

**FLORA  
CUSD #35**

# Athletic Handbook

**2009-  
2010**



**Flora High School**

**Floyd Henson Junior High School**

**Effective: August, 2009**

Table of Contents

**I. Flora CUSD #35 Handbook For Athletic Activities**

Statement of Philosophy ..... 2  
Dropping a Sport ..... 2  
Athletic Rules and Regulations ..... 2  
Criminal Activity ..... 2  
Sequence of Punishment ..... 3  
Transportation to and from Athletic Contest ..... 4  
Right to Review ..... 5  
Academic Eligibility ..... 5  
Grade Level Participation ..... 6  
Parent/Athlete/Coach Communication Guide ..... 7  
The Sportsman’s Creed ..... 8  
Before Practice Begins ..... 9

**II. Flora CUSD #35 Participation Agreements**

Student Athletic Contract ..... 10  
Emergency Information and Parent Consent Form ..... 11  
IHSA Steroid Policy Consent to Random Testing ..... 12

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Disclaimer

The Handbook is not all inclusive in that it cannot possibly address all the possible scenarios that may arise and still be a convenient and understandable guide for students and parents. The Board of Education does not intend to limit its ability nor the ability of its administrators or faculty to respond to situations that are not specifically addressed herein.

## **Flora Unit #35 School District Athletic Handbook**

Starting August 8, 2001 rules contained in the Flora Athletic Handbook will be in effect for 12 months a year.

### Statement of Philosophy

To establish athletic programs that excel in all areas to provide a variety of activities to enhance the educational program, and to help meet the statements contained in the Flora CUSD #35 policy. This handbook pertains to all CUSD #35 athletic teams. This policy coincides with all other school policies.

### Dropping a Sport

If a student should decide to drop a sport, he/she should discuss the circumstances with the coach. Students generally are not reinstated and will not receive an award for participation in the activity. Injury or illness, which results in the student's inability to finish the **entire** season, is not considered as dropping the sport. **A season consists of the regular season and post season play.** All equipment must be returned to the coach as soon as possible.

### Athletic Rules and Regulations

Use or possession of tobacco products is prohibited. Consumption, possession or association with alcohol, or illegal **drugs** or cannabis or drug paraphernalia is prohibited

Association is defined as remaining at an event or situation after having knowledge that "illegal" consumption **and/or** possession of alcohol, or illegal drugs or cannabis are present.

Each case will be reviewed by a committee consisting of the Principal/Assistant Principal, Athletic Director, and a member of the FHS or Junior High coaching staff.

### Criminal Activity

Students who engage in any criminal activity may be denied participation. Recognizing the varying degrees of the severity of the violations (misdemeanors vs. felonies), consequences for such involvement will result in a reprimand or denial of participation, depending upon the nature of the offense.

Each case will be reviewed by a committee consisting of the Principal/Assistant Principal, Athletic Director, and a member of the Unit #35 coaching staff.

## Sequence of Punishment

Offenses, which occur between seasons or off-season, will be acted upon in the next season in which the athlete participates. (The athlete must finish the sport in which the punishment is served .)

Suspensions will be served consecutively **beginning** with the next contest played. Percentages apply to the sport in which the infraction is served. No portion of the uniform shall be worn during the period of suspension.

### First Offense

- A. Conference with head coach, athletic director, assistant principal, **and/or** principal.
- B. Tobacco: The athlete will be suspended a minimum of 20% of the regular scheduled games in the activity in which the incident occurs.
- C. **Alcohol/Drugs:** The player will be suspended a minimum of 50% of the regular scheduled games in the season in which the incident occurs. In addition, the athlete is expected to seek and participate in counseling. During the initial counseling session at least one **parent/guardian** must attend this session with their student athlete. If the athlete does not participate in recommended counseling, the penalty will be increased to 75%.

### Second Offense

- A. Conference with head coach, athletic director, assistant principal, **and/or** principal.
- B. Tobacco: The player will be suspended a minimum of 50% of the regular scheduled games in the activity in which the incident occurs.
- C. **Alcohol/Drugs:** The player will be suspended a **minimum** of 365 days. In addition, the athlete is expected to seek and participate in counseling.

### Third Offense

The player will be suspended, at the **minimum**, an additional 365 days. After serving, at least an additional 365 days, reinstatement in athletic programs are subject to conditions established by coach and administration.

Note: All penalties carry over **from** each sport until the penalty is served. Any penalty **carryover** will be adjusted proportionately in subsequent seasons. If penalties at the junior high level have not been completely served, the penalty will need to be completed at the high school.

not been completely served, the penalty will need to be completed at the high school.

However, a new record of offenses, beginning with the first offense, will begin at the high school level. Penalty will not include academic ineligibility or absenteeism.

Note: These rules and regulations should be considered as minimums for each sport. Head coaches may have additional requirements for the sport or activity. Violations could result in penalties being served during the next school year.

