

Smithton Community Consolidated  
School District #130



**2023-2024**  
Parent and Student Handbook  
ATHLETICS – INTRAMURALS – CHESS –  
SCHOLAR BOWL – CLUBS - ORGANIZATIONS

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## PROGRAMS OFFERED

Smithton Community Consolidated School District # 130 offers junior high school students in Grades 6-8 a variety of intramural and interscholastic athletics and extra-curricular activities, including but not limited to the following:

Athletics	Intramurals	Competitive Extra-Curricular	Clubs and Organizations
Baseball*^ Softball*^ Cross Country*^ Cheerleading* Boys Basketball*^ Girls Basketball*^ Bowling^ Girls Volleyball*^ Track and Field*^	Boys Volleyball	Chess* Scholar Bowl*	Art Club Character Council Drama Club Student Council Tech Club National Jr. Honor Society

\*Subject to ***Cahokia Conference*** Rules and Bylaws  
(Available through the Smithton Athletic Director)

^Subject to ***Southern Illinois Junior High School Athletic Association*** Rules and Bylaws  
(Available at <http://www.sijhsaa.com>).

#Smithton School's ***National Junior Honor Society*** chapter follows local, state, and national bylaws which may differ from some of the guidelines outlined in this handbook. Policies and procedures related to NJHS can be located on the district's website at the following address:  
<http://www.smithton.stclair.k12.il.us/activities.html>.

## STATEMENT OF PHILOSOPHY

Athletics and extracurricular activities can play an important part in the life of a student at Smithton C.C.S.D. #130. Young people learn a great deal from their participation in these programs. Lessons in leadership, sportsmanship, teamwork, competition, winning, and losing gracefully are an integral part of each program. They also add a sense of belonging; contribute to school spirit; and promote a sense of pride in the school. We believe that the opportunity for participation in a wide variety of activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the community and to the student. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

Smithton C.C.S.D. #130 athletics and extracurricular activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop physical, mental, social and emotional skills in our boys and girls.

## **PROGRAM GOALS**

Smithton C.C.S.D. #130 has the following goals for its interscholastic athletic and extra-curricular programs:

1. Emphasize the cultural values, appreciations and skills involved in competition and promote cooperation and friendships through the medium of competitive events.
2. Regulate the quality, quantity, and character of competitive experiences to contribute positively to the overall aims and objectives of education.
3. Safeguard the academic environment of students by economizing the time spent in competition by both student and coach/advisor.
4. Promote the commitment to responsible education through fulfilling, enriching, and self-disciplining experiences.
5. Strive always for playing excellence, encompassing sportsmanship and mental health of the student.
6. Provide opportunity for a student to experience success in an activity he/she selects.
7. Create a desire to succeed and excel.

## **STUDENT CODE OF CONDUCT**

### **STATEMENT**

The conduct of participants in athletics and extracurricular activities in Smithton C.C.S.D. #130, in or out of school, shall be as:

1. Not to discredit our school and
2. Not to create a disruptive influence on the discipline, good order, moral or educational environment in our school.

### **ENFORCEMENT**

The administration shall enforce all rules and regulations as described in the Code of Conduct (hereafter the "Code") for athletes and extracurricular activity participants. The Code will be stressed and governed by the coach/advisor of each sport or activity during the year. Parents/guardians and students are required to sign the consent, and disclosure document stating that they understand the Code and the student is subject to disciplinary measure should he/she violate the Code.

### **EXPECTED STANDARDS OF CONDUCT**

- Each student participant will devote him/herself to being a true contestant and/or contributor to the group or organization.
- Each student participant will obey the specific rules of his/her group or organization as given to him/her by the coach/advisor.
- Each student should be a positive influence in all he/she attempts to do.
- Each student is expected to work toward the betterment of the school and to set a good example by doing what is expected.

