



# *Washington District 50 Athletic Handbook*

(Revised 7/20/2023)

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# Washington District 50 Athletic Handbook

## Introduction to the Washington Athletic Handbook

It is the intent of this handbook to make information regarding athletics at Washington District 50 Schools available to all athletes and their families who participate in our programs. We ask that you and your parents review the handbook carefully and keep it throughout your participation as a Wildcat Athlete. This handbook is available on the school website as well.

You are asked to visit the school website to enter your consent for receiving this information on an annual basis at: <https://www.d50schools.com/page/athletics>

When you are a part of an athletic team, you are a representative of Washington District 50 and our community. You are expected to demonstrate appropriate behavior on and off the field or court. We need quality people and athletes to have a quality athletic program. Quality athletes display good sportsmanship at all times.

The staff and administration welcome you to the Washington Athletic Program. We desire to assist you in any way necessary. Good luck and enjoy your athletic participation in Washington's program.

Superintendent - Dr. Chad Allaman .....745-8914

Associate Superintendent - Cathy Trimble.....745-3921

Principal - Corey Sharp.....745-3921 ext. 383

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## The D50 Athletic Philosophy

An individual's total education extends beyond the classroom. The purpose of the District 50 extra-curricular program is to provide each student with opportunities for emotional, mental, physical, and social growth at a variety of levels by participating in student-selected activities. This growth can be accomplished through activities that support and advance the curriculum, promote responsibility and teamwork, develop a sense of ownership in the school, and reflect and enhance the goals of District 50 to Protect, Respect, Inspire, and Develop Every Student. Such participation is a privilege that carries with it a responsibility to teammates, the school, and the community.

## Objectives of Participation

In order to be considered a worthwhile educational experience, extracurricular activities must possess and maintain specific objectives and expectations. All objectives and principles must maintain a focus on the welfare and educational development of the student-athlete. These objectives include, but are not limited to:

- Positive moral qualities
- Constructive social abilities
- Emotional maturity
- Physical fitness and skills
- Mental toughness

Participation in extra-curricular activities will provide student-athletes with the opportunity to:

- Develop physical skills and talents to their maximum potential
- Engage in competition, while promoting safety, health, and physical fitness
- Exemplify positive sportsmanship as a means for learning positive citizenship
- Learn to appropriately experience both accomplishment and failure in competition
- Understand that consequences follow the violation of a rule or policy
- Exercise self-discipline and self-sacrifice in order to achieve team goals
- Gain experience in problem-solving and decision-making
- Learn to develop trust and accept responsibility that comes with earning the respect of others

### Getting Started

1. Student-athletes must be **legal residents** (living full-time with parents, legal guardians, or staff) of the Washington District 50 School District and up to date on registration payments if applicable.
2. Student-athletes must be **academically eligible**. Each student-athlete must be receiving a D or higher in all of their academic classes (including specials such as Health, PE, Band/Choir, etc.).
3. Student-athletes must have a **current physical** on file in the Nurse's office. Each physical exam is valid for 13 months and therefore must be renewed annually. (**Note: The physical must be received before the student may participate in team tryouts/practices.**)
4. Each student-athlete and parent must read, comprehend and agree to abide by the "**Code of Conduct**" set forth in this handbook.
5. All parents and athletes will acknowledge consent of receiving this information on an annual basis via the following Google Form on our athletics page: <https://www.d50schools.com/page/athletics>
6. All parents and athletes understand they are responsible for maintaining uniforms and returning them in an acceptable condition or be asked to provide compensation for a replacement.

## **D50 Code of Conduct for All Participants**

All students who participate in extracurricular programs are expected to follow the Code of Conduct:

1. Adhere to the school rules and regulations as established by the Board of Education
2. Respect the rights of others
3. Refrain from libelous/slandorous remarks, and obscenity in verbal, nonverbal, and written expression (physical or digital)
4. Refrain from gross disobedience or misconduct as defined in the Student Handbook
5. Obey city, state, and federal laws
6. Demonstrate the qualities of scholarship, leadership, service, and character

The Board of Education believes that student leaders (athletes, officers, executive board members, and all members of performance groups) need to lead by example. Therefore, students who participate in leadership roles are expected to also be committed to personal growth which includes:

1. Commitment that their academic work remains a number one priority
2. Maintain academic standards as determined by the IESA, i.e. passing all academic classes
3. Commitment to a drug free community and school by remaining themselves drug and alcohol free (including use of tobacco products)
4. Commitment to not display any flagrant disregard for school rules; local, state, or federal laws; or legal authorities
5. Commitment to follow all additional rules set forth by the various activity programs and leadership positions

