

Carmi- White County CUSD #5



Athlete & Student Activities Handbook

Carmi-White County High School
"Bulldogs"

www.carmischools.org

Athletic & Student Activities Handbook Purpose

Dear Students, Athletes, and Parents:

This handbook was written for the students & athletes of Carmi-White County Unit District #5 so that they and their parents may be better informed of the athletic/club rules and policies. Even though the primary focus of this handbook is toward that of the high school students, rules and policies will also apply to those students participating in athletics at the Carmi-White County Junior High School & Washington Attendance Center.

If there are ever any questions, please contact your student's school office for help.

We hope the information provided within this pamphlet makes both your child's and your experience with Carmi-White County Unit #5 Schools Athletic Program less stressful and more enjoyable.

CWCHS AD- Kurt Simon & Principal Bart King



PARENT/COACH COMMUNICATIONS

Parent / Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your student-athlete's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your student-athlete as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedure should your student-athlete be injured during participation.
6. Discipline that results in the denial of your student-athlete's participation.

Communication coaches expect from parents:

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

As your student-athlete becomes involved in the programs at Carmi-White County High School, 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 student-athlete wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete's behavior.

It is very difficult to accept your student-athlete 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 student-athletes involved. As you may have seen from the list above,

certain things can be and should be discussed with your student-athlete's coach. Other things, such as those in the following paragraphs, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. This is encouraged. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the above procedures should be followed to help promote a resolution of the issue or concern.

Procedures to follow if you have a concern to discuss with a coach:

- 1- Call to set up an appointment to see the coach. The telephone number at CWCHS is (618) 382-4661
- 2- If the coach cannot be reached, call the Athletic Director's Office. The A.D.'s office will get the message to the coach.
- 3- Please DO NOT attempt to confront the coach before or after a practice or contest.

These confrontations can be emotional for both parents and the coach. Meetings of this nature do not promote resolution.

THE NEXT STEP

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

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

Since research indicates students involved in extra-curricular activities have a greater chance for success during adulthood, these athletic programs have been established. Many of the character traits required to be successful participants in these activities are exactly those that will promote successful lives after high school.

Following is a list of the different activities, clubs, and athletic teams available at CWCHS.

Choir (includes Singing Six & Just Guys)	Math Team	Art Club
Band	NHS	Plays & Musicals
STEM Club	Bulldog Barks (Newspaper)	Student Council
Carmian (Yearbook)	Thespians	Cheerleading
Drama Club	One-Niter Plus	Baseball
Girl's Athletic Club	Cross Country (Boys & Girls)	Football
Fellowship of Christian Athletes	Golf (Boys & Girls)	Softball
Future Farmers of America	Basketball (Boys & Girls)	Volleyball
Key Club	Track (Boys & Girls) Wrestling	Tennis
Maroon Platoon	Book Club	Track (Boys & Girls)
Archery Club	Class Officers	Bass Fishing
Color Guard	History Club	

Participation in the following CWCHS activities is governed by this handbook-

Athletics

Cheerleading

Clubs

Non-Academic Student Organizations

Competitive Academic Organizations

ATHLETIC & ACTIVITY ELIGIBILITY

Students who participate in athletics or other activities must be passing six (6) credit courses per week to be eligible. P.E. does count toward participation eligibility. This requirement does fulfill the Illinois High School Association (IHSA) standards for participation. Students must pass six (6) courses at the end of the semester & be on track for graduation to be eligible for the ensuing semester.

Eligibility for most athletics is also governed by the rules of the Illinois High School Association and, if applicable, these rules will apply in addition to this Extracurricular and Athletic Activities Code of Conduct. In the case of a conflict between IHSA and this Code, the most stringent rule will be enforced.

NCAA CLEARINGHOUSE

DO YOU WANT TO BE A COLLEGE ATHLETE

Here's what you have to do to be eligible:

- Graduate from high school
- Complete a minimum 14* core courses
- Present a minimum grade-point average (GPA) in core courses
- Present a qualifying test score on either the ACT or SAT test

Division 1

2008 and beyond

16 Core Classes

- 4 yrs English
 - 3 yrs Math (Alg 1 or higher)
 - 2 yrs of Natural/Physical Sci. (1 year of lab)
 - 1 yr additional English, Math or Physical/Natural Science
 - 2 years Social Science
 - 4 years additional courses (from any area above, Foreign Language or non-doctrinal religion/philosophy)
- If you have any questions see the NCAA website at www.ncaa.org.

Extracurricular and Athletic Activities Code of Conduct

This Extracurricular and Athletic Activities Code of Conduct applies, where applicable, to all school-sponsored athletic and extracurricular activities that are not part of an academic class nor otherwise carry credit for a grade.