- Each student participant should appreciate that coaches, teachers, school and game officials have the best interest of all students in mind as they equip, schedule, and conduct the athletic and extra-curricular activity programs.
- Each student participant must comply with the standards of the Code of Conduct and school rules or be subject to disciplinary action or dismissal from the group as determined by the rules, coaches/sponsors, Athletic Director, and/or school administration.

## **PROGRAM GUIDELINES**

All students who wish to participate in the Smithton extra-curricular activities, including athletics, intramurals, chess, Scholar Bowl, clubs, and organizations are subject to the following requirements.

### **ELIGIBILITY - ACADEMIC**

#### **Athletics, Intramurals, Chess and Scholar Bowl**

A season is defined as the first date of tryouts/sign-up to the last contest. In order to be eligible to try out (if applicable) or participate on a team, a student must have a grade equivalent to a C minus (74% or better) in all classes. Eligibility will be verified every Friday at approximately 3:00 p.m. (if school is not in attendance on a Friday, it will be checked the day that school resumes the following week). To be in good standing and remain eligible throughout the season, a student must be passing with a grade equivalent to a C minus (74% or better) in all classes for each given week. The first time a student posts a 73% or lower in any class, he/she will be deemed ineligible for one week. The student participant and his/her parents/legal guardians will be notified about the ineligibility. During ineligibility, the student may not participate or attend any scheduled games/competitions or practices. The second time a student is deemed ineligible, he/she will be removed from the team. Ineligibility will begin on Saturday and carry through Friday the week following the Friday verification. The SIJHSAA bylaws prohibit students who are repeating a year's work, or any portion of a year's work, from participating in SIJHSAA sports during that time frame.

### **ELIGIBILITY – AGE AND GRADE LEVEL**

#### **Athletics, Intramurals, Chess and Scholar Bowl**

Students must be enrolled in Grade 6, 7 or 8 for the school year in which they plan to participate. Should there be an insufficient number of students to constitute a team, the head coach or advisor, in consultation with the athletic director and school administration, may extend participation to students in lower grades in descending sequential order so long as the result does not disqualify or prevent any interested 6<sup>th</sup> through 8<sup>th</sup> grade students from participation. Per Cahokia Conference bylaws, a student is ineligible to participate in baseball, softball, cross country, cheerleading, basketball,

girls' volleyball, chess, scholar bowl or track if they turn 15 years of age prior to August 15. Per the SIJHSAA bylaws, a student is ineligible to participate in baseball, softball, cross country, basketball, girls' volleyball, bowling, or track if they turn 15 years of age during the specific sport's season. Coaches and parents should contact the Athletic Director for questions related to age eligibility.

### **Clubs and Organizations**

Students must be enrolled in Grade 6, 7 or 8 for the school year in which they plan to participate.

## **ELIGIBILITY – PARTICIPANT SELECTION**

### **Athletics and Intramurals**

Tryouts will be held for each sport. After tryouts are completed, the coaches may or may not make cuts. When cuts are necessitated due to team size and management constraints, the coaches' decision will be based on a fair and unprejudiced judgment of the student's athletic abilities, regardless of grade level, in that particular sport or activity.

### **Chess, Scholar Bowl, Clubs and Organizations**

Not applicable with the exception of Student Council. The Smithton Student Council will be comprised of 7<sup>th</sup> and 8<sup>th</sup> grade students. Students who would like to be Student Council Members will sign up to be considered for the club. If numbers allow, all students will be welcomed into Student Council. However, if the total number of students that sign-up exceeds 50 students, teacher recommendations will be used to determine membership. Those individuals best qualified based on teacher recommendation for getting work done, having a positive attitude, and being collaborative will be approved.

## **ACCIDENTS AND INJURIES**

### **Athletics, Intramurals, Chess and Scholar Bowl**

All accidents or injuries (home or away) should be reported to the coach/advisor immediately. The coach/advisor will then inform the parents/guardians, Athletic Director and the school administration. Parents are responsible for carrying medical insurance on their child.

