

Pecatonica Middle/High School Activities Handbook



2019 – 2020

This Handbook is in effect
from August 1, 2019
through July 31, 2020.

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Administration

Mr. William Faller
Superintendent

Mrs. Carrie Brockway
Elementary School Principal

Mr. Timothy D. King
Middle School Principal

Mr. Todd France
High School Principal

Mr. Kevin Kunkel
High School Activities Director

Mr. Tim Bukoski
Middle School Activities Director

Philosophy Statement

“The coaches, directors, and sponsors of the Pecatonica Community School District #321 will develop extra – curricular programs that complement the district’s academic programs by promoting good health, encouraging cooperation, strengthening the commitment, and increasing the confidence of students through the pursuit of excellence.”

General Statement

1. Students, parents, and staff of the Pecatonica Community School District #321 are expected to read this handbook, to seek clarification of any statement that is unfamiliar, unclear, or otherwise obscure, and to adhere to the regulations herein prescribed.
2. These regulations have been established to encourage healthy, safe, and responsible behavior.
3. Students along with parents/guardians will recognize and accept that these rules and guidelines have been established in their best interest.
4. Students will recognize the importance of choosing friends who will honor this code.
5. Coaches, directors and sponsors will enforce the rules outlined in this handbook.
6. Coaches, directors, and sponsors may establish and distribute rules covering specific aspects of their activity to supplement the rules included in this handbook.
7. Students will understand that these rules are “minimum requirements”, that participation in extracurricular activities is a privilege, and that the community of this school district require and deserve the highest standards of behavior and performance from the young people who represent them.
8. Students, and their parents/guardians, will agree, in writing, to honor this code established by the activities directors and administration. **The appropriate pages (middle or high school participant) should be printed, signed, and returned to the school office or activities director before the first practice date of the activity in which the student intends to participate.**
9. This handbook outlines rules and guidelines that have received the approval of the Pecatonica Community District #321 Board of Education and applies to all extracurricular activities offered at Pecatonica Middle / High School, unless otherwise specified.

Conduct

The only aspect of a group’s performance that will leave a lingering impression of our school district is the conduct of our coaches, students, and adults.

Illinois High School Association Sportsmanship By-Law 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Illinois High School Association Sportsmanship By-Law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may have (Including MS activities).

Illinois High School Association Sportsmanship By-Law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess (Including MS activities).

Expectations

Expectations of Coaches/Advisors

The coaches will maintain a role as professional and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout the season.
- Maintaining open and honest communications with students, parents, other coaches and district administration.
- Developing and demonstrating a good knowledge base of best practices specific to their coaching arena.
- Supporting and collaborating with coaches in other athletic programs.
- Modeling and teaching skills necessary to succeed.
- Supporting student academic expectations, responsibilities, and achievements.
- Developing the knowledge and understanding of District #321 policies and procedures as it applies to athletics.
- Promoting and enforcing the student athlete code of conduct.
- Insure the proper care and inventory of equipment and facilities.

The coaches will be positive role models in personal management, appearance, ethics, and behavior by:

- Connecting athletic experiences with life experiences.
- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Becoming an integral part of and developing rapport with the District #321 community including administration, staff, coaches, parents, and students.
- Model good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for student athletes.
- Understanding their leadership style and its impact on student athletes.
- Considering important commitments of student athletes outside their sports.

Expectations of Student Participants

The student athletes of Pecatonica Middle/High School District #321 will be committed to the school's athletic programs on and off – season by:

- Following the rules set by the coaches and the schools.
- Participating enthusiastically.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in athletics is a privilege.

- Setting Challenging and realistic goals.
- Developing a positive attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport.

The student athletes of Pecatonica School District #321 will communicate openly and honestly with respect for coaches, teammates, parents, parents, officials, and opponents by:

- Developing a team attitude.
- Being coachable and open to constructive feedback.
- Sharing appropriate individual and team concerns with the coaching staff.

The student athletes will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.
- Supporting other sports, activities, and school organizations.
- Playing with dignity and grace, regardless of winning or losing.
- Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood. Many of the character traits required to be successful participant are exactly those that will promote a successful life after high school.