## **EXTRACURRICULAR CONDUCT POLICY STUDENT ORGANIZATION LEADERS, PERFORMANCE GROUPS, AND COMPETITION GROUPS**

The Board of Education believes all student leaders are representatives of the school. Leaders of student organizations and members of performance and competition groups include the following:

1. All Student Council Members
2. Performing groups: cheerleaders, dancers, Marching Band, Choirs, Musical, and Drama performers
3. Competition groups: athletic teams, Scholastic Bowl, Chess, Gaming Club, and Math Team
4. Any future performing or competitive groups

As representatives of the school, these student leaders must conduct themselves appropriately both while in school and out of school. To participate in these privileges, the Board of Education sets the following standards for said leaders in addition to the general Code of Conduct:

Being elected to serve as a student government representative (Student Council), being a member of an athletic team, or competition group, is a privilege and not a right. Students in such positions are expected to lead by example. Therefore, they will:

1. follow the Code of Conduct set forth by the Board of Education for all activities (Policy 7:190; 7:220; 7:240; and 7:300)
2. follow the additional Conduct expectations as set forth by the Board of Education for student behavior in accordance with school handbooks
3. following the additional rules, regulations and/or by-laws of the IESA or the specific organization's Constitution (eligibility for most athletics is also governed by the rules of the Illinois Elementary School Association and, if applicable, these rules will apply in addition to this Athletic Code of Conduct. In the case of a conflict between IESA and this Athletic Code of Conduct, the more stringent rule will be enforced.

### **Rules & Regulations (with accompanying Consequences)**

Participation in these leadership roles or in the athletic programs is considered a privilege and not a right. Therefore, in addition to the above rules, participants must follow all other conduct rules as set forth below. It is to be understood that these rules and regulations are to supplement any existing Board of Education policies. These rules and regulations shall apply all year-round for the duration of the participant's middle school career.

1. Smoking, Possession of, or Use of Tobacco Products in ANY FORM (i.e. cigarettes, vapes, weed, etc.)
2. Drinking, Possession of, Being Under the Influence of Alcoholic Beverages
3. Use of, Possession of, Distribution of, or Under the Influence of Drugs, Look-Alike Drugs, or Other Controlled Substances or Possession of Drug Paraphernalia (i.e. vapes, weed-based products, etc.)
4. Misconduct not specifically set forth in the code can constitute a 1<sup>st</sup> Offense or a subsequent offense or serve as the basis for complete removal from the activity.

The following offenses and discipline below apply cumulatively to 1. 2. 3. and 4 above.

1<sup>st</sup> Offense: Suspension from participation in 1/2 of the scheduled contests, events, or meetings but may practice with the team. (See 6a. & 6b.)

2<sup>nd</sup> Offense: Removed from all offices/activities/athletic teams for the current school year from the date of the recent violation.

### **Additional Rules**

The IESA, as well as each activity's coach or sponsor may have their own rules and requirements. Coaches and sponsors have the necessary authority to enforce those rules. Any student participant who violates a team or activity rule/requirement is subject to the consequences

5. **Felony Convictions:** Student participants who plead or who are proven guilty of committing a felony will be dropped from all activities and athletic participation for one calendar year from the date of conviction.
6. **Attending** social functions where drugs or alcoholic beverages and/or look-alike drugs/alcoholic beverages are being consumed illegally.
  - a. 1st Offense: 20 school days suspension from all athletic participation
  - b. 2nd Offense: Dismissal from athletic participation for the school year
7. **Language:** Profanity and/or abusive language, obscene gestures, and/or other forms of inappropriate behavior by participants involved in any activity will not be tolerated.
  - a. 1st Offense: Established by the coach (as appropriate and coach's discussed rules)
  - b. 2nd Offense: 5 school days suspension from all athletic activities
  - c. 3rd Offense: Dismissed from all athletic participation for the current season/activity
8. **Theft of School, Team, or Other Individual's Possessions:** Proven theft by a participant in possession of this school, other schools, and/or possessions of other individuals shall be grounds for dismissal from participation in all athletics/activities at District 50. The Athletic/Activity Director shall discipline violators with input from the coach/sponsor.
9. **Truancy Referral/Unexcused Absences/Attendance:** Student attendance is critical to the academic learning process as well as athletic process. Students who miss more than 1% but less than 5% of the prior 180 regular school days without valid cause (a recognized excuse) are truant. Students who miss 5% or more of the prior 180 regular school days without valid cause (a recognized excuse) are considered chronic truants. Coaches/Sponsors shall discipline violators in collaboration with school administrators.
10. **Insubordination/Defiance/Disrespect Toward Coaches, School Staff, or Guests/Volunteers:**
  - a. Consequences will range from possible suspension to dismissal from athletic teams based on severity of offenses. Penalties may also be established collaboratively with the coach/sponsor.
11. **Honesty & Integrity:** Honesty and Integrity among teammates and/or fellow students is a requirement. Cheating, lying, and deceitful practices shall not be tolerated. Coaches/Sponsors shall discipline violators in collaboration with school administrators.