### **Clubs and Organizations**

All accidents or injuries should be reported to the advisor immediately. The advisor will then inform the parents/guardians and the school administration.

## ATTENDANCE

### **Athletics, Intramurals, Chess, Scholar Bowl, Clubs and Organizations**

Students who wish to participate in athletic and extracurricular activities must be in attendance at school. **Students must be in attendance at school by 11:30 a.m. to participate. Students may not leave school and then expect to participate the same day unless they have a pre-arranged doctor's appointment.** Approved field trips or school activities constitute attending school. If a student has a doctor's appointment, a note from the physician needs to accompany the student back to school in order to be able to participate that day in the athletic or extra-curricular activity. Pre-approval for funerals or other extenuating circumstances must be received from the Principal in order to be able to participate. Students with chronic unexcused absences as determined by administration will be subject to dismissal from a team, club or organization. A student who is absent from school due to a suspension may not practice, play, or perform on those days. A student who does not participate in PE or who has a doctor's note excusing them from PE will not be able to practice, play, or perform on those days.

## AWARDS

All participants must complete the season in "good standing" to qualify for any awards.

## CHAIN OF COMMAND

The District utilizes the following chain of command for questions, issues, concerns or problems related to athletics, clubs, and organizations:

Step 1 – Contact with Sponsor/Coach – Parents/Guardians should first attempt to obtain information and/or resolution directly from the coach or organizational sponsor. Please do not attempt to address the matter with the sponsor/coach before, during, or immediately following a contest, practice, or event.

Step 2 - Athletic Director (Athletics, Chess, and Scholar Bowl) – If the information is not forthcoming or a problem is not successfully resolved at the sponsor/coach level, the parent/guardian should contact the Athletic Director.

Step 3 - Principal (Step 2 for clubs and organizations) – If the concern continues unresolved, the parent/guardian should contact the building principal.

Step 4 - Superintendent – If the concern is not resolved at the building principal level, the parent/guardian should contact the District superintendent.

Step 5 - Board of Education – If the concern is not resolved at the superintendent level, the parent/guardian may appear before the Board of Education at a scheduled meeting to address the Board.

## CONFLICTS BETWEEN ACTIVITIES

From time to time there may be conflicts between activities. The Smithton School District encourages students to explore all areas of interest from athletics to fine arts as well as leadership organizations. It is the district's expectation that coaches and sponsors will work together to ensure no student is denied an opportunity to participate in an activity in which they have interest. These conversations will be held as early as possible when potential conflicts are known. Athletic contests (actual games, meets, etc.) and

performance events (published play dates, concerts, etc.) will take precedence over practices, general meetings, etc. Should a parent/guardian become aware of a conflict that has not been resolved, he/she should bring it to the attention of the athletic director and/or school principal as soon as possible. The school administration reserves the right to resolve issues when needed.

## **EQUIPMENT**

### **Athletics, Intramurals, Chess and Scholar Bowl**

Participants will care for all equipment as though it was their own personal property. If equipment is damaged or destroyed through practice or games, the school will replace it. If equipment is lost, stolen or damaged outside of practice or games, the student will fulfill his/her responsibility by paying for replacement of the item. Equipment may not be worn during the school day, at home, or on the streets without approval of the administration.

### **Clubs and Organizations**

Participants will care for all club or organization equipment as though it was their own personal property. If a club or organization member damages, destroys, loses, or steals school property, the student will fulfill his/her responsibility by paying for replacement of the item.

## **FEES**

Fees are charged for participation in order to cover program costs. The following fee schedule details the cost of participation. Fees are non-refundable and are not due until the student has been officially named to the team following tryouts (if applicable) or has been accepted as a member of a club or organization. Athletic participants are not allowed to try out for any sport/activity or until all past-due amounts for school equipment, uniforms, and athletic fees have been paid. Likewise, students may not be named members of a club or organization if they have unpaid school obligations.

