proper school officials, those that are reported are treated consistently and fairly in accordance with the rules as stated in the Student Handbook and/or the Student Athlete/Extra-Curricular Handbook.

Students who make the decision to violate the Code of Conduct will be held accountable for their misbehaviors.

A student who is found to be in violation of the Code of Conduct will have the opportunity under due process of the law to explain his/her side of the incident and attempt to prove his/her innocence. A student and/or the parent/guardian of the student may appeal a disciplinary decision regarding a Code of Conduct violation.

STUDENT POLICIES

Physical Examinations

It is the responsibility of each student athlete to have a current physical examination on file in the main office of the high school prior to any kind of participation in any activity. NO STUDENT WILL BE PERMITTED TO PRACTICE WITHOUT A CURRENT PHYSICAL FORM ON FILE!

Eligibility

A student who is either an athletic or extra-curricular participant will be permitted to FAIL ONLY ONE COURSE based on that specific student's full course schedule in order to retain his/her eligibility for that particular activity. This eligibility rule is applicable as follows: 1) Per Semester: In order for a student to be determined to be eligible for participation in a particular activity, he/she is allowed to FAIL ONLY ONE COURSE in the previous semester. If a student has failed more than one course in the previous semester, then he/she will not be allowed to participate in an activity during the present semester. 2) Per Week – In order for a student to be eligible for participation in a particular activity, he/she is allowed to FAIL ONLY ONE COURSE during a given week. Weekly eligibility is run from current quarter grades. If a student is found to be failing more than one course, he/she will be declared "Academically Ineligible" as noted in Section 3.03.

If a student has failed more than one course for three (3) consecutive weeks during a season, and fails more than one course the a fourth (4) consecutive week, that student will be removed from their current team. The student will be eligible to play on a team for the next season, provided they are eligible according to the "Per Semester" rules stated earlier.

EX: Student "A" fails two (2) classes for three (3)

consecutive weeks, then fails more than two (2) classes for a fourth (4) consecutive week. That student is removed from the team for the remainder of the season.

EX: Student "B" fails three (3) classes for three (3) consecutive weeks, then fails only one (1) class for a fourth (4) consecutive week. That student is eligible to play, and the week count starts over again because they are eligible.

Student/Athlete Injuries

If a student/athlete is injured during a competition or practice and seeks medical advice, the student/athlete must bring in a doctor's note explaining the injury and length of stay out of their activity. The student/athlete is not eligible to return until they are able to provide a doctor's note stating that they are eligible to return. All doctor's notes must be turned in to the athletic office to be filed before the student/athlete may resume any participation in a game or practice. If a student/athlete does not seek medical advice, it is up to the discretion of the student/athlete and/or parent/guardian if the student/athlete may return. If the coach does not feel the student/athlete is able to return, he/she may hold the student/athlete out due to that concern. Coaches/advisors must follow all IHSA guidelines set in the IHSA handbook concerning injuries and concussions.

For all student/athlete injuries, an "Accident or Injury Form" (policy 4:170-E1) must be submitted to the athletic office. A copy will be made and forwarded to the school office.

ICSD #425 Board of Education policies 4:170-AP6, 4:170-AP6, E1, 4:170-AP6, E2, 4:170-E1, 7:300, 7:300-E1, 7:300-E3

Player Level Placement

When a student tries out for an athletic team, he/she will generally be placed on the squad for his/her year in school. However, sometimes, athletes demonstrate abilities and skills, which make them better suited for a higher-level team. Placement of athletes on squads in an individual sport is not normally a problem because of head to head competition between athletes. Team sports becomes a judgement on the part of the coach using a predetermined criteria and observational data to make the level placement. Before the level placement is completed, the athletic director will be informed and consulted with prior to the decision of moving a player to a different level. The athletic director will consult with the building principal to keep him/her informed. In addition, prior to level placement, the coach and athletic director will inform the guardian/parents of the athlete being moved to provide an explanation of the reasoning behind the decision of the coach. Any athlete being moved to higher level of competition must be skilled enough to be able to start and play the majority of the time.