### **IHSA Guidelines (2008)**

***The IHSA will be testing for performance enhancing drugs in the state series contests. Flora High School will follow all guidelines provided by the Illinois High School Association in reference to the new drug testing policy for state series athletes.***

### **Validation**

Self-admission, information from faculty, law enforcement authorities, written or pictorial information, postings on blogs or social networking, etc., or any form of **irrefutable** evidence shall be considered valid.

### **Transportation to and from Athletic Contest**

All students are expected to use authorized transportation when participating in athletic activities held away from Flora Community School District #35. Any exceptions must be approved by Administration.

### **Guidelines**

1. All students participating in school events such as athletic contests at out-of-town locations must use school transportation to and from the events. (Some unusual exceptions may occur and should be arranged in advance by parents with the coach and approved by the principal.) In addition, the Junior High Coaches may allow students to ride home with their parents after an athletic event. Written verification is required!
2. Students riding buses may be picked up and dropped off at prearranged locations. The building principal will designate such locations before extracurricular trips are taken. If parents are not waiting for their child at these locations upon return, buses will return students back to school.
3. Students riding fan buses must ride to and from events on school buses unless parents request that their child be permitted to ride home in the parent's car. Request to the supervisor must be made by the parent in person.
4. School phones may be used by pupils to notify parents of their return.

### Right to Review

The student and their parent/guardian have the right to meet with the coach, athletic director, and principal on issues that would constitute a suspension of the student from their respective sport.

### Academic Eligibility

Interscholastic and intramural athletics are available for both boys and girls. Organizational and regulative information will be released by the coaches and high school office as the respective seasons begin.

Selection of members or participants is at the discretion of the coaches, provided that the selection criteria conform to the District's policies. In order to be eligible to participate in any school sponsored athletic activity, a student cannot be failing more than one (1) course. Any student participant failing to meet academic criteria shall be suspended from the activity for seven (7) calendar days or until the specified academic criteria are met, whichever is longer. Students who are ineligible three (3) times during the duration of the season will be removed as a member of that sport. Coaches may use part of practice time for study sessions while a student is ineligible.

Flora High School students must pass seven (7) classes of high school work per week to be eligible to participate in school sponsored athletic activities. You must have passed and received credit toward graduation for seven (7) credits of high school work for the entire previous semester to be eligible at all during the ensuing semester. Ineligibility will be reported to the parent via the student involved in the activity. Individual coaches and school officials are to inform the student of his/her ineligibility.

Flora Junior High students will be provided with academic requirements based on the expectations of the coach and/or the SIJHSAA. Eligibility is reviewed on a weekly basis. Ineligibility will be reported to the parent via the student involved in the activity. Individual coaches and school officials are to inform the student of his/her ineligibility.

## **Junior High School Athletics Grade Level Participation**

It is the common understanding that the Junior High Athletic Programs that serve various grade levels are created for the opportunity for maximum participation and skill development. When more than one level of participation exists (basketball, volleyball), it is the intent to see all athletes participate at their assigned grade level.

The only deviations **from** this practice will be dictated by a.) lack of participants, or b.) an exceptionally skilled athlete.

If an individual athlete demonstrates consistent superb performance of **his/her** assigned grade level and it is apparent that the athlete would benefit **from** enhanced competitive opportunities, the athletic director will facilitate a meeting with the parents of the athlete, the Junior High principal, and two designated coaches. **If** these participants are in agreement that the athlete has opportunity for future success at a higher level, the athlete may be moved up to the next grade level for athletic competition.

It is assumed that this athlete will find success at the upper level and have the opportunity to play an amount of time comparable to his/her previous experiences at the lower level. However, this group of participants should also use this meeting as a time to determine future fate if an athlete does not experience success at the upper level.

## **Parent/Athlete/Coach Communication Guide**

### **Our Philosophy**

Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. For all to be successful, effective communication must occur.

The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.

We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

### **Expectations of Parents**

- A. It is reasonable to expect your child's coach to inform you of:
  - 1. Schedules and locations of practices and contests
  - 2. His/her coaching philosophy
  - 3. The expectation he/she has for all athletes on the squad
  - 4. What is required to be a part of the team, i.e. fees, special equipment, off-season conditioning, lettering requirements, etc.
  - 5. Known injuries of your child during participation in a practice or contest.
  - 6. Any disciplinary actions resulting in denial of participation
  
- B. Typical concerns of parents that are appropriate to discuss with a coach are:
  - 1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
  - 2. How you can contribute to your child's skill improvement and development.
  - 3. Any dramatic changes you detect in your child's behavior.

