

***Extracurricular Activity Guidelines***  
***Washington School***

***Oglesby Public Schools***

***2023-2024***

### **Philosophy**

Several extracurricular activities are available to junior high students at Washington School. As such, each activity represents an opportunity for young people to pursue outside interests. The primary mission of this school district is to provide each student with a total educational experience that will prepare him/her for the future responsibilities of high school. Extracurricular activities are one of the vehicles offered to students in an effort to accomplish this vision. Academic performance is Oglesby's primary focus.

### **Participants in Extracurricular Activities**

Any student who wishes to participate in extracurricular activities (basketball, volleyball, cheerleading, track, scholastic bowl, student council, school musical, and any other activities which may be added in the future) during their junior high experience may do so if they meet the academic and behavioral expectations as outlined in the student handbook. These guidelines represent the Oglesby School District Policy for student participation in all extracurricular activities.

The guidelines for participation will be explained to parents in an orientation meeting. Academic and behavioral expectations are defined in the school handbook. These guidelines represent board adopted policy and will be enforced consistently. Academic ineligibility will be determined by student performance in curricular areas. Behavioral eligibility will be determined according to the board adopted school discipline policy. If a student is declared ineligible one time, he/she will be ineligible for a one week time period. Should any student be ineligible three times during one season/activity, he/she will not be able to participate in that program for the remainder of that school term. Ineligible students are not to participate in games during their suspension from the activity.

### **Participation Fees**

**Oglesby Schools requires that participants in sports and music programs pay a fee. The fee structure includes an assessment of \$30.00 per activity with a ceiling of \$60.00 for an individual student. The maximum assessment for a family is \$120.00 regardless of how many children and/or activities they participate in during the school term. All students are required to pay these fees unless they have been approved for a fee waiver by the school office. Any questions on the fee structure or waivers should be directed to the office at Washington School.**

### **Parent Orientation**

An orientation meeting will be scheduled for all parents/guardians in order to become fully informed of the guidelines and expectations for membership in extracurricular programs. All parents and participants are required to attend this orientation meeting. The coaches and administration will be on hand to answer questions.

### **General Rules for Participants**

1. Any student caught using alcohol, cigarettes, or controlled substances of any kind during the season will not be permitted to participate as a member of the team for the remainder of the term.
2. Anyone caught with other people, who are drinking alcohol, using drugs, or any controlled substance will be suspended from games for a period of one week, but they must attend all scheduled practices and be present at the game. Students are expected to attempt to remove themselves from these situations. (Guilt by association)
3. Possession of a controlled substance of any kind will result in dismissal from the activity. (all tobacco products, alcohol, other drugs, etc.)

4. Any student caught stealing will be dismissed from the team.
5. As representatives of Washington School, all students involved in the program will always be courteous and will show respect toward all other players, coaches and fans.
6. All injuries, no matter how minor, are to be reported to the coach immediately.
7. All students are expected to put forth their best effort at all times. If you don't play hard in practice, you don't want to play in the game!
8. The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification.

### **Levels of Participation**

Student participation on any of the extracurricular activities in which Oglesby Washington School fields a team will follow the guidelines which have been established by the Vermilion Conference for the said activity. In addition, student participation on any team/activity will be in accordance with regulations required by the Illinois Elementary School Association (IESA).

The athletic programs which will be offered during the 2022-23 school term will be girls' basketball, boys' basketball, girl's volleyball and track.

- **Girls' basketball is offered for grades 5-8;** 7th & 8th grade teams will participate as allowed by IESA guidelines in the Vermilion Conference. All Conference rules coupled with IESA guidelines will be followed. Both 7<sup>th</sup> & 8<sup>th</sup> grade teams will participate in the season ending IESA Basketball Tournament.
- **Boys' basketball is offered for grades 5-8:** 7th & 8th grade teams will participate as allowed by IESA guidelines in the Vermilion Conference. All Conference rules coupled with IESA guidelines will be followed. Both 7<sup>th</sup> & 8<sup>th</sup> grade teams will participate in the season ending IESA Basketball Tournament.
- **Girl's Volleyball teams will be fielded in sixth, seventh and eighth grade levels.** Levels of participation will be determined in accordance with IESA and Vermilion Conference guidelines. Both 7<sup>th</sup> & 8<sup>th</sup> grade teams will participate in the season ending IESA Volleyball Tournament
- **Track is offered in our district athletic program for both 7<sup>th</sup> & 8<sup>th</sup> grade boys and girls.** Students will compete in local meets as well as the IESA series at the end of the season.