Squad Selection and Retention (CUSD #425 Board of Education Policy)

A squad limit will be in effect at the sophomore and varsity level. This limit will be 14 players for volleyball and 12 for basketball. The head coach will determine the limitations in a professional manner, considering each individual as well as the total program. Following the decision to cut an individual, communication with the athlete, parent/guardian and athletic director must take place.

Student/Athlete/Activity Participant Attendance

Each coach/activity advisor should encourage total attendance in school for all athletes/extra-curricular participants every day. **Students, who are ill and miss any portion of the school day, will not be allowed to participate in extra-curricular activities that day. Students who have a medical appointment on that day and bring in a note from the physician/dentist will remain eligible to participate. In addition, emergency situations will be evaluated on a case-by-case basis.**

Athletic/Extra-Curricular Activity Road Trips

Except in unusual circumstances, which are approved by administration, all road trips will be made by a School District #425 school bus. Coaches/activity advisors will require all participants to ride the school bus to the athletic event and return the same. A parent/guardian may request that their son/daughter ride home with them by giving a coach/activity advisor within the program a written note. Except in unusual circumstances, athletes/extra-curricular participants should ride to the events/activities as a unit and return as a unit. **No athlete/extra-curricular participant will be allowed to ride home with someone other than his/her own parents/guardians!** Coaches/extra-curricular activities advisors will set a definite pattern of behavior for road trips for their athletes/extra-curricular participants. Such common rules as: everyone being seated while the bus is in motion, no hanging out windows, etc. Athletes/extra-curricular participants are responsible for their behavior while occupying the school bus and while attending a visiting school. Athletes/extra-curricular participants will stay together as a team. The team is representing Indian Creek High School and the communities of Indian Creek High School.

Athletes/extra-curricular participants are responsible for visiting locker/meeting/conference rooms when on the road. When you leave the locker/meeting/conference room, it should be left in as good a condition as you found it, or better. The head coach/advisor will determine the standard of dress of his/her team at home and away. **Remember that you are representing Indian Creek High School and its communities.**

Practices/Open gym

It is the responsibility of every athlete/extra-curricular participant to attend practices/meetings and conduct himself or herself with an attitude that would bring pride to their team/activity. Practice sessions will begin as soon as athletes/extra-curricular participants, coaches/advisors and facilities are available. In addition, practice sessions may take place at Indian Creek High School, Indian Creek Middle School or either of the elementary schools. A morning practice may be scheduled by the coach/activity advisor.

Practices and/or mandatory meetings will not be conducted on Sundays or holidays, such as Thanksgiving, Christmas Day or New Year's Day.

Guidelines for Open Gyms

- 1) For any athletic activity in a gym, there needs to be an AED certified person.
- 2) Open gym can be held on Sundays, but there cannot be required attendance. Also, they must be set for a reasonable time (i.e. start at 1:00 p.m. or 1:30 p.m. or

- later and end at a reasonable time).
- 3) A coach can be present, but they can not coach--there must be in compliance with IHSA rules. Should questionable situations be reported to the school, the situation(s) will be investigated.
 - 4) These parameters are applicable across the district.

Equipment

Athletes/extra-curricular participants are expected to give equipment and uniforms issued to them appropriate treatment and care. Equipment that is lost or damaged while in the possession of the athlete/extra-curricular participant, or abused will be replaced by the athlete/extra-curricular participant at a cost appropriate for replacement of that particular item. **Athletes/extra-curricular participants are NOT to wear uniforms, etc. during the school day or other times.**

Student/athletes must turn in any equipment (including uniform, practice jersey, etc) by or on Awards Night for that particular season or the student/athlete will be charged for replacement of any missing equipment.

Athletic/Extra-Curricular Activity Code

Penalties for violation of rules are cumulative during a student's four (4) calendar years of high school enrollment. The athletic/extra-curricular calendar week's suspension will begin at the time of the infraction or with the first practice as established by the IHSA. If the season does not allow the athlete/extra-curricular participant to successfully complete the suspension, the suspension will carry over to the next sport season in which the athlete/extra-curricular participant participates. This may involve a carry over into the next school term.