Student participation in school-sponsored extracurricular athletic activities is contingent upon the following:

1. The student must meet the academic criteria set forth in Board policy 6:190, Extracurricular and Co-Curricular Activities.
2. A parent/guardian of the student must provide written permission for the student's participation, giving the District full waiver of responsibility of the risks involved.
3. The student must present a current certificate of physical fitness issued by a licensed physician, an advanced practice nurse, or a physician assistant. The Pre-Participation Physical Examination Form, offered by the Illinois High School Association and the Illinois Elementary School Association, is the preferred certificate of physical fitness.

4. The student must show proof of accident insurance coverage either by a policy purchased through the District-approved insurance plan or a parent(s)/guardian(s) written statement that the student is covered under a family insurance plan.
5. The student must agree to follow all conduct rules and the coaches' instructions.
6. The student and his or her parent(s)/guardian(s) must provide written consent to random drug and alcohol testing pursuant to the Extracurricular Drug and Alcohol Testing Program.
7. The student and his or her parent(s)/guardian(s) must: (a) comply with the eligibility rules of, and complete any forms required by, any sponsoring association (such as, the Illinois Elementary School Association, the Illinois High School Association, or the Southern Illinois Junior High School Athletic Association), and (b) complete all forms required by the District including, without limitation, signing an acknowledgment of receiving information about the Board's concussion policy 7:305, Student Athlete Concussions and Head Injuries.

The Superintendent or designee (1) is authorized to impose additional requirements for a student to participate in extracurricular athletics, provided the requirement(s) comply with Board policy 7:10, Equal Educational Opportunities, and (2) shall maintain the necessary records to ensure student compliance with this policy.

IHSA Academic Eligibility

Selection of members or participants in extracurricular and athletic activities is at the discretion of the designated teachers, sponsors, and coaches.

In order to be eligible to participate in extracurricular and athletic activities, a student must pass six classes per week. Students must pass (6) courses at the end of the semester to be eligible for an ensuing semester. Any student failing to meet academic requirements will be suspended from the sport or activity for until all academic requirements are met.

Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program for alcohol or other drug problems. Participation in an

alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

The student shall not:

1. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to 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 athletics, 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. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
9. Haze or bully other students;
10. Violate the written rules for the extracurricular or athletic activity;
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; or
13. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. *Bullying* includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance; or
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Absence from School on Day of Extracurricular or Athletic Activity

A student who is absent from school in the afternoon is ineligible for any extracurricular or athletic activity on that day as a participant or spectator unless the absence has been approved in writing by the principal.

Further, students who are consistently tardy or absent the day following a co-curricular activity (i.e. football game, volleyball game, play practice, etc.) may be removed from the activity or suspended from school.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities.

Travel

When traveling to athletic events out of uniform, athletes are to wear nice clothes (collared shirts and no holes in pants). No hats and no alcohol or tobacco apparel. Athletes will travel to and from athletic events with their team. Athletes may be dropped off or picked up at pre-approved locations (i.e. Crossville, Mill Shoals, and/or Brownsville) if it is pre-arranged with the athlete's parents

All students must travel to extracurricular and athletic activities and return home from such activities with his or her team by use of school approved transportation. A written waiver of this rule may be issued by the teacher, sponsor or coach in charge of the extracurricular or athletic activity upon advance written request of a student's

parent/guardian and provided the parent/guardian appears and accepts custody of the student. Oral requests will not be honored and oral permissions are not valid.

Extracurricular Athletic Drug and Alcohol Testing Program

Each student and his or her parent(s)/guardian(s) must consent to having the student submit to random drug and alcohol testing in order to participate in any extracurricular athletic activity. Failure to sign a Random Drug and Alcohol Testing Consent Form will result in non-participation.

If a test is positive, the student will not participate in extracurricular athletic activities until after the follow-up test is requested by the Building Principal or designee and the results are reported. The Building Principal or designee will request a follow-up test after such an interval of time that the substance previously found would normally be eliminated from the body. If this follow-up test is negative, the student will be allowed to resume extracurricular athletic activities. If a positive result is obtained from the follow-up test, or any later test, the same previous procedure shall be followed.

The Superintendent or designee shall develop procedures to implement this policy. No student shall be expelled or suspended from school as a result of any verified positive test conducted under this program other than when independent reasonable suspicion of drug and/or alcohol usage exists. This program does not affect the policies, practices, or rights of the District to search or test any student who at the time exhibits cause for reasonable suspicion of drug and/or alcohol use.

A. ATHLETICS/CHEERLEADING

Carmi-White County High School offers a wide variety of athletics for its students. Participation in such activities is considered a privilege, not a right. For this reason, students, with the support of their parents, must understand and abide by the standards set forth in school policy.