Voluntary admission to a coach or administrator and/or athletic director of a first offense infraction of the rules 6, 7, 9, 10, and 11 within 48 hours of the violation prior to the administration receiving evidence or being notified can result in the reduction in days of the suspension by 50 percent.

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## **12. Definitions**

### **Athletes Serving Suspensions**

a. If a suspension is given when a student-athlete is out of season or extends into tryout dates, the suspension must be finished in good standing in order to have the suspension considered served. If the student-athlete is not in good standing, then they are unable to tryout for the upcoming season.

b. In assessing the penalty of 1/2 of the scheduled contests, if the remaining contests do not permit the full penalty to be imposed in that season, the penalty will be carried over and applied to the participant's next activity. For example, the penalty is 6 contests/performances, but only 3 contests/performances remain, the remaining fraction of the penalty will be assessed in the next activity.

### **c. "Suspension from Participation"**

Student participants shall not be dressed in the school uniform, or any parts thereof, at any interscholastic contest or event within the IESA season start and end dates. (Does not include any summer participation or activities) Practice is allowed.

### **d. "Dropped or Removed from Activity"**

Students "dropped/removed" cease to be participants and shall not practice or in any way take part in activities for the year in which they are under "dropped/removed" status. Participants on "dropped/removed" status may return to participation the following year provided there has been no violation of these rules and regulations during the past year.

## **13. Evidence**

a. If a member of the administration receives information or reports from any credible source that a student has violated any of the rules and regulations of the extra-curricular code of conduct, he/she shall promptly investigate the charge. Examples of the sources of information could include a report from a faculty member, police reports, court dispositions, or any other information regarding misconduct.

b. If there is sufficient evidence to believe a violation may have occurred, the administration shall:

1. Interview the student notifying them of the charge and request a response.
2. If the student denies the charge, give an explanation to the student of the evidence and facts leading to the charge; and
3. Give the student an opportunity to respond or present an explanation of the event.

## **14. Due Process**

A student will be advised of the charges against him/her and be given the opportunity to respond to the charges. The student and his/her parents will be advised by the administration of any disciplinary action taken as a result of the charges. The student or parents may appeal the disciplinary action by responding in writing to the Superintendent within three school days of receiving the notice of the disciplinary action. The Superintendent will call a hearing of the appeal in a timely fashion following the request of an appeal. A written ruling of the appeal will be completed by the Superintendent following the appeal hearing. Student participants will NOT participate/compete in contests during the appeal process.

## **15. Effective Date**

The rules and regulations shall be effective July 20, 2023

## **Parent Conferences with Athletic Coaches/Sponsors**

Coaches/Sponsors, who have been asked to meet with parents, shall inform the Activities or Athletic Director of such requests. Likewise, the Activities or Athletic Director shall inform the coach involved if they receive such a request. Such meetings shall not take place until at least 24 hours after the conclusion of the event unless it is agreed upon.

It is recommended, but not mandatory, that a coach's conference with parents regarding complaints be conducted with the Activities or Athletic Director present. The Activities or Athletic Director will serve as the facilitator and the moderator, and shall arrange such a conference.

If the parents remain unsatisfied at the conclusion of this conference, the parents may seek further intervention in a meeting with the Principal or Superintendent arranged by the Activities or Athletic Director. This meeting shall also include the coach and the Activities or Athletic Director with the Superintendent acting as the moderator.

The Activities and Athletic Department of D50 encourages and supports contact and communication between coaches/sponsors, players, parents, and Administrators.

## **School Day Attendance and Participation**

If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice. An athlete who is absent from school after noon on the day of an activity is ineligible for any activity on that day unless the absence has been approved by the principal or Athletic/Activities director. Please remember to communicate with your coach regarding all absences. An athlete who is marked truant or has been suspended from school may be suspended from participation in athletic activities by administration as well. An athlete who is absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach/sponsor and the reason for permitting an excused absence.