The student athletes Pecatonica Community District #321 will develop and maintain mental and physical (health) behaviors by:

- Being alcohol and drug free.
- Practicing self – discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.
- Meeting the standards of the student athlete code 365 days a year.

Expectations of Parents

The parents will communicate fairly and openly with coaches by:

- Attending parent meetings and reading information disseminated by the coaches.
- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in an appropriate and timely manner including the physical and emotional well being on behalf of their student.

The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
- Understanding the game is for students and not for the adults.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or the sidelines.
- Expecting consistent student attendance at practices and games.

The parents will create a positive and supportive environment to promote their student/athlete well being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well being of their student ahead of any personal desire to win.
- Expecting their student to play in a safe and healthy environment.
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.
- Supporting the student athlete code of conduct.
- PARENTS OR ANY OTHER PERSON WHO IS REMOVED FROM AN EVENT OR DOES NOT FOLLOW SPORTSMANSHIP PROTOCOL WILL BE SUBJECT TO A ONE GAME SUSPENSION FROM HOME EVENT.
- MORE SERIOUS ISSUES WILL BE REPORTED TO THE SUPERINTENDENT AND THE BOARD OF EDUCATION FOR FURTHER REVIEW AND POSSIBLE ADDITIONAL SUSPENSIONS.

Parent /Coach Relationship

Both parenting and coaching are extreme vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student – athletes. As parents, when your child becomes involved in our program(s), 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 activity.

Communication

Communication You Should Expect From Your Child’s Coach / Director

- Philosophy of the coach
- Expectations the coach / director has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off – season conditioning.
- Procedures should your child be injured during practice or contest.
- Discipline that may result in the denial of your child’s participation.

Communication Coaches / Director Expect From Parents

- Concerns expressed directly to coach (per the chain of communication).
- Notification of any schedule conflicts well in advance.
- Specific concerns in regard to a coach’s philosophy and / or expectations.

As your child becomes more involved in the programs at Pecatonica District #321, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve (per the chain of communications).
- Concerns about your child's behavior.

It is very difficult to accept your child's 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 students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and the parent(s) / guardian(s). These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, please follow the proper chain of command.

Following an appropriate chain of communication

- Player to Coach / Assistant Coach
- Parent / player to Coach / Activities Director
- During this whole process, the player will be present at all meetings
- Call the school to set up an appointment with the coach.
- Please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours before contacting a coach.
- If the coach cannot be reached, call the Activities Director at the respective school.

The next step

What can a parent do if the meeting with the coach / Activities Director did not provide a satisfactory resolution?

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

Parent/Guardians who fail to follow these guidelines will be subject to suspension from games or activities.

Academic Eligibility

Eligibility Requirements

Participants choosing to be involved in extracurricular activities are subject to the Illinois High School Association's scholastic standing requirements by maintaining passing grades in at least 20 credit hours of high school work per week. Participants must also meet the Pecatonica School District's eligibility requirements by maintaining passing grades in all coursework in which the student is currently enrolled, as found in the Board approved student handbooks.

1. Be enrolled as a full-time student.
2. Students must be passing all classes (No F's) weekly, quarterly and semester
3. Have passed all courses during the immediately preceding semester at the High School level. Middle School participants must have passed all courses during the immediately preceding quarter (effective August 2012). Incoming freshman students will have the opportunity to participate in activities and athletics immediately starting their freshman year.
4. Have a current physical exam card on file before practicing or participating. "Current" refers to a physical exam not more than 395 days old that will carry the participant through the season without the need for a new, updated physical exam. (i.e. if a physical expires before the completion of the season of participation, the participant must have a new, up to date physical on file with the athletic director prior to the season starting) Cards may be obtained from the main office. **(athletics only)**.
5. Have a signed extra curricular code, random drug testing form, IHSA forms, and athletic consent to treat forms on file with the athletic director. All forms completed on rschooltoday website. <https://pecatonicahs-ar.rschooltoday.com/>.
6. Have paid the required participation fee, if applicable.
Athletics \$80.00 per sport (HS) \$60.00 per sport (MS)
Clubs and Organizations \$10.00 per activity (HS only)
Cheer/Dance \$40.00 (HS only) If only cheering for one season \$20.00
Scholastic Bowl \$20.00 (HS Only), Winnovations (\$80 HS Only)
Bass Fishing \$20.00 (HS Only)
7. Have turned in all equipment and / or uniforms from previous activities.
8. Have adequate insurance coverage **(athletics only)**.
9. Be in attendance a FULL day on the day of participation. This includes participation in practices as well as contests. Absences due to medical will be allowed. A note must be given to the office from a Dr. for appointments A single exception to this section may be granted during each respective season at the discretion of the administration if warranted by special circumstances.