Please note, as well, that a suspension will be assessed against an athlete's/extra-curricular participant's chief sport/activity. In the case where an athlete/extra-curricular participant has been involved in several sports/activities at the high school, the suspension will be applied to the most immediate sport/activity. The participation history of an athlete/extra-curricular participant will be evaluated in order to determine his/her chief sport/activity. Finally, a suspension will not be assessed to an athlete's/extra-curricular participant's secondary sport/activity.

Student/athletes should participate fully in all classes throughout the day, including Physical Education. If the student/athlete does not fully participate in all classes, including PE, they will not be allowed to participate in practice or competition after school.

CRITERIA FOR VOLLEYBALL TEAM SELECTION

All prospective volleyball players will be subject to the evaluation process described below.

1. The length of the evaluation process will be six (6) practice sessions.
 1. Attendance at all practice sessions will be considered, except for major illness or injury.
 2. Other non-skill factors should be considered in the rating suitability of players of the team roster. These factors should include attitude, coachability, work ethic and team playing.
 3. Consideration will also be given to any prior periods

of ineligibility for academic or athletic code reasons.

2. Skill testing in the following areas:
 1. Serving
 2. Passing
 3. Digging
 4. Blocking
 5. Spiking
 6. Setting
 7. Speed
 8. Agility
3. Observation during scrimmage: These observations will be made with the following list of criteria:
 1. Offensive skills - passing, setting and serving.
 2. Defensive skills - blocking and digging.
 3. Court awareness and movement.

The statistics and comments developed for each individual will be used not only as a measure for selection to the team, but also as a guide for improvement.

Team selections will be posted prior to the seventh practice session. Coaches will talk to each athlete to indicate their role on the team and whether or not they have made the team.

CRITERIA FOR BASKETBALL SELECTION

All prospective basketball players, both girls and boys, will be subject to the evaluation process described below.

The length of the evaluation process will be ten practice sessions.

1. The length of the evaluation process will be six (6) practice sessions.
 1. Attendance at all practice sessions will be considered, except for major illness or injury.
 2. Other non-skill factors should be considered in the rating suitability of players of the team roster. These factors should include attitude, coachability, work ethic and team playing.
 3. Consideration will also be given to any prior periods of ineligibility for academic or athletic code reasons.
2. Skill testing in the following areas:
 1. Ball handling - dribbling and passing
 2. Shooting - field and free throws
 3. Rebounding
 4. Speed
 5. Agility
3. Observation during scrimmage:

These observations will be made with the following list of criteria:

1. Defensive positioning
2. Rebound positioning - offensive and defensive
3. Movement without ball - screens and picks
4. Court awareness
5. Offensive skills - passing, dribbling and shooting

The statistics and comments developed for each individual will be used not only as a measure for selection to the team, but also as a guide for improvement.

Team selections will be posted prior to the eleventh practice session. Coaches should talk to each athlete to indicate their role on the team and whether or not they have made the team.

CRITERIA FOR CHEERLEADING SQUAD AND DRILL TEAM SQUAD SELECTION

Prospective cheerleaders and Drill Team members will be subject to the evaluation process described below. A panel consisting of 3-5 judges will implement the evaluation process.

The length of the evaluation process will be determined by the coach/advisor.

Attendance at all practice sessions will be considered, except for major illness or injury. Other non-skill factors should be considered in the rating suitability of participants on the squad. These factors should include attitude, coachability, work ethics, spirit, and team playing. Consideration will also be given to any prior periods of ineligibility for academic or athletic code reasons.

Skill testing in the following areas:

1. Vocal quality (applicable to Cheerleading only)
2. Presentation
3. Motion placement
4. Enthusiasm
5. Ability to work with a group

Tryout selection will be scored on a point system that the prospective cheerleaders/Drill Team member will be fully aware of. All prospective cheerleaders/Drill Team members must meet all requirements in order for their score to count.