## **Sportsmanship Mission Statement**

All participants involved with the IESA are responsible for promoting, teaching, enforcing and recognizing the highest standards of sportsmanship. Students, coaches, administrators and fans representing IESA member schools are expected to demonstrate the highest level of sportsmanship and respect for others.

We all have the opportunity to promote the ideals of sportsmanship so that our student-athletes raise the expectations of our communities and our world. The resources on the right side of this page are designed to assist schools in creating a schoolwide culture of positive sportsmanship and supplementing existing programs.

## **IESA Ejection Rule**

Any coach or player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next two interscholastic contests at that level and all other interscholastic contests at any level in the interim. Any fan ejected will also be assessed a penalty. Please contact the IESA Office if a coach, player, or fan is ejected from your contest.

## **Behavior Expectations and Responsibilities of the Spectators & Parents**

Remember that school athletics are learning experiences for students and the programs are part of the educational process. Adolescents learn proper behavior from watching adults.

A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators.

Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of modeling and will not be tolerated.

**\*\*Any fan or parent ejected from a contest for unsportsmanlike conduct shall be ineligible for the next two interscholastic contests at that level as well as possibly ineligible for additional contests as deemed appropriate by administration.**

### **Parents**

**1.** The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in a timely manner including those of physical and emotional well being on behalf of their student.
- Following an appropriate chain of communication such as:
  - Parent and Coach/Assistant Coach
  - Parent and Activity/Athletic Director
  - Parent/Principal/Superintendent
- Attending parent meetings and reading information disseminated by the coaches.

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

- Providing support for coaches/sponsors and officials in order to provide a positive, enjoyable experience for all participants.
- Understanding the game is for the students and not for the adults.
- Recognizing that student participation 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 sidelines.
- Expecting consistent student attendance at practices and games.

**3.** The parents will create a positive and supportive environment to promote their student's 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.



## **Expectations and Responsibilities of Student Participants**

1. The student participants of D50 will be committed to the school athletic/activity program on and off season by:

- Following the expectations/guidelines set by the coaches and the school.
- Participating enthusiastically.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in activities is a privilege.
- Setting challenging and realistic goals.
- Developing a winning attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport/event.

2. The student participants of D50 will communicate openly and honestly with respect for coaches, teammates, 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.

3. The student participants of D50 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 and under level teams.
- Participating with dignity and grace, regardless of winning or losing.

4. The student participants of D50 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.

### **Pets and Tobacco Products**

Pets are not allowed on the premises of any D50 indoor facility (excluding the use of registered service animals). Washington facilities and grounds are a tobacco free environment. The use of any tobacco product is prohibited. Thank you for your compliance.

### **Athletic Injuries**

- Report all injuries to your coach or school nurse when they occur.
- Use only rest, ice, compression (ace wrap) and elevation to treat injuries until you consult the nurse or your doctor.
- If you see a physician, get a note with a diagnosis and any restrictions and present it to the nurse or coach.
- If you have severe swelling, severe pain, loss of joint motion or a head injury, see a physician.

## **Transportation Policy**

All athletes shall travel to athletic events and return home from athletic events with the team on which the athlete competes by use of school approved transportation. A written waiver of this rule may be issued by a coach or administrator upon advance written request of an athlete's parent or guardian and provided the adult appears and takes custody of the athlete. Oral requests shared by the athlete about the parent/guardian permission shall not be accepted.

## **Equipment**

An athlete is responsible for each item of equipment issued to her/him. **Lost or stolen equipment must be paid for at the replacement cost.** An athlete will not be allowed to receive awards or participate in a subsequent sport until the equipment record has been cleared.

Please do not abuse your equipment. Considerable money is expended to supply the best equipment for your use and safety, please treat it with respect.

## **Physical Examination**

A valid Athletic Physical Form must be on file in the nurse's office along with the athletic handbook acknowledgment completed on or before the first day of practice/tryouts of the athlete's specific sport season. Office personnel will release the tryout list to the coaches.

Per Illinois Elementary School Association (IESA) rules, your physical examination is good for ***13 months*** from the date of the exam. Please put that date on your yearly schedule, as the student-athlete becomes ineligible and will not be allowed to practice or play unless a new physical is provided by that date. We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physical exam in June, July or early August. Getting the exam during these months avoids ineligibility issues.

PASSED BY THE BOARD OF EDUCATION on July 20, 2023