10. **High School Students Only:** Have written parental consent to conduct random drug and alcohol testing on file, on or before the 2nd Friday in September. Failure to sign a consent form pursuant to District #321's extracurricular drug and alcohol testing program will result in the participant being ineligible to participate in any extracurricular activities.
11. If a student has an unexcused absence on Friday, they will not be able to play/participate on Saturday.
12. **High School Students Only:** Have all IHSA and Athletico forms signed and on file through rschooltoday.

Academic Eligibility

A weekly eligibility report will be given to the Activities Director by 8am the last school day of each week. This report will reflect a quarterly/semester cumulative eligibility report. The ineligible period runs for one week beginning Monday after the report is posted, through Saturday of the same week. Reports will be final at 3:00 on the last day of school that week.

Coaches/Advisors are responsible for informing athletes/participants and their parents of eligibility status and or academic difficulty.

- The **first and second week** of ineligibility the participant must attend practices and contest but may not participate in any contest/performance/function or dress in uniform.
- The **subsequent weeks** of ineligibility the participant may not practice with the team/group or take part in any team/group activities.
- In partnership with school administration, the coach may have the right to remove a student from a team due to academic eligibility concerns.

Extra–Curricular Participation Policy

Behavior:

Participants should set high standards of behavior to be followed. A participant is expected to use good judgment, be responsible, truthful, and show respect for persons and property. The following is a list of unacceptable behaviors, which include, but are not limited to:

- Disrespect through language or actions occurring during or outside of school time, at any school sponsored event, home or away, as well as on or off school grounds directed toward fellow students, school personnel or property, community members, or establishments.
- Un-sportsman like behavior
- Violating team rules
- Insubordination
- Use, possession, or distribution of any beverage that contains alcohol
- Use, possession, or distribution of any form of tobacco.
- Use, possession, or distribution of illegal substances or associated paraphernalia.
- Use, possession, or distribution of any form of steroid or performance enhancing drugs.
- Being in attendance at a gathering where minors are consuming drugs or alcohol.
- Being a passenger or driver in a vehicle in which alcohol or drugs are present.
- Tampering or cheating, in any way, on the urinalysis test during the random drug-testing program.

Actions that violate the Pecatonica school district discipline code (Appendix B Middle School or High School Student Handbook) will result in consequences consistent with "Discipline Code" (4:170 & 7:70, 7:190) outlined in the respective student handbooks and will subject the participant to discipline under this Extracurricular Code of Conduct.

-Minor Infractions: First/Repeated (Appendix B) will be determined via a conference with the student, coach/advisor and building administrator. Consequences impacting extra curricular involvement will be reduced to writing and forwarded to the participant's parents.

-Major Infractions: First/Repeated/Egregious (Appendix B) will be handled by administration. Any conduct unbecoming of a Pecatonica Middle/High School extracurricular participant will subject the participant to discipline under the code and the district's student disciplinary policy.

The following procedures will be used for each behavioral incident that violates this code, which is referred to the Activities Director and/or Building Principal:

1. Upon receiving information regarding a violation of the extracurricular Code of Conduct, the Activities Director or Building Principal shall advise the participant of the alleged violation.
2. The participant shall have the opportunity to respond to the charge.
3. The Activities Director and or Building Principal shall notify the participant's parents of the charges, and be advised of the participant's response to the charges.

4. The Athletic Director or Building Principal will notify the participant and participant's parents of the consequence for the violation of the Extracurricular Code of Conduct.
5. The participant may appeal the decision of the Activities Director and or Building Principal to the Superintendent in writing within ten (10) calendar days from the date of the decision. The Superintendent's decision shall be final.

Extra curricular suspensions run concurrently with "out-of-school" suspensions imposed by school administrators as per the student discipline code.