Any athletic/scholastic programs that might be added in the future will follow participation guidelines in accordance with the IESA and the Vermilion Conference.

### **Tri-Annual Interest Survey**

The school will conduct a student survey every third year during the second semester to assess the level of interest in extracurricular programming. This was done in January of 2022. The results of this survey were reviewed by administration, which identified that we are offering three of the top four sports indicated by the students. Furthermore, these results will be referenced as District #125 plans for future growth and expansion until the next survey is conducted in January of 2025.

### **Communication**

Communication is extremely important to the successful management of each extracurricular program. Students who are not able to fulfill their commitment to practices or competitions must follow the following procedures:

1. Student illness which has been reported to the school office excuses a student from practice or a game. If a student is not in school the day of a scheduled contest, he/she cannot participate in the

activity. If a student is absent from school he/she is not to attend any school function on the given day.

2. Students are to communicate directly to their team coach any specific reason for absence from practices or games. Messages are not to be sent via other students. If the coach is unavailable, the player should inform the principal in order to get the message to the appropriate coach.
3. Repetitive absences from practices due to other outside commitments or responsibilities will be dealt with on an individual basis. (i.e. parental weekend visitation) Arrangements will be made between home and school in these situations.
4. Students who have paper routes are expected to make arrangements to meet this responsibility. Requests for adjustments in the schedule need to be communicated to the coach.
5. Holiday practices and games are aspects of the program which are requirements of players and coaches. If parents plan a vacation during this time, it should be communicated to the coaches prior to break so arrangements can be made by the coaches.

### **Practices**

Practice for the basketball, volleyball, and track teams will be held at both Lincoln and Washington Schools. Some practices may take place on Saturdays. A schedule will be developed and parents and students will be kept informed. There will be no practices on Sundays (There may be tournaments that take place on Sundays). In an effort to have quality practice time for each team, the coaching staff will develop a schedule for practices that will be shared with the building principal to insure there are no conflicts.

The practice schedule will be rotated. Practices are closed to parents and visitors, only players and coaches may attend practices. Practices should be about 90 minutes or 45 minutes per grade level and focus on skill development, player participation and increasing knowledge about the game.

### **Games**

Typically the game format will be set up to have two contests in one evening, a seventh grade level contest followed by an eighth grade level contest. (exception: volleyball may hold three contests). Fifth and sixth grade basketball games will generally be scheduled on different dates and may be scheduled at times immediately after school.

### **Transportation**

Parents are responsible for providing appropriate transportation after practices, games and after the bus returns from away games. Typically students will return around 8:00 from most away contests. **All team members must ride assigned transportation to and from games which are scheduled at other schools if provided.** Parents may be allowed to transport their students after an event. **There must be a current waiver and copy of the driver's license on file in the office. The request must be presented to the coach or sponsor in writing. Please be advised that it must be a parent, and you are only allowed to transport your own child.**

### **Eligibility Checks**

Students must be academically eligible to participate in any extracurricular activity. Students will have their grades checked every week during their season. If a student is ineligible 3 times during a given season he/she will be dismissed from the team. Conduct is also reviewed. Complete guidelines for eligibility are outlined in the Parent/Student Handbook.

### **Format for Filing Complaints**

Parents who have concerns or complaints regarding the extracurricular programs offered by Oglesby Public Schools are to follow the steps listed below in addressing their concerns:

1. Take time to think about the action you are concerned about. Preference is 24 hours.
2. Set up a time with the coach/head coach to discuss concerns. This meeting should take place at a mutually convenient time. Parents are requested to wait until the day after a game to request a meeting.
3. If a resolution is not met after meeting with the coaches then the parent contacts the principal to set up a time in which the coach, parent, and principal can meet to discuss concerns.
4. If a resolution is not met through this meeting, the parent then can request a meeting with the superintendent and other personnel regarding concerns.
5. If after all these options have been exhausted and the parents are still not satisfied with the resolution, they may then request a meeting with the school board in order to share their concerns.

These steps are to be followed in the order presented in dealing with concerns and/or complaints on extracurricular programs.

### **Extracurricular Awards**

An awards banquet will be held in May to honor all of the students that participated in extracurricular activities throughout the school year. Each activity will have their coach/sponsor attend the event to recognize students for participating and for individual award winners.

