

ATHLETIC HANDBOOK
BROWNSTOWN JR./SR. HIGH SCHOOL DISTRICT #201
ST. ELMO JR./SR. HIGH SCHOOL DISTRICT #202
ATHLETIC DEPARTMENT
2021-2022

AVAILABLE SPORTS

FALL SPORTS

HS BOYS BASEBALL – BROWNSTOWN
HS GIRLS VOLLEYBALL – ST. ELMO
JH BOYS BASEBALL – BROWNSTOWN
JH GIRLS SOFTBALL – ST. ELMO
HS Golf – ALTAMONT

WINTER SPORTS

HS BOYS BASKETBALL – ST. ELMO
HS GIRLS BASKETBALL – BROWNSTOWN
HS CHEERLEADING – ST. ELMO
HS SCHOLARBOWL – BROWNSTOWN
JH BOYS BASKETBALL – ST. ELMO
JH GIRLS BASKETBALL – BROWNSTOWN
JH CHEERLEADING – ST. ELMO
JH GIRLS VOLLEYBALL – ST. ELMO
JH SCHOLARBOWL – BROWNSTOWN

SPRING SPORTS

HS BOYS BASEBALL – BROWNSTOWN
HS GIRLS SOFTBALL – ST. ELMO
HS BOYS TRACK – BROWNSTOWN
HS GIRLS TRACK – BROWNSTOWN
JH BOYS TRACK – BROWNSTOWN
JH GIRLS TRACK – BROWNSTOWN
BASS FISHING – BROWNSTOWN

INTRODUCTION TO THE ST. ELMO DISTRICT #202 AND BROWNSTOWN DISTRICT #201 EXTRACURRICULAR HANDBOOK

The CUSD #201 and #202 Boards of Education believe that student activities at school are a vital part of the total educational program and should be used as a means for developing wholesome attitudes and good human relations - as well as knowledge and skills. The boards believe that school citizenship, as reflected in student activities, is a measure of the achievement of important school goals. The boards recognize that the greatest values to be derived from both curricular and extracurricular student activities occur when such activities are developed and encouraged with involvement of the student body, interested members in the community, and school staff. This handbook contains valuable information regarding your participation in extracurricular

activities. We kindly ask that you and your parents review this handbook carefully. As part of any extracurricular team, you become a representative of your school and district. As such, you are expected to behave in an appropriate manner.

DISTRICT #201/#202 ATHLETIC PHILOSOPHY

Extracurricular activities can make a material difference to the development of young adults. The purpose of extracurricular activities is to provide an atmosphere in which every willing participant can actively develop their extracurricular talents to the best of their abilities. Extracurricular activities can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime.

This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. These qualities are highly valued by institutions of higher learning as well as employers. Extracurricular activities are an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of extracurricular activities to lifetime achievement is well recognized.

The success of our extracurricular programs depends on the quality of the people participating within them. In order to succeed in extracurricular activities, good sportsmanship and positive behavior is required.

When you are part of any athletic team that is competing or performing you are a representative of Brownstown Jr./Sr. High School and St. Elmo Jr./Sr. High School. You are expected to show mature and appropriate behavior. We need quality students to have quality programs. Quality students are good winners as well as good losers, and they display good sportsmanship at all times. The administrators and staff welcome you to the St. Elmo/Brownstown Extracurricular program. If we can assist you in any way, please contact us at the numbers shown below.

District #201 Superintendent	Mike Shackelford	(618) 427-3355
District #202 Superintendent	Julie Healy	(618) 829-3264
Brownstown Jr./Sr. High School Principal	Jeff Wooters	(618) 427-3839
St. Elmo Jr./Sr. High School Principal	Brian Garrard	(618) 829-3227
Brownstown Elementary Principal	Martin Son	(618) 427-3368
St. Elmo Elementary Principal	Sean Hannagan	(618) 829-3263}}

NATIONAL TRAIL/EGYPTIAN ILLINI CONFERENCE

Brownstown Jr./Sr. High School and St. Elmo Jr./Sr. High School are both members of the National Trail Conference and the Senior Highs are members of the Egyptian Illini Conference. Both conferences have a rich history in tradition. The conferences are responsible for establishing guidelines for all sports in addition to the IHSA guidelines. The guidelines are monitored by the member schools and are always based on “what is best for the student.” Current members are:

NTC

Neoga
Dieterich
Effingham St. Anthony
Stew Stras
Windsor
Altamont
Beecher City
Cowden Herrick
Brownstown
St. Elmo
South Central
Louisville/North Clay