Requirements include:

1. Performance of specified cheer/Drill Team performance with group
2. Performance of specified cheer/Drill Team performance individually
3. Performance of specified chant individually (applicable to cheerleading only)
4. A requirement of two jumps one of which must be a toe touch (applicable to cheerleading only)
5. A requirement of two stunts one of which may include tumbling (applicable to cheerleading only)
6. Other dances movements (performed individually) that are applicable to Drill Team only.

Squad selections will be posted on the school day that follows tryouts.

AWARDS

Varsity Letter Criteria

All varsity letter winners will receive an Indian Creek High School letter with a gold pin designating the sport for which the award was earned. For any subsequent varsity awards, the athlete will be awarded a gold pin for the sport. An athlete will be awarded only one varsity letter in their high school career no matter how many sports they participated in during their tenure.

Junior Varsity Award

Junior Varsity award winners will be presented a JV pin.

Freshman Award

Freshman award winners will be presented numerals indicating their year of graduation. Numerals will also be presented to any first-time athlete at any level of competition. (Note: As with a varsity letter, numerals are awarded only one time during an athlete's high school career.)

Other Award Information

Every athlete who has successfully completed the season and met all the requirements as established by the coach in conjunction with Indian Creek High School will received an award.

Any athlete who is injured during the season and is unable to participate, but remains on the roster will be eligible for an athletic award. The coach may require the athlete to assist in the program in order to receive the award. However, if a player is injured and decides to quit the team, the athlete is NOT eligible for an athletic award.

Requirements for Award Winners

Any major deviation from these requirements must first have the approval of the athletic director.

Junior Varsity, Sophomore and Freshman Awards

Any athlete who has successfully completed the season and has met the requirements as established by the coach and this handbook will be presented the appropriate award for that level.

Varsity Awards

Golf

The athlete should have at least one (1) score count toward the team score in a Varsity match and the complete season.

Special Awards:

1. Lowest per round average for the season
2. Most improved - data and coach selection
3. Doug Martz MVP Award - most varsity points, data and coach selection
4. Boys' All-Conference
5. Boys' All-Conference Academic.

Soccer – Boys and Girls

The athlete must complete the season and play in fifteen (15) halves or play in two (2) major tournaments.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Most improved - data and coaches
3. Scoring leader - data
4. Assist leader - data
5. Best defender - selection of coaches
6. All conference - conference coaches selection
7. All Conference - Academic

Volleyball

The athlete must complete the season and play in eighteen

(18) games or play in two (2) major tournaments.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Most improved - data and coaches
3. Scoring leader - data
4. Assist leader - data
5. Best defender - selection of coaches and/or data
6. All conference - conference coaches selection
7. Kill leader – data
8. All Conference - Academic

Basketball - Boys and Girls

The athlete must complete the season and play in at least twenty-one (21) quarters and/or play in two major tournaments.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Most improved - data and coaches
3. Scoring leader - data
4. Assist leader - data
5. Best defender - selection of coaches
6. All conference - conference coaches selection
7. Rebound leader – data
8. All Conference - Academic

Harold Bend Award:

An award presented to a varsity boy basketball player who brings respect and honor to themselves and Indian Creek High School basketball. This award is in memory of Harold Bend, a former basketball player at Indian Creek High School.

Baseball

The athlete will be awarded a varsity letter if he completes the season and participates in at least 25% of all innings played at the varsity level of competition.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Leading hitter - data
3. Most R.B.I.=s - data
4. Most stolen bases/runs scored - data
5. Best fielding percentage -data
6. All conference - conference coaches selection
7. Outstanding Pitcher - data - coach selection
8. All Conference - Academic

Softball

The athlete will be awarded a varsity letter if she completes the season and participates in at least 25% of all innings played at the varsity level of competition.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Leading hitter - data
3. Most R.B.I.=s - data
4. Most stolen bases/runs scored - data
5. Best fielding percentage -data
6. All conference - conference coaches selection
7. Outstanding Pitcher - data -coach selection
8. All Conference – Academic

Track

The athlete must complete the season and score six (6)

points in dual meets and/or place in a major event.