There are situations under which any of the violations indicated, when considered in the context of the circumstances and/or the student's past behavior record, may result in a recommendation for the maximum penalty (180 day suspension).

This Code of Conduct is in effect 24 hours a day and 365 days per year. If a violation occurs "out-of-season" or during the summer months, the suspension period will begin with the next season of participation.

Consequences

First Offense of Board Policy 7:240

Suspension (Athletics)

Athletic participant or Coach will be suspended for a number of academically eligible (eligible to participate in) games or contests as listed below. IHSA Constitution and By-laws and policies under Section 5 - Season Limitations – Season By-laws were used to determine number of contests suspended for the middle/high school students. The offender will attend all practices during the suspension period and be allowed to attend contests with the team but not dress in team gear or uniform.

Suspension (Non-Athletic Activities)

Non-athletic activity participant will be suspended for thirty (30) activity days (activity days are considered Monday - Saturday) with carry over from one season to the next, if necessary. The participant will not be allowed to attend meetings or activities. Participants will be expected to complete a minimum of 10 hours of school/community service as assigned by the activities director.

For Pecatonica High School participants:

22% of the scheduled season. For Example: 2 of 9 football games, 8 of 35 volleyball games.

For Pecatonica Community Middle School participants: (athletic & non-athletic)

Volleyball 3 contests

Academic Bowl 2 contests

Basketball 3 contests

Cheerleading 2 contests

Track 3 contests

Music (Band & Chorus) 1 contest

Awards

No loss of awards if reinstated and completion of the season.

Positions of Leadership

Loss of any position of leadership (i.e. – captain, president, etc.)

Second Offense of Board Policy 7:240

The participant will be suspended from participation for 180 school days. In order to be re-admitted into the extra-curricular programs after the suspension, the participant must comply with the substance abuse program listed below.

Third Offense of Board Policy 7:240

The participant will be suspended from participation in extracurricular activities the remainder of their high school career.

Substance Abuse Testing Program

In addition to any disciplinary consequence imposed under this Code and the student discipline policy, the District shall require all participants who test positive for drugs or alcohol during a randomly administered drug test to undergo the following steps:

1. The participant, within one week after having tested positive, must have a substance abuse assessment administered by a program approved by the Activities Director and or Building Principal.
2. Parents will sign a release of information form that will allow a summary report of findings to be forwarded to the Activities Director and or Building Principal.
3. The participant agrees to follow any program prescribed by the substance abuse agency personnel as a result of the assessment.
4. The participant will provide verification of continued attendance in the prescribed program to the Activities Director or Building Principal.
5. The participant will show, at his/her own expense, proof of negative results on tests for the substance that was cause for this action before reinstatement to active team or club status.

A student who withdraws from the Extracurricular Drug and Alcohol Testing Program will be ineligible to participate in all extracurricular activities for one calendar year from the date of signed withdrawal.

A student, who chooses to participate in an extracurricular activity after the 2nd Friday in September, must be tested prior to the participation in the activity. A negative test result must be provided to the building principal or his designee prior to being allowed to participate, at the student's expense.

Random Drug Testing Policy

7:240-AP2

Administrative Procedure - Extracurricular Drug and Alcohol Testing Program

Testing Procedures

1. The Building Principal or Freeport Health Network (FHN) shall, from time-to-time throughout the school year, randomly select extracurricular participants for drug and alcohol testing. Testing may occur on any day, Monday through Friday. Names will be drawn from a pool of all student participants. Each student participant may be tested at any time during the year.
2. No student will be given advance notice or early warning of the testing.
3. Drug and/or alcohol testing may be performed by breath alcohol testing and/or urinalysis. Upon being selected for breath alcohol testing, a student must provide an adequate amount of breath so that the measuring device can measure any alcohol concentration in the breath. Upon being selected for a urinalysis test, the student shall provide a sample of "fresh" urine according to the quality control standards and policy of the laboratory conducting the urinalysis.
4. A staff member will accompany the student until he or she produces an adequate urine specimen. If unable to produce a specimen, the student will be given up to 24 ounces of fluid. If unable to produce a specimen within 2 hours, the student will be taken to the Building Principal's office and told he or she is ineligible for participation in any extracurricular activity. In addition, the parent(s)/guardian(s) will be telephoned and informed the student is unable to produce a sample for the testing procedure and he or she must be tested at a later date in order to be eligible.
5. All specimens registering below 90.5 degrees or above 99.8 degrees Fahrenheit will be invalid. The head strip on each specimen bottle indicates the validity of the urine specimen by temperature. If a specimen is invalid, the student must provide another specimen.
6. A student will be ineligible for all extracurricular activities for one calendar year if he or she tampers or cheats during the collection. This will be reported to the parent(s)/guardian(s).
7. Immediately after the specimen is taken, the student may return to class with an admit slip or pass with the time he or she left the collection site.
8. Each specimen is given to the laboratory for testing for alcohol, controlled substances (that may include all drugs listed as controlled substances under Illinois law), and "performance enhancing" drugs, such as steroids.