<b>Program</b>	<b>Annual Fee*</b>
Baseball	\$50
Basketball	\$50
Cheerleading	\$50
Chess	\$50
Clubs (Art, Drama, Tech)	\$35
Bowling	\$50
Cross Country	\$50
Scholar Bowl	\$50
Softball	\$50
Track and Field	\$50
Volleyball	\$50
* The annual individual fee cap for a student is \$150. The annual individual fee cap for a family is \$200.	



## FORMS REQUIRED

### **Athletics and Intramurals**

Students who wish to try-out (if applicable) and participate in athletics or intramurals must **have a current physical examination on file** (completed within the previous 13 months), proof of health insurance, a signed *Code of Conduct Contract*, a signed *Medical Release*, and a signed *Concussion Information* form (school forms can be found at the end of this document).

### **Chess, Scholar Bowl, Clubs and Organizations**

Students who wish to participate in extra-curricular activities must have a signed *Code of Conduct Contract* form on file in the school office prior to participation each year.

## PARENT MEETING AND RESPONSIBILITIES

### **Athletics and Intramurals**

There will be a mandatory parent/coach meeting prior to each sport season during the year. A parent/legal guardian must attend each meeting that corresponds to a sport in which his/her child plans to participate. NO student may participate on a team prior to the parent/legal guardian attending the mandatory meeting. See APPENDIX A for an additional list of parent responsibilities.

### **Chess, Scholar Bowl, Clubs and Organizations**

See APPENDIX A for an additional list of parent responsibilities.

## PARTICIPATION – PRACTICES GAMES, MEETS, ETC.

### **Athletics, Intramurals, Chess and Scholar Bowl**

Participation in practices, games, meets and other related events are mandatory for team members. Failure to participate in activities as scheduled may result in missed game participation and possible dismissal from the team. It should be noted that the coach/advisor may set practice schedules during school vacations, if necessary. Should an absence be absolutely necessary, the parent/guardian must discuss the situation with the coach as soon as the parent is aware of the need for the student to be absent.

### **Clubs and Organizations**

Participation at scheduled meetings and events is mandatory for members. Should the need arise for a student to miss a meeting or event, he/she should arrange the absence in advance with the advisor.

## SET-UP AND CLEAN-UP

Any participant must assist with set-up and clean-up during events, games, etc.

## **TRANSFERRED STUDENTS**

### **Athletics, Intramurals, Chess and Scholar Bowl**

A transferred student may not participate in a conference contest until he/she has been enrolled and in regular attendance at a member school for one week where he/she intends to participate in an activity.

### **Clubs and Organizations**

Not applicable.

## **TRANSPORTATION**

Smithton C.C.S.D. #130 may or may not provide transportation to and from events. Parents will be notified regarding the availability of transportation to and from away events so that they may make appropriate plans to transport their child when necessary. All participants are required to use school transportation (when provided) to and from events. Students may not participate in away events if they are driven to the event (when school transportation is provided) without coaches' approval.

Parents/guardians who wish to transport their child home after an event may do so only after notifying the coach/advisor and completing the necessary paperwork. Parents/guardians may not transport home any child other than their own without prior permission from the parent/guardian of the child and the coach/advisor and/or Athletic Director.

## **UNIFORMS**

### **Athletics, Intramurals, Chess and Scholar Bowl**

Student uniforms should be laundered after every event. School-provided uniforms should be washed in cold water and air dried.

### **Clubs and Organizations**

Not applicable.

## **RULES, INFRACTIONS, AND PENALTIES**

The policies and procedures outlined in the Smithton Parent-Student Handbook apply to all extra-curricular activities, including athletics, clubs and organizations. Participation in these activities is a privilege—not a right. The following consequences for misconduct will be strictly adhered to by the coaches, advisors, and school administration. These consequences are IN ADDITION to any school-related disciplinary action that may be warranted on a case-by-case basis and in accordance with District discipline policies.