Special Awards:

1. Most valuable player - vote of the team and coaches
2. Most improved - selection of the coaches
3. Leading scorer - one award for track and one award for field - data
4. Record setters - data

Spirit and Sportsmanship Award

This award will be given to one athlete in each program (Including the Cheerleading and Drill Team programs) who exhibits an attitude of spirit and sportsmanship to their sport and teammates.

Indian Creek High School

High School Athletic/Extra-Curricular Activity Code

This Code of Conduct applies to all school-sponsored activities that are neither part of an academic class nor otherwise carry credit or a grade. Sponsors shall create a roster of students who are members or participants in an extracurricular activity and maintain attendance records.

The goal of the extracurricular program is to provide opportunities for students to pursue interests and develop life skills beyond the classroom. An additional goal of the athletic program is to develop the physical skills of student athletes, which will allow them to compete to the best of their ability within the School Board policies and the by-laws of any association of which the school is a member.

Members must conduct themselves at all times, including after school and on days school is not in session, as good citizens and exemplars of their school - they must behave in ways that are consistent with good sportsmanship, leadership, and appropriate moral conduct. They are expected to demonstrate good citizenship and exemplary conduct in the classroom, in the community, and during all facets of the activity.

The Code of Conduct below describes the expectations and goals of the extracurricular and athletic programs. This Code does not contain a complete list of inappropriate behaviors for students in extracurricular activities and athletics. This Code of Conduct will be enforced 365 days a year, 24 hours a day. A student may be excluded from activities or competition while the school is conducting an investigation regarding that student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the student assistance program regarding alcohol or other drug problems. Family-referrals or self-referrals will be taken into consideration in determining consequences for Code of Conduct violations.

Code of Conduct

A student participating in an activity or athletic program will be subject to disciplinary action if he or she violates this Code of Conduct for Extracurricular Activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

The student shall not:

1. Violate the District's policies or procedures on student discipline;

2. Possession or Use of a beverage containing alcohol (except for religious purposes);
3. Possession or Use of tobacco in any form;
4. Use, possess, buy, sell, barter, or distribute any illegal substance or paraphernalia;
5. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a "look alike" weapon. This prohibition does not prohibit legal use of weapons in cooking and in sports, such as archery, martial arts practice, target shooting, hunting, and skeet;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Vandalize or steal;
9. Haze other students;
10. Violate the written rules for the activity or sport;
11. Behave in a manner that is detrimental to the good of the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff;
13. Falsify any information contained on any permit or permission form required by the activity or sport.

Due Process Procedures

Students who are accused of violating the Code of Conduct for Extracurricular Activities are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
 - a. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sports:
 - A specified period of time or percentage of events, competitions, or practices
 - The remainder of the season or for the next season
 - The remainder of the student's high school career
 - b. Sanctions for alcohol and other drug violations will be based on the following:

First violation:

- Use, possession, buying, selling, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty will be reduced if the student successfully completes a school-approved chemical awareness program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
- The student will be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

Second violation:

- Use, possession, buying, selling, bartering, or distributing: A suspension of 12 weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any activities, the student must successfully participate in and complete a school-approved alcohol and other drug abuse assessment and follow all recommendations from that assessment.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
- The student may be required to practice with the group (unless suspended or expelled from school).

Third violation:

- Use, possession, buying, selling, bartering, or distributing: A suspension from extracurricular activities for the remainder of the student's high school career.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one calendar year from the date of the suspension, including all extracurricular activities during this period.

7. The administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Building Principal.

All students remain subject to the School Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

Student athletes/extra curricular activity participants represent the student body of Indian Creek High School and shall conduct themselves in an exemplary manner at all times. Participation in Indian Creek High School athletics/extracurricular activities is a privilege, not a right. This code establishes the rules which all student athletes, cheerleaders, drill team members, and extra-curricular participants are expected to follow when involved in the school's athletic programs.