Chain of Custody

1. The laboratory will provide training and direction to appropriate staff members, set up the collection environment, guarantee specimens, and supervise the chain of custody. To maintain anonymity, the student will be assigned a number.
2. The Building Principal or designee will escort students to the collection site. No student is allowed to go to his or her locker. The Building Principal or designee should minimize classroom interruptions. Student participants may be summoned after school, perhaps during practice time.
3. Before the laboratory tests a student's urine, he or she must sign any form that may be required by the testing laboratory. If a student chooses, he or she may notify the administrator that he or she is taking a prescription medication.

4. A sanitized kit containing a specimen bottle will be given to each student. The bottle will remain in the student's possession until a seal is placed upon the bottle and the student signs that the specimen is sealed. The seal may be broken only by the lab testing the specimen.
5. If the seal is tampered with or broken, after leaving the student's possession and prior to arriving at the lab, the specimen is invalid. The student will remain eligible for extracurricular activities subsequent to a retest.
6. The supervisor obtaining the urine specimen will be of the same gender as the student. Students will be instructed to remove all outerwear and wash their hands in the presence of the supervisor before entering the restroom stall. The stall door will be closed while the student provides a urine specimen. The supervisor will wait outside the restroom stall. The student will have 2 minutes to produce a urine specimen. The commode will contain a blue dye so the water cannot be used to dilute the sample. The faucets in the restrooms will be shut off.
7. After it is sealed, lab personnel will transport the specimen to the testing laboratory. The testing laboratory will report the results to the Building Principal or designee.
8. In order to maintain confidentiality, the student's name will not be on the urine specimen container. Instead, the student's random identification number will appear on the container.

Test Results

1. The Building Principal or designee will be notified of a student testing "positive" (i.e., if the test shows that drug residues are in the student's system after using at least 2 different types of analyses). The Building Principal or designee will notify the student and his or her parent(s)/guardian(s).
2. In addition, the student or parent(s)/guardian(s) may request that the urine specimen be tested again by a certified laboratory at their cost.
3. If the test is verified "positive," the Building Principal or designee will meet with the student and his or her parent(s)/guardian(s). The student and parent(s)/guardian(s) will be given the names of counseling and assistance agencies. The student may not participate in extracurricular activities until a "follow-up" test is requested by the Building Principal or designee and the results are "negative." "Follow up" testing and "referral" to the substance abuse policy only applies after the 2nd offense.
4. A "follow up" test will be requested by the Building Principal or designee 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 activities. "Follow up" testing and "referral" to the substance abuse policy only applies after the 2nd offense.
5. If a "positive" result is obtained from the "follow up" test, or any later test, the previous procedure shall be repeated. In addition, the School District reserves the right to continue testing at any time during the remaining school year any participating student who had a verified "positive" test.
6. Information on a verified "positive" test result will be shared on a need-to-know basis with the student's coach or sponsor. The results of "negative" tests will be kept confidential.
7. Drug testing result sheets will be returned to the Building Principal or designee identifying students by number and not by name. Names will not be kept in open files or on any computer. Result sheets will be locked and secured in a location to which only the Building Principal or designee has access.

