

Athletic Handbook
2018-2019



SCHOOL CODE

The district does not discriminate on the basis of sex in the provision of educational and extracurricular programs, activities, services, and benefits (including contracts from sponsors and coaches).

ATHLETIC PHILOSOPHY

Positive Experiences

- Extracurricular activities at Fairmont School provide students with opportunities for success and UNFORGETTABLE MEMORIES.
- In the history of FSD 89, there have been many outstanding programs, coaches, and student athletes. Many conference, district, regional, and sectional championships have been won. Many teams have been state place winners. Many individuals have received rewards in our conference and others have received recognition at the state level. It is now time for you to create your legacy here at FSD 89. **What legacy will you leave as an individual and as a teammate?**

Sportsmanship

- It is the obligation of students, school staff, board of education, and all other official representatives of member schools in all interscholastic relationships to practice and promote the highest principles of sportsmanship and the ethics of competition.
- Successful achievement does not occur by chance or by skill alone. There is another ingredient which cannot be measured, but is readily recognized by every parent, fan, sponsor, coach, or participant. **It is a positive "ATTITUDE."**
- The IESA and FSD 89 believe that sportsmanship is a core value and its promotion and practice are essential. This code of conduct applies to all parents and fans involved in interscholastic athletics and activities.
 - Parents and fans will promote academic, emotional, physical, and better being above desires and pressure to win.
 - Parents and fans will teach, enforce, advocate, model, and promote the development of good character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
 - Parents and fans will respect participants, coaches, officials, opponents, and all others involved.
 - Parents and fans will promote fair play and uphold the spirit of the rules in the activity.
 - Parents and fans will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be forbidden from attending contests or practices if I violate any of its provisions. I acknowledge that my signature on the back page of this booklet indicates that I have read and understood this code.

Extracurricular activities are a privilege. Participation in student activities and athletics is considered an extension of, but separate from the regular school program.

Students/Parents Expectations and Responsibilities

- Participation in athletics carries with it certain responsibilities. Students owe it to themselves and their teams to strive for the best possible educational experiences while at FSD 89. Educational and athletic experiences prepare students for future endeavors. All athletes are expected to abide by all school rules and regulations as indicated in the Student Handbook and in this booklet.

Team Concept

- Spirit and unity begin and end with each individual. Students must be proud and happy about school and team accomplishments. Winning is built around students who are unselfish toward their teammates in and out of the school. It is imperative that the athletes and parents support the team concept by putting the team before self-interests. We need to create this sense of unity and solidarity to maintain the level of success that we have had in our past.

Attendance

- Students shall attend school daily and adhere to the specific attendance requirements for each activity/sport. We firmly believe that for athletes to attain their fullest potential, daily practice is essential. Non-attendance may result in suspension from contests and/or dismissal from the team. Additionally, students shall not be allowed to participate in contests or practices unless they have attended at least half a day of school (4 periods).

Academics

- It is state law that athletes meet academic requirements in order to be eligible for IESA competition (No Pass, No Play). All athletes at FSD 89 shall be doing passing work in all school subjects.
- Weekly grade checks shall take place while sports are in season. Athletes must be passing all subjects to be eligible to compete. Those NOT passing all subjects shall be suspended for the entire following week from the athletics or activities.
- The grade checks for the students will be accumulative. Students must maintain an accumulative grade point average of 2.5 to be eligible without any failing grades in any subject area.
- Grade checks will be conducted on Monday, and shall be applied to that current week's playing schedule. Athletes who are ineligible due to academics shall be expected to practice and follow all team rules per each head coach.

- If a student is ineligible due to academics, the student will have a notice sent home to be signed by the parent, so they are aware of their child's academics. If the notice is not signed by the following grade check, the student will still be considered ineligible for the next week.
- Any athlete that is suspended from play due to academics for three (3) total weeks will be removed from the team.
- Any athlete that is suspended from play due to academics or behavior infractions will not be allowed to attend away contests.
- Any athlete that is suspended from play due to academics or behavior infractions MUST still attend all scheduled practices. Absences will be unexcused.
- All athletes are strongly encouraged to: complete assignments on time, do quality work, seek help immediately from the instructor, inform a coach if seeking help after school, schedule home study time.