Student athletes/extra-curricular activity participants are subject to the athletic/extra-curricular activity code's policies, procedures and penalties during the period of time that they are enrolled as a student athlete/extra-curricular activity participant at Indian Creek High School. It includes conduct unrelated to the school and occurring distant from the school or students' behavior off campus and away from an extracurricular event. Penalties for violation of these rules are cumulative during a student's four calendar years of high school enrollment. The athletic/extra-curricular calendar week's suspension will begin at the time of the infraction or with the first practice as established by the IHSA. If the season does not allow the athlete/extra-curricular activity participant to successfully complete the suspension, the suspension will carry over to the next sport season in which the athlete participates. This may involve a carry over into the next school term.

1.0 General Rules

- 1.01 In order to practice for and/or participate in an athletic/extra-curricular activity/contest, the athlete/extra-curricular participant must be in school for all periods of the school day. If an athletic/extra-curricular participant has a medical appointment that is verified by a physician/dentist, he/she will be permitted to miss the time required for the appointment and reasonable transportation time to and from the appointment. In addition, emergency situations will be evaluated on a case-by-case basis.
- 1.02 In order to participate in an athletic/extra curricular contest, the athlete/extra-curricular participant will be permitted to FAIL ONLY ONE COURSE based on that specific student's full course schedule.
- 1.03 An athlete/extra-curricular activity participant who has been withheld from participation by a physician must present written documentation by a physician clearing him/her to resume participation.
- 1.04 Athletes/extra-curricular activity participants are required to ride school-provided transportation to and from athletic contests. Athletes/extra-curricular participants transported to athletic/extra-curricular contests by any other transportation **CANNOT PARTICIPATE** in that athletic/extra curricular contest. Parents/guardians may make transportation arrangements for their son/daughter to ride home with them after an athletic contest only with the coach's/advisor's approval. Except in unusual circumstances, athletes/extra-curricular participants should ride to the events/activities as a unit and return as a unit. Parents/guardians MUST present a written note to the head coach/activity advisor indicating their intentions.
- 1.05 Athletes/extra-curricular activity participants temporarily suspended from an athletic/extra-curricular team will be required to participate in practices unless specifically excused by the coach. Athletes/extra-curricular participants so suspended must attend athletic/extra-curricular contests with the team/group (The athlete/participant is not allowed to warm-up with the team/activity or to wear the uniform of the team/activity during the time of the suspension.) unless specifically excused by the coach/activity advisor and approved by the principal and/or athletic director.

Athletes/extra-curricular participants who are deemed ineligible for the one-year period of time are also ineligible for practices. Extra-curricular participants who are deemed ineligible for their activities may still attend meetings during Advisement Period or before/after school. However, these participants are prohibited from attending all extra-curricular events including field trips, workshops, forums, etc. that are related to their extra-curricular activity. In addition, participants in the fine arts areas (music/drama) are eligible for participation in those events that are directly related to a grade for their class, but they are ineligible for supplemental and recognition activities (For example: IHSA activities).

- 1.06 Athletes/extra-curricular participants are expected to give equipment issued to them appropriate treatment and care. Equipment that is lost or damaged while in the possession of the athlete/extra-curricular participant, or abused, will have to be paid for by the athlete/extra-curricular participant. The cost will be the replacement cost of the article.
- 1.07 Athletes/extra-curricular participants of Indian Creek High School will not possess stolen or lost athletic/extra-curricular and/or personal property of Indian Creek C.U.S.D. #425 or any other school.
- 1.08 Athletes/extra-curricular participants who are academically ineligible will be required and expected to spend thirty (30) minutes after school during their ineligibility period with the teacher of the class they are failing, or other personnel prior to going to practice. The student must report to the coach/advisor after the study period with an excused note from his/her faculty/staff member. The eligibility will begin after the first week of practice.
- 1.09 Cheerleaders: The primary purpose of cheerleaders is to generate enthusiasm among the crowd in support of participants in the athletic contests. Their activities should be directly related to generating that enthusiasm and not toward performance (i.e. pyramid building, etc.). Cheerleading activities should be directed toward short sideline routines that all crowd members could easily learn and participate.
- 1.10 Drill Team: The purpose of the drill team squad is to perform and entertain audiences, particularly at athletic contests. Their routines and activities should be so directed.
- 1.11 Both males and females are encouraged to participate as cheerleaders. Cheerleaders will be required to perform at all athletic contests in which the team they represent participates. Nothing in this regulation should be construed to mean that alternates could not be chosen for each of the squads.
- 1.12 Participation. Athletes/extra-curricular participants are required to attend and participate in all practices and contests unless specifically directed and/or excused by the coach, athletic director and/or administration.
- 1.13 Athletes/extra curricular participants who choose to participate in more than one activity during a given season/time of the year, will remain ineligible to participate in a second sport/activity until they have