8. **A student, who chooses to participate in an extracurricular activity after the 2nd Friday in September, must be tested prior to the participation in the activity. A negative test result must be provided to the building principal or his designee prior to being allowed to participate, at the student's expense.**

Financial Responsibility

1. Under this policy, the School District will pay for all initial random drug tests and all initial "follow up" drug tests. Once a student has a verified "positive" test result and has subsequently tested negative from a "follow up" test, any future "follow up" drug test that must be conducted will be paid for by the student's parent(s)/guardian(s).
2. A request for another test of a "positive" urine specimen is the financial responsibility of the student's parent(s)/guardian(s).
3. Counseling and subsequent treatment by non-school agencies is the financial responsibility of the student's parent(s)/guardian(s).

Confidentiality

Under this drug testing program, no staff, coach, or sponsor shall divulge any information to anyone about a particular student or disposition of the student involved, other than in response to a legal subpoena.

Other Rules

Apart from this drug-testing program, the Illinois High School Association as well as each activity's coaching staff or sponsor may have their own training rules and requirements. Coaches and sponsors have the necessary authority to enforce those rules. Any student-participant who violates a team or activity rule or requirement is subject to the consequences as defined in those rules and requirements.

Extra-Curricular Activities

The activities covered by this Extra Curricular Code include:

1. All IHSA sponsored events at PHS and all Route 72 Conference activities at PCMS.
PCMS (Route 72): Students in grades 6, 7 and 8 may elect to join interscholastic sports. **Girls** are eligible to join teams in volleyball, basketball, and academic bowl (7th & 8th only), and track. **Boys** are eligible to join teams in basketball, track, and academic bowl (7th & 8th only).
2. All extra curricular activities that are not subject to grading, including, but not limited to:
At PHS: Art and Adventure Club, Pep Band, Cheerleading, FFA, Foreign Language Club, Key Club, Math Club, National Honor Society, Natural Helpers, Science Club, Spiritmakers (Pom Pons), Student Council, WYSE, Yearbook.
At PCMS: Cheerleading, Student Council, Yearbook and any other activity that is school sponsored.

Uniforms and transportation are provided for the team members by the school district. High school - letters and/or pins will be awarded for athletic achievement. Middle school – certificates will be awarded for athletic achievement.

Examinations (Physical)

The State of Illinois has a law requiring every early childhood, kindergarten, sixth and ninth grade students to have a medical examination plus immunization shots if he/she is entering the public school. These requirements must be met before the first day of student attendance. Students who wish to participate in interscholastic sports must have a physical exam (sport or medical) on file by the first day of practice. Sports physicals will remain good for one calendar year. (Updated 7/23/08)

Playing Time/Participation Philosophy

6th Grade Level:

The 6th grade athletic program will emphasize participation for all student athletes involved in the program who demonstrate a positive work ethic during practice time and abide by all school and coaches team rules of conduct. All players who attend practices and work to the best of their ability will receive playing time during scheduled competitions. This level of competition will focus upon the teaching of fundamental skills, sportsmanship, and team concept. A strong emphasis on participation will be followed.

7th / 8th Grade Level:

At this level, more emphasis will be on sportsmanship and skill development in the sport the student/athlete chooses to become a participant. This level has a competitive focus, however every effort will be made to help develop each student athlete's skill level, as to increase their opportunities to participate in competitive contests. It should be noted that every participant may or may not receive the opportunity to compete in every game.

Junior Varsity Level:

The junior varsity athletic program is a preparation level for the varsity level competition. The initial high school years will continue to be used to develop fundamental skills. At this time, in their interscholastic athletic career, an athlete must make a conscious decision to participate at a level necessary to learn the elite skills, sportsmanship and participatory program to a more competitive program. An attempt will be made to play as many student athletes as possible, but situations may dictate limited or no playing time for participants on a given night.

Varsity Level:

The varsity level athletic program is a highly competitive participation level with a strong emphasis on winning. Student athletes who excel at practice, during sporting events, and who meet all the standards set forth by the school and coaching staff will receive the greatest amount of playing time. Those who are designated as "reserves" play a very important role of being ready to contribute to the team when called upon by the coaching staff. The success or failure of the team is dependent upon the willingness of all student athletes to put forth their best efforts in any and all situations throughout the season. Victory becomes a high priority. It should be noted that all freshman, sophomores, juniors, and seniors will be critiqued by the coaches to determine which student – athletes make the necessary efforts to excel at the varsity level. Pecatonica High School has the right to cut participants on a reasonable and justified basis.

Revised 6/26/19