Removal from a Team

- Athletes who are removed or quit a team due to academics or behavior infractions are not allowed to participate in another sport during the same school year. Under the discretion of the school board, superintendent, administration, and athletic director will a student be able to participate in another sport/activity because of lack of aptitude for the current placement.

Transportation

- All athletes are expected to use district transportation to and from events. This is an excellent time for coaches and players to communicate informally and build team cohesiveness that is a vital part of the athletic experience. Should there be an emergency; an athlete may be released only to their parent/guardian. Athletes shall never be released to someone other than a parent without prior written permission.
- At no time is the student to leave the coach/team unless a parent provides documentation for the student to leave with them from an event.
- If an athlete is picked up late three (3) times during their current sport season, they could be dismissed from that sport.

Communication

- Good communication is paramount for a successful experience
- Mandatory parent meetings are held at the beginning of each sport season so that the coach may review rules, expectations, and other guidelines for the season. The coach shall also provide phone numbers and provide the best method to reach him/her.
- When athletes are having an issue, we need to seize this opportunity to teach life skills to resolve the conflict. Therefore, we expect athletes and parents to follow the "Chain of Command" when dealing with issues.
 - 1. Athlete contacts head coach
 - 2. Parent contacts head coach
 - 3. Parent contacts the Athletic Director
 - 4. Parent contacts the Principal

Medical Concerns

- Our first priority at FSD 89 is the safety of all our student athletes. We take every precaution to ensure their safety. The athletic department and coaching staff understand sometimes sports related injuries occur.
- Should an athlete see a doctor, he/she must have a **WRITTEN RELEASE signed by that doctor** allowing the athlete to resume participation. If a student is excused from P.E. for medical reasons, he/she may not participate in athletics until released by their doctor.
- Athletic participation has inherent dangers and risk. Even when competition and practice is within the rules of the sport, and athletes follow the instruction of the coach, catastrophic injury may still occur.
- **An IESA pre-participation physical examination in MANDATORY** for all students wishing to participate in athletic programs at FSD 89. Physicals are valid for 395 days.
- Youth Sports Concussion Safety Act (SB 07) is in effect. If an athlete appears to have suffered a concussion, he/she will be removed from practice or contest immediately. A parent/guardian will be notified that a potential concussion (head injury) is present. Parent will then be urged to bring athlete to a doctor or hospital. If parent cannot pick up their athlete, a FSD 89 staff member will call for an ambulance to transport athlete to hospital.
- Athlete will follow FSD 89 Return to Play (RTP) and Return to Learn (RTL) protocols. Essentially they will need a signed doctor's note clearing them to return with no restrictions.
- The Athletic Director is a trained AED user. Physical education teachers are also trained and will use the device when necessary.

Athlete Code of Conduct

Submission

- This code shall apply year round to all students who participate in extracurricular activities involving competition or public performance.
- When suspended from a sport/activity, students must practice and follow all rules and regulations for sport/activity if they intend to rejoin team.
- Students who are serving a code violation consequence must complete their suspension during the season and finish the season in good standing. This means the suspension will not be declared served if the student quits the team or does not finish the season (even a partially served suspension).
- If a code suspension cannot be served completely during a particular sport/activity, the remaining portion of the suspension shall continue to the next sport/activity season in which the student participates in.
- Those choosing not to sign the Code of Conduct shall not be allowed to compete until a signed document is on file in the Athletic Office.

Office Behavior Referrals

- Any athlete receiving a referral will not be permitted to participate in practice or contest that day. If there is not a practice or contest that day, they will be excluded from participating in the next practice or contest.
- Any athlete that receives two (2) referrals in the same week will not be able to participate for one (1) week after they received the second referral.
- Any athlete that receives three (3) or more referrals during a season will be removed from the team.
- Any athlete that receives six (6) or more referrals during the school year will not be allowed to participate in any sport/activity.