### **CELLULAR TELEPHONES**

Students are not permitted to use their cellular phones WITHOUT PERMISSION from the coach or sponsor during an event.

**First Offense.** The cell phone will be confiscated by the coach or sponsor and returned to the student at the end of the event.

**Second Offense.** The cell phone will be confiscated by the coach or sponsor and returned to the student's parent at the end of the event.

**Third Offense.** The student will not be allowed to have his/her cell phone with them at any future club or team-related event.

**Fourth Offense.** The student will be removed from the team or organization.

### **USE OR POSSESSION OF DRUGS, ALCOHOL, AND TOBACCO**

Student use or possession of drugs, alcohol, and tobacco (including e-cigarettes/vapes) during the school day or while attending a school-related activity, is a violation of school policy and state law.

**First Offense.** The student will be immediately dismissed from ALL teams, clubs, or organizations to which he/she is a member for the remainder of the school year.

**Second Offense.** The student will loss all eligibility to participate on ANY team, club or organization for the remainder of their time at Smithton School.

### **THEFT, VANDALISM, PROPERTY DESTRUCTION OR OTHER MAJOR OFFENSE**

Any student who violates local or state law will be subject to dismissal from Smithton extra-curricular activities.

**First Offense.** The student will be immediately dismissed from ALL teams, clubs, or organizations to which he/she is a member for the remainder of the school year.

**Second Offense.** The student will loss all eligibility to participate on ANY team, club or organization for the remainder of their time at Smithton School.

## **THREATS, PHYSICAL ALTERCATIONS, HAZING, OR OTHER MAJOR SAFETY CONCERNS**

Any student whose behavior is threatening, intimidating, and/or endangers the health or safety of students, staff, or school property will be subject to dismissal from Smithton extra-curricular activities.

**First Offense.** The student will be immediately dismissed from the team, club, or organization for the remainder of the school year. Based on the severity of the offense, the administration reserves the right to remove the student from all teams, clubs, or organizations for the remainder of the school year.

**Second Offense.** The student will be immediately dismissed from ALL teams, clubs, or organizations to which he/she is a member for the remainder of the school year. Based on the severity of the offense, the administration reserves the right to remove eligibility of the student to participate on ANY team, club or organization for the remainder of their time at Smithton School.

## **UNSPORTSMANLIKE CONDUCT AND/OR INSUBORDINATION.**

Any unsportsmanlike conduct or insubordination will not be tolerated.

**First Offense (Athletics, Chess and Scholar Bowl).** If the conduct occurs during a contest, the student will be immediately removed from the contest. The student will be suspended from the next scheduled contest. The student will present a verbal and written apology to the recipient of his/her conduct.

**First Offense (Clubs and Organizations).** The student will be suspended from membership in the club or organization for one week. The student will present a verbal and written apology to the recipient of his/her conduct.

**Second Offense.** The student will be dismissed from the team, club or organization for the remainder of the year.

## **MISCONDUCT RESULTING IN SCHOOL DETENTIONS OR SUSPENSIONS**

## **AFTER-SCHOOL DETENTION**

**First Offense (Athletics, Chess and Scholar Bowl)**. The student will lose participation in any and all practices and/or contests scheduled for that day or the next scheduled day of practices and contests, whichever occurs first.

**First Offense (Clubs and Organizations)**. The student will be placed on a one-month probationary period. The student will submit a one-page essay to the club or organization sponsor detailing why he/she should be permitted to continue membership after the probationary period.

**Second Offense\***. The student will lose participation in any and all practices, contests, and activities associated with the sport, club, or organization for a duration equal to 50% of the season. If 50% of the season does not remain then the penalty may carry over to the next season/activity period. A written warning will be issued by the administration and athletic director indicating any future infractions will result in removal from the team, club, and/or organization.