EIC

Ramsey
Brownstown
Cowden Herrick
Mulberry Grove
Patoka
St. Elmo
Beecher City

ATHLETIC PREAMBLE

Participation in student extracurricular activities is considered an extension of, although separate from, the regular school day. While the regular curricular program is a right afforded each student, participation in the co-curricular program is a privilege, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation. This privilege is extended by the district to students who wish to participate and who agree to comply with the rules and regulations established in the particular activity. Because participation in athletics is regarded as a privilege and not a property interest of the students, only those procedural and substantiated considerations as provided for within this handbook shall be afforded the students when a disciplinary sanction must be considered. Compliance allows for ongoing participation in the particular activity. The failure to comply with the rules and regulations shall result in appropriate sanctions listed in this handbook.

By electing to participate in an extracurricular program, the student is choosing to extend their school day, as well as the expectations for appropriate behavior and conduct. The code of conduct is in effect, at all places, 24 hours per day, and 365 days a year. Annually, students participating in extracurricular activities will be required to sign a form agreeing to adhere to this code of conduct. In addition, attendance is mandatory by parent/guardian(s) and student, once annually, at a school sponsored parent/student meeting prior to participation in extracurricular activities. Parents are also expected to attend all seasonal meetings that specific athletic or activity coaches or sponsors may schedule to discuss

expectations of specific programs. Failure of parent/guardian(s) and student to attend a mandatory meeting may result in the student's suspension from the activity until satisfied. Contracts within those programs must be agreed to before participation can occur.

Students must have full-time status at Brownstown Jr./Sr. High School or St. Elmo Jr./Sr. High School, in addition to meeting any other eligibility requirements in order to participate in extracurricular activities.

OBJECTIVES AND OUTCOMES OF PARTICIPATION

As a result of their participation, the student will be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Extracurricular Code of Conduct including academic standards, substance use, and appropriate behavior.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport or activity.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in the extracurricular activity.

STANDARDS OF SPORTSMANSHIP/CITIZENSHIP

Whenever a member of a school athletic team is not living up to the highest standards of sportsmanship and citizenship, or is regarded as a detriment to the best interest of his or her squad, the athlete is subject to suspension or expulsion from the squad, subject to the approval of the principal, athletic director, and the head coach. This includes:

1. Use of excessive profanity, as a spectator or participant, on or off the field.
2. Derogatory action toward officials or public.
3. Inappropriate behavior going to or returning from athletic events.
4. Repeated truancy from school.
5. Destruction or loss of school equipment or property (each athlete is responsible for the care of his/her equipment and shall be held accountable for its return upon the completion of the season).
6. Any behavior or conduct, either in or out of school, that is detrimental to the reputation of Brownstown Jr./Sr. High School and/or St. Elmo Jr./Sr. High School.

EXTRACURRICULAR CODE OF CONDUCT

You have made a decision to become a part of the Brownstown Jr./Sr. High School and/or St. Elmo Jr./Sr. High School Athletic Programs. These programs consists of all IHSA/IESA athletics programs offered by Brownstown Jr./Sr. High School and St. Elmo Jr./Sr. High School (boys and girls) . It also includes cheerleaders and scholar bowl teams. By your choice, you have signified a desire to become part of a unique organization that is built around strong self-discipline and a united group effort.

To achieve the excellence that you strive for, you must set yourself apart from other people who maintain certain social standards that are detrimental to maintaining excellence in athletics. You must sacrifice certain social standards that may be accepted by your peers and conform to much stricter standards.

In order to help you set these standards and maintain the desired levels of physical fitness necessary for competition, the following policies have been developed.

Participation in athletics means more than competition between two individuals or teams representing different high schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork, competition, and the fact that quitting means failure while hard work means success. Participation in athletics is a privilege that should only be accepted by a student who is totally committed to being an athlete year round. With these goals in mind, this guide has been formulated for the use of all concerned. The conduct of an athlete is closely observed, and should be above reproach in all of the following areas:

On the Field

The true athlete will give 100% at all times when on the field. An athlete has complete control of self at all times. An athlete realizes that profanity is a sign of weakness rather than strength and will refrain from its use. Although winning is a most important goal that one hopes to realize, an athlete must learn the fact that losing is part of the game and that an athlete is always courteous to congratulate his/her opponent on a well-played game after the contest.

Officials in a game are there for a purpose, to assure that both teams will receive a fair deal. Officials do not lose a game for you. All dealings with the officials should be done by either the coach or designated captain and should be carried out with total respect for the purpose of clarification or interpretation of a ruling. Any behavior that is contrary to this is a direct reflection on the school, team, and coaches. Derogatory action toward officials will not be tolerated. Minor violations may result in removal from the contest.