attended and participated in three practices that regard a particular second sport/activity. In addition, athletes/extra-curricular participants who choose to participate in a second sport/activity will not be penalized by the coach/advisor of either the first or second sport/activity for attending a practice/event on a specific day. It is the responsibility of the coach/advisor in the first sport/activity to work together with the coach/advisor of the second sport/activity (and vice versa) to ensure that both programs are treated in a fair and reasonable manner. As noted elsewhere in this handbook, regarding student participation, an actual event assumes priority over a practice.

2.0 Conditioning Rules

2.01 **Curfew:** Athletes/extra-curricular participants are required to be at home no later than 10:30 p.m. on school nights and no later than midnight on Friday and Saturday nights. (When athletes/extra-curricular participants are involved in a Saturday morning activity, a coach/activity advisor may choose to require an earlier curfew time than stated above.) Exceptions to this rule will be made under the following conditions:

2.01a. When the athlete/extra-curricular participant is attending a function with his/her parent/guardian.

2.01b. When the athlete/extra-curricular participant is attending school-sponsored functions under faculty supervision and the activity continues beyond the above training hours. The athletes will be given one (1) hour past the time the school activity terminates to be at home.

2.01c. When the athlete/extra-curricular participant is attending events in which arrangements have been made with the coach on a request from the parents/guardians to be out past the curfew time.

2.02 **Possession and/or use of tobacco products:** Athletes/extra-curricular participants are prohibited to possess and/or use any form of tobacco. (Cigarettes, cigars, snuff, chew, etc.).

2.03 **Possession and/or use of alcohol:** Athletes/extra-curricular participants are prohibited to possess and/or use any product that contains alcohol.

2.04 **Possession, use, buying, selling, bartering, or distributing of a controlled substance (illegal and smoking products) or paraphernalia:** Athletes/extra-curricular participants are prohibited to possess and/or use any controlled drug product.

3.0 Penalties for Violation of Athletic Code Rules and Regulations

A student athlete/extra-curricular participant accused of a violation of the athletic/extra-curricular activity code handbook will be informed of the charges and will be given the opportunity to explain or respond. All suspensions will be rounded to the nearest whole contest. Calendar year suspension begins on the date of the infraction.

3.01 Violation of Rules 2.01 and 2.02

First Offense: Reprimand by the coach/activity advisor and extra work as determined by the coach and/or athletic director.

Second Offense: Suspension from participation in 10% of the total athletic/extra-curricular season contests/events at the individual athlete's /extra-curricular participant's level of competition. General Rule 1.05 applies to this situation.

Third Offense: Suspension and removal of the athlete/extra-curricular participant from participation in athletics/extra-curricular activities for one calendar year. Participation in an approved substance program (parent/guardian financial obligation) prior to reinstatement.

3.02 Violations of Rules 1.07, 2.03, and 2.04

First Offense: Suspension from participation in 1/3 of the total athletic/extra-curricular season contests, activities, or performances or the remainder of the season, whichever is shorter.

In addition:

Violation of Rules 2.03 and 2.04:

Participation in an approved chemical awareness program; proof of drug/alcohol counseling (parent/guardian financial obligation to pay for the counseling services) prior to reinstatement on team/activity. – This is a "Health Education" intervention. The successful completion of this intervention will reduce a student's suspension by ½.

Association: Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed. A suspension of 1/6 of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.

Violation of Rule 1.07:

Return and financial restitution of stolen items; written apology to individual/school. Student handbook policies and consequences regarding "Theft" also apply.

General Rule 1.05 applies to both of these situations.