Detention

- Any athlete that receives a detention will not be able to participate in practice or a contest that day.
- If there is not a practice or contest that day, they will be excluded from participating in the next practice or contest.
- Any athlete that skips a detention to attend a practice or contest will be suspended from athletics for one (1) week.
- Any athlete that receives two (2) behavior detentions in one (1) week will be suspended from the team for one (1) week.
- All athletes are to report back to their head coach after serving a detention but are ineligible to participate in practice **THAT** day.

Theft

- Taking or using public or private property without permission or authorization is prohibited. Restitution shall be a part of the consequences whenever possible. The school will not be responsible for lost, stolen, or damaged items that happen in school, or on school grounds.

Athletic Fees

- To participate in Fairmont School District 89 athletics, students are required to pay a \$10 participation fee per sport up to a total of \$30 per school year. (CASH OR MONEY ORDER ONLY)
- Payment and all required paperwork must be turned in to the head coach before the athlete is allowed to participate in the sport.
- If a student becomes ineligible or is removed from the team due to academics or behavioral infractions, refunds **WILL NOT** be given.

SPORT SEASONS: (Circle which sports student will be participating in)

Softball/Baseball Basketball Volleyball Cheerleading Track & Field

FAIRMONT SCHOOL
DISTRICT 89
EXTRACURRICULAR
HANDBOOK / CODE OF CONDUCT

STUDENT NAME _____

YEAR IN SCHOOL _____

I have read the Extracurricular Handbook / Code of Conduct and agree to abide by the rules and regulations stated there in.

STUDENT SIGNATURE

I/We have read the rules and regulations regarding participation in extracurricular programs at Fairmont School District 89 and agree to assist our student in abiding by these rules and abide by the rules outlined here in. I/We understand that athletic participation has inherent dangers and risks.

I/We understand that by not signing this agreement and having it on file means a loss of eligibility until it is signed by both the student and the parent/guardian.

PARENT/GUARDIAN SIGNATURE

RETURN ONLY THIS PAGE TO:

Head coach - A copy will be on file in the Athletic Office. Please keep handbook for future reference.

STUDENT INFORMATION

School Year 5 6 7 8

Student Name _____

Address _____

City _____ Zip _____

Birthdate / /

Parent/Guardian _____

Phone # _____

Emergency Contacts

Name/Relationship/Phone # _____

Name/Relationship/Phone # _____

Name/Relationship/Phone # _____

Any current or reoccurring medical conditions? YES / NO

Explain _____

Medications? _____

Allergies? _____

Does this student reside full time with parent, custodial parent, or court appointed legal guardian? YES / NO

Is this student new to Fairmont School District 89 this year? YES / NO

This area is for Athletic Director Use only
Fall Sport: _____
Winter Sport: _____
Spring Sport: _____

Academic Eligibility: _____
Physical Date: _____

TRANSPORTATION POLICY

Transportation for School Activities

- Students must utilize school transportation to and from all school activities for which transportation is provided. For these events, parents of the student may transport their student only if specific arrangements are made in advance with the head coach or Athletic Director. Transportation may not be provided in some instances. These instances would include, but not limited to: practices, athletic contests, music events, or club activities held within the Lockport area when it is deemed more practical for the students to meet the coach or sponsor at the site. In these cases it will be the responsibility of the parent to arrange safe transportation.

- As the parent/legal guardian of the above named student, I give permission for him/her to practice and compete in any of the IESA interscholastic sports or activities offered. Furthermore, my son/daughter and I have read and understand the Athletic Code as set for Fairmont School District 89, and agree to abide by it.

Parent/Guardian Signature & Date

Student Signature & Date

Concussion Information Sheet

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

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion Information Sheet

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.

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. The Return-to- Play Policy of the IESA and IHSA 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 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/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date