**Third Offense** – removal from club/team.

## **IN-SCHOOL SUSPENSION**

**First Offense (Athletics, Chess and Scholar Bowl)**. The student will lose participation in any and all practices and/or contests scheduled for that day or the next scheduled day of practices and contests, whichever occurs first.

**First Offense (Clubs and Organizations)**. The student will be placed on a one-month probationary period. The student will submit a one-page essay to the club or organization sponsor detailing why he/she should be permitted to continue membership after the probationary period.

**Second Offense\***. The student will be dismissed from the team, club or organization for the remainder of the year.

**Third Offense**. The student will lose eligibility to participate on ANY team, club or organization for the remainder of the school year.

## **OUT-OF-SCHOOL SUSPENSION**

**First Offense**. The student will be dismissed from the team, club or organization for the remainder of the school year.

**Second Offense**. The student will lose eligibility to participate on ANY team, club or organization for the remainder of the school year.

\*Or the combination of one after-school detention and one in-school suspension.

## **APPENDIX A**

### **PARENT/GUARDIAN INFORMATION FOR ATHLETICS, INTRAMURALS, CHESS & SCHOLAR BOWL PARTICIPANTS**

The Smithton Booster Club is an organization of parents/guardians who dedicate themselves to assisting the school district in providing financial and volunteer support for the athletic and extracurricular activities. Parents/guardians are encouraged to participate in this organization to insure the continuation of these programs at Smithton. Meetings are held monthly in the school's cafeteria and are announced on the school's online calendar. Information about the Booster Club can also be found online through the district's website: <http://www.smithton.stclair.k12.il.us/booster-club.html>

#### **Concessions**

The Smithton Booster Club organizes the sale of concessions at home events. The money generated by the sale of concessions helps cover the cost of the athletic and extra-curricular programs for the school. It is expected that each parent/guardian of a participating student will donate time to assist with concession sales at some point during the year. The Booster Club will communicate and coordinate the scheduling of volunteers for this purpose.

#### **Decorum**

Good sportsmanship must always be displayed at all events. Intimidation or harassment of umpires, coaches, or players will **NOT** be tolerated by managers, coaches, players, parents, and/or supporters of any team. Event and school officials have the right to eject spectators from school events for unacceptable behavior and may contact law enforcement, if needed. All ejections are reported to the Athletic Director and principal. Any fan that is ejected for unsportsmanlike conduct will be required by SIJHSAA bylaws (Article VIII) to sit out of the next two contests.

#### **Parent-Coach and Parent-Advisor Relationships**

Both parenting and coaching/advising 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 benefits 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/advisor of your child's program.

Communication you should expect from your child's coach/advisor:

1. Philosophy of the coach/advisor.
2. Expectations the coach/advisor has for your child as well as all participants on the team.
3. Locations and times of all practices and games.
4. Team requirements (i.e., fees, special equipment, off-season conditioning, etc.)
5. Procedure should your child be injured during participation.
6. Discipline that will result in the denial of your child's participation.

Communication the coach/advisor should expect from parents:

1. Concerns expressed directly to the coach/advisor.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to philosophy and/or expectations of the coach/advisor.

As your children become involved in the athletic and extra-curricular programs in our district, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach/advisor is encouraged.

Appropriate concerns to discuss with coaches/advisors:

1. The mental and/or physical treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

As professionals, coaches/advisors work to improve each student's skill. In addition, they must evaluate and make judgment decisions, based on what they believe is best for the students and the team, regarding playing time, strategy, and plays. These decisions are left to the discretion of the coach/advisor.

### **Parent Meeting**

Before a student will be allowed to participate on a team, a parent/guardian must attend the mandatory parent meeting for the sport.

### **Set-up/Clean-up**

The success of our programs depends on the assistance of parents/guardians. We need your assistance to get ready for events. Please ask the coaches/advisors what they need and take it upon yourself to assist with clean up after an event.