### **Expectations of Coach**

- A. Discussions with parents that may include:
  - 1. Methods to improve student athletic skills and abilities
  - 2. How the athlete can contribute to team success
  
- B. Assistance from parents in regard to the following:
  - 1. Any specific health or emotional concerns of your son/daughter

2. Notification of any schedule conflicts well in advance.
  3. Your commitment to the program in such forms as providing proper nutrition and rest and transportation
- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. **Make an appointment through the athletic director.** Please do not approach the coach after a game.
  2. Please do not attempt to question a coach before, during, or following a contest/ practice.
  3. These times can be emotional situations for both the parent and the coach and this time for **conferencing** does not promote objective analysis of the situation.
  4. **Please remember that team dugouts, benches and locker rooms are areas for athletes and coaches only.**
- D. What should you do if the meeting with the Athletic Director, Coach, and Principal does not result in a resolution to the problem?
1. Call and arrange an appointment with the assistant superintendent.

### The Sportsman's Creed

#### The Player

1. He/She lives clean and plays hard. **He/She** plays for the love of the game.
2. He/She wins without **boasting**. He/She loses without excuses, and **he/she** never quits.
3. He/She respects officials and **accepts** their decisions without question.
4. He/She never forgets that **he/she** represents his school.

#### The Coach

1. He/She inspires in **his/her** athletes a love for the game and the desire to win.
2. **He/She** teaches them it is better to lose fairly than to win unfairly.
3. He/She leads players and spectators to respect officials by setting a good example.

#### The Official

1. He/She knows the rules.
2. He/She is fair and firm in all decisions. **He/She** calls them as **he/she** sees them.
3. He/She treats players and coaches with courtesy and demands the same treatment for himself/herself.
4. He/She knows the game is for the athletes, and lets them have the spotlight.

#### The Spectator

1. He/She never boos a player or official.
2. He/She appreciates a good play, no matter who makes it.
3. He/She knows the school gets the blame or the praise for his conduct.
4. He/She recognizes the need for more sportsmanship and fewer "poor sports".

## Next Time You Attend a Game - Remember.....

### The Best Time to Applaud or Cheer:

1. When your team comes onto the playing area.
2. For a player who **has** been replaced in the game.
3. When an injured player seems to need encouragement.
4. When an opponent or a member of your own team has made an exceptionally good play.

### The Best Time to Remain Silent:

1. When your team is penalized. The **official** is closer to the play than you and has expert knowledge of the rules under which the game is played.
2. When the opponents are penalized. They are guests and should be treated with respect and courtesy.

### When you are tempted to be critical of an official, player or coach or are tempted to be sarcastic, abusive or profane. The best rules to remember:

1. Two wrongs don't make a right.
2. The less you say, the less for which you have to apologize.

## BEFORE PRACTICE BEGINS

Athletes and coaches have certain responsibilities before the season actually begins.

### Athletes must not be permitted to practice until:

1. They show evidence of a physical examination.
2. They return the form which provides information in case of a medical emergency. "Athletic Department Emergency Information and Parent Consent Form"
3. They return any requested insurance information.

### Athletes **may** not participate in a contest before they return the following forms:

1. They return a signed "Student Athletic Contract."
2. They have met the school's and the state's eligibility requirements.

### Coaches should provide the following:

1. Written details of all disciplinary rules of conduct.
2. Verbal explanation of all expectations involving adherence to athletic policies and participation in individual sport.

## STUDENT ATHLETIC CONTRACT

I, \_\_\_\_\_, while a participant in athletic activities, promise to:

1. Attend all practices and meetings faithfully.
2. Contact a coach personally before the practice or meeting if I must miss it.
3. Faithfully attend all competitions in uniform,
4. Contact a coach or athletic director personally if I am unable to attend a competition.
5. Be a resident of the school district and full-time student.
6. Maintain my eligibility and academic standing.
7. Fully commit to the sport in season.
8. Be well-groomed, especially at competitions.
9. Refrain from using drugs, alcohol, tobacco products and inhalants.
10. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
11. Submit all the necessary forms issued to me by the coach or athletic director before the first practice.
12. Report any personal injury or teammate's injury to a coach immediately.
13. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest and competitions.

I have read the Flora CUSD #35 Athletic Handbook and agree to abide by the statements contained within. I understand when participating on athletic teams that I am representing my school and community. Participation on any athletic team requires my signature and that of my parent or guardian. Please return this form to your coach.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

**ATHLETIC DEPARTMENT**  
**EMERGENCY INFORMATION AND PARENT CONSENT**

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Grade \_\_\_\_\_

Day Phone of Parents: Father \_\_\_\_\_ Mother \_\_\_\_\_

In an emergency, if the parents cannot be reached, notify:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Known Allergies \_\_\_\_\_

Permission is hereby granted to the attending physician to proceed with any medical; or minor surgical treatment, x-ray examination and immunization for the above-named student. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary for the best interest of the above-named student may be given.

Permission is also granted to the Certified Athletic Trainer to provide the needed emergency treatment prior to the student's admission to the medical facilities.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_



## IHSA Steroid Testing Policy Consent to Random Testing

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

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

A complete list of the current IHSA Banned Drug Glasses can be accessed at  
[http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA\\_banned\\_list-2008-09.pdf](http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2008-09.pdf).

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Signature of student-athlete

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Date

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Signature of parent/guardian

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Date