Listed below are the awards that will be awarded by the coach/sponsor:

- Scholastic Bowl: Most Improved and Most Valuable Player
- Band: Recognizes any competition winners
- Student Council: Golden Gavel to the president and a plaque to the vice president & secretary
- Cheerleading:
- Track: Recognizes any Conference, Sectional or State standout performances
- Volleyball: Most Improved - Most Service Points - Most Valuable Player
- Girls Basketball: Most Improved - Best Free Throw % - Best Defense - Most Valuable Player
- Boys Basketball: Most Improved - Best Free Throw % - Best Defense - Most Valuable Player
- Overall award winners across all sports
  - Female/Male Athlete of the Year:
  - Brovelli Award Winner:
    - Any athlete will be nominated by coaches after the first week of May.
      - One athlete per coach, except track will have a boy & girl nomination
    - Athletes will be voted upon by coaches on a private ballot for the Brovelli Award
    - Female/Male athletes will be voted upon by the coaches in a private ballot following the designation of the Brovelli Award.

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### **Policy and School Recommendations for Transgender Participation**

The Illinois Elementary School Association approves this policy and process to address the participation of transgendered students in all IESA athletics and activities.

For the purpose of this policy the following definitions will be in place:

- Transgendered: a person whose gender identity doesn't match the sex assigned to him or her at birth.
- Intersex: a person who is born with a reproductive or sexual anatomy and/or chromosome pattern that doesn't seem to fit the typical definitions of female or male.
- Gender Identity: a person's deeply-felt internal sense of being male or female.
- Gender Expression: a person's external characteristics and behaviors that are socially defined as either masculine or feminine (dress, speech, mannerisms, social interactions, etc.)

### **Privacy Statement**

All discussions and documents at all levels of the process either by a member school, appeals panel, and/or IESA shall be kept confidential unless specifically requested by the student and family.

### **School Procedure**

1. The student and/or parents shall contact the school administrator or athletic director at their member school notifying them that the student has a different gender identity than listed on the student's school registration card or birth certificate and that the student wishes to participate in athletics/activities in a manner consistent with their gender identity. The school shall collect the following for the participation ruling:
  - a. Gender identity used for school registration records
  - b. Medical documentation (hormonal treatments, sexual re-assignment surgery, counseling, medical personnel, etc.)
  - c. Gender Identity related advantages for approved participation
2. Once the school administrator has collected the relevant information, the member school shall contact the IESA office in writing of the request for the ruling, the student's gender identity, and the selected athletics/activities that the student would like the opportunity to participate in if they are selected through the team try-out process.
  - a. Once the student is approved, participation is granted through the duration of their junior high/middle school career, it does not need to be annually renewed.

### **IESA Procedure**

IESA will make final rulings on student participation. The IESA may establish a group of medical personnel to act in an advisory role when reviewing rulings. Appealing parties should provide the following documentation:

1. A current transcript and school registration information
2. Documentation of the student's consistent gender identification (e.g. affirmation statements from student, parent/guardian, and/or health care provider)
3. Any other pertinent documentation or information

The IESA will respond to the member school in writing the decision of the participation ruling. If the request is not approved, Section 5.050 of the IESA Handbook shall govern all appeals.

### **IESA Publicity Policy**

"Each member school acknowledges that athletic contests and interscholastic competition take place in the public. As such, there is no expectation of privacy in the images of student athletes, coaches or other participants at such events. The IESA and/or its agents or designees may take, distribute and use photographs of student athletes, coaches, officials and other participants at such events and use the same for publicity, marketing and other appropriate purposes, including event programs. The member school will take appropriate actions to notify its student athletes, coaches and participants of this provision."



# **IESA Protocol for Implementation of NFHS Sports Playing Rule for Concussions**

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The above language which first appeared in all National Federation sports rule books for 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms or behaviors of a concussion from the lists below and remove them from play.

## **Definition of a Concussion**

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion..

### **Behavior or signs observed indicative of a possible concussion:**

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to or after the injury

### **Symptoms reported by a player of a possible concussion:**

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

**NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.**

## **Protocol**

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

## Policy

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury, unless that injury is the result of the student-athlete losing consciousness for any period of time. In such a situation, the student-athlete shall be removed from the practice or contest and will not be allowed to return to activity that day and will be subject to the Association's Return to Play policy.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. RETURN TO PLAY POLICY  
Background: With the start of the 2010-11 school term, the NFHS implemented a new national playing rule regarding potential head injuries. The rule requires "any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional." In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury. In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed healthcare provider to return to play. For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.
5. Following the contest, a Concussion Special Report must be filed by the contest official(s) with the IESA Office through the Officials Center.
6. In cases where an assigned IESA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be overruled.

Additional information regarding concussions can be accessed on the IESA website:  
[www.iesa.org/concussion](http://www.iesa.org/concussion)