Second Offense: Suspension and removal of the athlete/extra-curricular participant from participation in athletic/extra-curricular activities for 12 weeks or one season, including suspension from all performances, activities, or competitions during this period. An assessment and/or participation in an approved chemical awareness program; proof of

drug/alcohol counseling (parent/guardian financial obligation) prior to reinstatement to the team/activity and successful completion of the program.

Association: Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of 1/3 of the season and all extracurricular group performances, activities, or competitions during this period.

Third Offense: Suspension from athletic/extra-curricular activities for the remainder of the student's high school career.

Association: Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed. A suspension of one calendar year from the date of the suspension, including all extra-curricular activities during this period.

3.03 Violation of Rule 1.8 (Academic Eligibility)

First Offense: One (1) week suspension from the team; parent/guardian contact. Rule 1.05 applies.

Additional: Each additional offense will carry with it a one-week suspension from the team/activity. Athletes/extra-curricular participants who become academically eligible while on suspension may return to team/activity competition on the day following the end of a suspension.

4.0 Behavior Unbecoming an Indian Creek High School Athlete/Extra-Curricular Participant

4.01 Disciplinary action shall be taken against that student who participates in athletic or extra-curricular activities when the behavior, though not directly occurring during practice or at an activity/contest, would violate the ICHS Student behavior policies as documented in the Student Handbook had such behavior occurred in school, at a school-related event, or was otherwise reasonably related to school. It should be re-emphasized that participation in athletic/extra-curricular activities is a privilege and that a higher standard of behavior is expected of those students who so choose to participate.

Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sports:

- A specified period of time or percentage of events, competitions, or practices.
- The remainder of the season or for next season.
- The remainder of the student's high school career.

5.0 Enforcement/Decision - Maker

5.01 The principal and/or the athletic director are responsible for determining violations and the

enforcement of this code.

5.02 All violations of this code will become a part of the student/athlete's/extra-curricular participant's records. Parents/guardians will be notified in writing of any violations of this code.

6.0 Endorsement of Code

6.01 Each student/athlete/extra-curricular participant and his/her parents/guardians shall endorse the athletic/extra-curricular code each school year in writing prior to participation by the student/athlete/extra-curricular participant.

7.0 Coach's/Activity Advisor's Rules

7.01 Individual sport coaches/activity advisors may impose their own rules. These rules should supplement and not contradict this athletic/extra-curricular code. The student athletes/extra-curricular participants will be given notice of these rules. The discipline will not be as severe as that allowed under this athletic code.

8.0 Athlete's/Extra-Curricular Participants Due Process

8.01 Every student athlete/extra-curricular participant enrolled at Indian Creek High School is entitled to their due process and may appeal any decision put upon them to the Superintendent of Schools.

INDIAN CREEK HIGH SCHOOL

Certificate of Waiver

I, _____, the
parents/guardians of _____, waive the
requirement that my son/daughter be insured for accidental injuries which may occur during
his/her performance in an extra-curricular athletic activity during the current school year
while in attendance as a student/athlete at Indian Creek High School Community Unit
School District #425, DeKalb County, Shabbona, Illinois. I will assume full financial
responsibility for the cost of medical treatment if that should become necessary.

___ Signature of Parent/Guardian

Date

**INDIAN CREEK HIGH SCHOOL
ATHLETIC/EXTRA-CURRICULAR ACTIVITY CODE
PLEDGE SHEET**

DATE _____

I have read the material stated in the Indian Creek High School Athletic/Extra-Curricular Activity Code and agree to adhere to all rules and regulations enclosed.

I also agree to accept any role given to me by the coaching staff or advisor and will give 100% while maintaining a positive attitude.

I understand that failure to abide by these rules and regulations may result in my removal from the team/squad/organization.

Player's/Students Name _____
(Print)

Signed _____

I have read the rules and regulations of the Indian Creek High School Athletic/Activity Code and support my son/daughter and the coaching staff/advisor in enforcing these rules and regulations.

(Print) Parent/Guardian

(Print) Parent/Guardian

(Signed) Parent/Guardian

(Signed) Parent/Guardian

Signature of the Coach/Activity Advisor

Date