The coaching staff of CWCHS, the Faculty, the Administration, the Board of Education, and Community have high expectations of athletes who represent our schools. AT ALL TIMES student athletes are expected to conduct themselves in a manner that reflects integrity on themselves, their team and teammates, and the school, and which is in compliance with this code.

1. The use, possession of, or the sale or distribution of, or the act of being under the influence of tobacco, alcohol and/or drugs at any time will result in a suspension from competing in the following percentages of contests scheduled allowable by the I.H.S.A.:

Drug/Illegal Substances	= 88%
Alcohol	= 44%
Tobacco	= 22%

A student may have the suspension reduced by $\frac{1}{2}$ (44%, 22%, 11%) if the student agrees to be screened by the District's Student Assistance Program and to follow in a meaningful way all terms, conditions, and recommendations set forth by the Student Assistance Program Team. During the suspension, the student will be expected to continue to participate in the athletic program, but will not be allowed to dress for any athletic competitions. A parent conference must be held before reinstatement. (NOTE: As per board policy 710.13, no reduction is allowed for selling or distribution.)

2. A second violation of #1 will result in a one calendar year suspension from athletic competition in any sport. If a student wishes to remain in the athletic program, he/she will remain under the supervision of the coaching staff during athletic physical education for the duration of the suspension.
3. A third violation will result in expulsion from athletics for the remainder of the athlete's high school career.
4. Appeal Process: Athletic Expulsion (3rd offense)

An Athlete who has committed a third violation may appeal expulsion if the following conditions are met:

- A. The athlete completes a H.O.P.E. Team approved Drug/Alcohol Residential Rehabilitation Program.
- B. The athlete receives a recommendation to reinstate from his/her Drug/Alcohol Counselor.
- C. The appeal will be heard by an Appeals Committee consisting of the coaches involved, the Athletic Director, the Unit Five Substance Abuse Coordinator, the H.O.P.E. Team mentor, and the Administration.
- D. The committee's decision is final.
- E. An athlete is allowed 1 appeal in his/her career. Another violation will result in an immediate expulsion.
- F. All previous suspensions must be served in full before an appeal can be considered.

5. Any athlete present at a gathering without a parent or guardian where alcohol or drugs are present will receive a one contest suspension. This policy is not cumulative and will be served each time an athlete is identified as being at a gathering where alcohol or drugs are present.
6. A two year grace period will apply to all suspensions.
7. All other school policies regarding alcohol, drug, and tobacco use also apply.

Contest suspensions by Sport:

SPORT	88%	44%	22%
Football	8	4	2
Volleyball	16	8	4
Cross Country	16	8	4
Tennis	16	8	4
Golf	16	8	4
Basketball	16	8	4
Wrestling	16	8	4
Track	16	8	4
Baseball	32	16	8
Softball	32	16	8
Cheerleading	32	16	8

The cheerleading season is considered one season comprising of home and away varsity football, home and away varsity boys basketball, and home varsity girls basketball.

Individual tournaments or “opens” (where an athlete represents the school as an individual) will count as two contests.

Team tournaments will be counted by the actual number of contests the team participates in.

Any suspension that cannot be completed in the course of a single season will be carried on to the next season the student participates in. All contest suspensions will be counted at the level of play the student last participated in that season or normally expected to participate in the upcoming season.

Athletes quitting a team will not be able to join another team until that sports season has concluded, unless mutually agreed upon by the coaches of both teams involved.

A student who is absent from school due to illness or suspension cannot participate in any co-curricular activities, as a participant or spectator, during the day or evening of the absence. Further, students who are consistently tardy or absent the day following a co-curricular activity (i.e. football game, volleyball game, play practice, etc.) may be removed from the activity or suspended from the school.

NOTE: Athletes and their parents should understand that this code does not contain a complete list of inappropriate behavior. A coach has the right to establish and maintain additional criteria for participation in his/her sport.

B. CO-CURRICULAR ACTIVITIES

The staff of CWCHS, the Administration, the Board of Education, and the Community has high expectations of students who represent our schools. Participation in an activity is defined as the involvement in an organized group (other than regularly scheduled classes), including band and choir. Students are expected to conduct themselves in a manner that reflects integrity on themselves, the organized activity, and the school.

1. The use, possession of, or the act of being under the influence of drugs or alcohol at any time will result in a one school month suspension (not more than 20 school days) from the activity. A student may have the suspension reduced to ½ school month (not more than 10 school days) if the student agrees to be screened by the District's Student Assistance Program and to follow in a meaningful way all terms, conditions, and recommendations set forth by the Student Assistance Program team. A parent conference must be held before reinstatement.
2. A repeat offense of #1 will result in a one calendar year suspension from the activity.
3. All other school policies regarding alcohol, drug, and tobacco use also apply.

Students and their parents should understand that this code does not contain a complete list of inappropriate behavior. Activity sponsors have the right to establish and maintain additional criteria for participation in their particular activity.