## APPENDIX B

### MEDICAL RELEASE PERMISSION SLIP

(Required for athletics, intramurals, chess, and Scholar Bowl)

Child's Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Special Needs Information: \_\_\_\_\_

My son/daughter has my permission to participate in the following sports:

\_\_\_\_ Baseball    \_\_\_\_ Cross Country    \_\_\_\_ Basketball    \_\_\_\_ Cheerleading    \_\_\_\_ Chess  
\_\_\_\_ Softball    \_\_\_\_ Volleyball    \_\_\_\_ Track    \_\_\_\_ Scholar Bowl    \_\_\_\_ Bowling

### Insurance Information

\_\_\_\_ My child is covered by family insurance policy for all sports participation and a copy of Proof of Insurance is attached.

By signing below, I hereby grant Smithton C.C.S.D. # 130 full waiver of the responsibility for any risks involved in my child's participation in any of the above activities. I hereby give permission and/or authorization for emergency medical treatment for my child in the event s/he is injured or becomes seriously ill during an activity or function of Smithton C.C.S.D. #130. I have listed all allergies and/or special needs related to my child.

\_\_\_\_\_  
Parent/Legal Guardian Signature

Date \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Emergency Contact:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_



## APPENDIX C

### CONCUSSION INFORMATION SHEET

(Required for athletics, intramurals, chess, and Scholar Bowl)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

#### Symptoms may include one or more of the following:

<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>
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#### Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>
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### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **Concussion training**

All Smithton coaches (head and assistant coaches whether an employee of a school or volunteer) are required to successfully complete a concussion certification course as required by the Youth Sports Concussion Safety Act (SB 7). Coaches must take an approved course every two years to maintain compliance with the legislation. Smithton Board of Education Policy 7:305 details the district's program to manage concussions and head injuries suffered by students. You can access the district's Board Policy manual at <http://www.smithton.stclair.k12.il.us/board-policy-manual.html>.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/headsup/youthsports/index.html>

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Student Athlete Name - Printed

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Student Athlete Signature

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Date

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Parent/Guardian Name - Printed

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Parent/Guardian Signature

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Date

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport document (2011).

## APPENDIX D

### CODE OF CONDUCT CONTRACT

(Required for all students participating in athletics, intramurals, chess, Scholar Bowl, clubs, and organizations)

As a participant in a Smithton Community Consolidated School District school-sponsored activity, the student and parent who sign below agree to the following:

The student promises to:

1. Follow all district guidelines on eligibility.
2. Cooperate in the classroom and at all school-sponsored activities.
3. Demonstrate good sportsmanship and respect at practices, contests, meetings, and events.
4. Attend ALL practices, contests, meetings, and events.
5. Dress appropriately for all practices, contests, meetings, and events.
6. Maintain a positive relationship with teammates, coaches, officials, adults, opponents, staff members, teachers, and administrators.
7. Refrain from use of drugs, including alcohol and tobacco. Failure to comply with this rule will be grounds for immediate dismissal from every team, club, or organization.
8. Respect home school, and all opponents' school property. Destruction of property and/or theft at home or away events will be grounds for immediate dismissal from every team, club, or organization.
9. Understand that some activities/events may necessitate dismissal from school prior to the end of the regular school day.

I have read and understand the Student and Parent Handbook for Athletics, Intramurals, Chess, Scholar Bowl, Clubs, and Organizations. I understand that my failure to follow school district policies and procedures as well as abide by this Code of Conduct may result in my suspension or dismissal from Smithton athletics and extra-curricular clubs and organizations. I have read and fully understand this document.

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Student Signature

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Date

I have read and understand the Student and Parent Handbook for Athletics, Intramurals, Chess, Scholar Bowl, Clubs, and Organizations. I understand that my child's failure to follow school district policies and procedures as well as abide by this Code of Conduct may result in his/her suspension or dismissal from Smithton athletics and extra-curricular clubs and organizations. I have read and fully understand this document.

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Parent Signature

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Date