Illinois High School Association Drug Testing Program

IHSA Performance Enhancing Drug Testing of High School Student Athletes

The Illinois High School Association (IHSA) prohibits participants in an athletic activity sponsored or sanctioned by IHSA from ingesting or otherwise using any performance enhancing substance on its banned substance list, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for a legitimate medical condition. IHSA administers a performance enhancing substance testing program. Under this program, student athletes are subject to random drug testing for the presence in their bodies of performance-enhancing substances on the IHSA's banned substance list. In addition to being penalized by IHSA, a student may be disciplined according to Board policy 7:190, Student Behavior

STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois High School Association¹ before being allowed to participate in any athletic activity, including practice or competition.

A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.

CO-CURRICULAR ACTIVITIES

The educational opportunities offered through the academic program are supplemented by various clubs, organizations, and activities. Students are encouraged to take part in at least one activity to further their personal development. Some students will want to belong to several organizations. These individuals must learn to budget their time and always maintain a priority of classroom work FIRST.

MISBEHAVIOR DURING CONTESTS

Student-Athletes participating in interscholastic athletic contests in violation of the By-laws, or other persons found to be in gross violation of the ethics of competition or the principles of good sportsmanship, may be barred by the Board of Directors from interscholastic athletic contests.

¹

Fan Policy

The Carmi-White County Unit School District #5 Board of Education and Administration expect that coaches, players, parents, and fans conduct themselves in an appropriate manner while attending school sponsored events. Harassing, intimidating, or unsportsmanlike behavior will not be tolerated. Any person, who engages in this type of behavior or who is ejected/removed from a game, may be denied future admission to school-sponsored events up to a period of one year.

Parents Code of Ethics-

As developed by the National High School Athletic Coaches Association
www.hscoaches.org

We feel the parents play a vital role in the development of student athletes, therefore, we as coaches believe in the following:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Be a “team” fan, not a “my kid” fan.
- Weigh what your children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all officials’ decisions.
- Don’t instruct your children before or after a game, because it may conflict with the coach’s plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is oriented in the development of a skill, and should make a person feel good about himself or herself, win or lose.
- If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
- Please reinforce our drug and alcohol free policies by refraining from the use of any controlled substances before and during athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

CARE OF EQUIPMENT

The student-athletes will be furnished equipment which should be well-fitted and protective. They should make sure they have adequate equipment or should contact their coach for replacement. They are expected to care for their own equipment which may mean laundering in some instances. They are also financially obligated for all equipment issued to them; therefore, they should take every precaution to guard against loss or theft. The failure to return school equipment without a satisfactory explanation to school authorities may lead to charges outlined in "Enforcement of Regulations". Any student-athlete who fails to return their equipment will not be allowed to participate in another sport until the equipment has been returned. Each coach has the discretion to notify the head coach in the following sport of any student-athlete who has not met this requirement.

Attendance at Practice and Competitions

Student participants are expected to attend every practice or rehearsal and every game, performance, or event, unless excused by the coach or sponsor. Promptness is imperative for success. Failure to attend practice(s) can result in a participant being barred from one or more competitions or events.

Athletic PE

Participants on two or more athletic teams are eligible for Athletic PE as scheduling and class limitations allow. The prerequisite for enrollment in Athletic PE is participation in a minimum of two sports during the previous school year.

*Failure to compete in all contests without permission of the Head Coach may result in the lowering of the student's grade in Athletic PE.

*Failure to complete the athletic season could constitute failure of Athletic PE.

Withdrawal from Athletic Team

Any student-athlete who quits a team after its first contest will not be allowed to begin another sport or participate in a conditioning program until the season of the initial sport has ended. An exception may be made if approved by the head coaches of both sports involved and the Athletic Director.

CWC Alma Mater

In the heart of dear ol' Carmi,
Stands our school serene.
Of her walls of raptures beauty,
Ever we shall sing.

Hail to thee our Alma Mater,
This our theme shall be.

Memories we'll ever cherish,
Of our dear Old High.

With her grace and hallowed spirit,
May she never die.

Onward Carmi Township High School,
This our theme shall be.

Even when the years are vanished,

Praise we'll give to thee.



Carmi Cheer Song

To Carmi High, the school we love,
We'll sing a song of praise.
Tell of her many vic-tries won
And high her banner raise.
We'll glorify our Alma Mater,
And work for her with zest.
And show to all the world around
Old Carmi High is best.
So, let's join in and cheer
While we're all gathered here.

Cheer for old Carmi High.
We are ready to fight
For Maroon and White,
For dear old Carmi High.
For honor and fame,
And her glorious name
We will stand every loyal band.
So let's cheer, cheer,
The gang's all here
All out for Carmi High.