In the Classroom

Behavior and appearance in school are of great importance to the athlete. Athletes should be leaders and set the best possible example for their fellow students. The true athlete realizes that he/she will have great influence over many fellow students in the school. An athlete will use this influence to set a good example and work toward the betterment of this school. The good athlete is a good student who speaks with respect to all students and faculty. An athlete plans their time and energy so as to succeed both on the field and in the classroom. An athlete must:

1. Be enrolled as a full time student at Brownstown or St. Elmo Jr./Sr. High School
2. Be passing all courses (see academic eligibility).
3. Attend classes regularly; making provisions for the make-up work in advance if a class must be missed.

Respect

In addition to making satisfactory grades, the athlete should give respectful attention to all classroom activity and show respect for students and faculty at all times. Horseplay and fooling around in the classroom and halls does not constitute behavior approved in the Brownstown or St. Elmo Jr./Sr. High School athletic programs. If conduct of this nature is repeated and cannot be corrected, the athlete may lose the privilege of squad participation.

Attendance

The Brownstown and/or St. Elmo Jr./Sr. High School athlete should strive for a fine attendance record. An athlete should under no circumstances be truant from either school or class. If athletes must leave school, they should follow the accepted procedure for being excused from the office. When an athlete is suspended from school he/she misses valuable practice time and thus must miss or be ill prepared for a contest. Student-athletes who have been suspended from school shall not be allowed to practice or participate in any athletic event during the time of suspension.

Students must complete a half day of school before participating in any athletic activity that afternoon or evening provided the reason for the half day absence is classified as excused per the student handbook guidelines. The only exception will be with administrative approval for pre-arranged appointments or special emergencies. Pre-arranged absences such as medical appointments, college visits, funerals and emergencies are exempted from the aforementioned policy. If a questionable pattern of behavior becomes established (as determined by the office) then the student athlete may be required to submit doctor's notes for half day absences or be required to be in attendance for a full day before being allowed to participate in any athletic activity that afternoon or evening. These situations will be evaluated on a case by case basis.

Students attending a vacation during the season must give the coach written notice of the day(s) that will be missed. This notice must be given at least two weeks in advance.

Expectations of Student Athletes

The student athletes will be committed to the school extracurricular program on and off season by:

- Playing for the name on the front of the Jersey not on the back.
- Following the rules set by the coaches and the school.
- Participating enthusiastically, knowing and accepting their role on the team.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in extracurricular activities 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 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.

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.

The student athletes 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.

ATHLETIC RULES AND REGULATIONS

Athletic Eligibility

In order to compete in athletics/activities a student must:

1. Have a current physical on file with the office.
2. Must have completed an agreement to participate form.
3. Must have completed a medical authorization form.
4. Be enrolled at Brownstown or St. Elmo Jr./Sr. High School full time.
5. Live within the district boundaries.
6. Have not been enrolled in high school for more than 8 semesters.
7. Not be on any current athletic suspension
8. Declared a primary sport (only in a case where the athlete is participating in more than one sport at the same time)

Academic Eligibility Guidelines

Academic eligibility requires that a student be passing all courses on a cumulative week-by-week basis during each semester (No pass-No Play). Eligibility will begin the second full week of each grading period and will be checked weekly. Athletes must be passing all subjects. In addition, all athletes must be in compliance with IHSA/IESA regulations. After three (3) total weeks of ineligibility in a season, the athlete will be placed on coach's probation. Once on coach's probation, the athlete can be removed from the team at any time if progress or compliance with probation guidelines is not shown.

Training Regulations

It should be noted that the following rules in are effect year around.

The following are considered training violations:

1. Sale, purchase, possession, or use of alcohol (except for religious purposes). This includes riding in a vehicle in which alcohol is being consumed by minors or attending a party or other gathering in which alcohol is being consumed by minors (unless the individual leaves the party immediately)
2. Possession or use of tobacco in any form.
3. Use, possess, buy, sell, barter, or distribute any illegal substance or paraphernalia. This includes riding in a vehicle or attending a party or other gathering where any illegal substance is being consumed.
4. Hosting a party where alcohol or drugs are served.
5. Use, posses, buy, sell, barter, or distribute any prescription (except as prescribed by a physician) or look-alike drugs or paraphernalia

6. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a “look alike” weapon. This prohibition does not prohibit legal use of items that could be considered as weapons in cooking and in sports such as archery, martial arts practice, target shooting, hunting, and skeet.
7. Vandalize or steal
8. Haze other students
9. Behave in a manner that is detrimental to the good of the group or school
10. Be insubordinate or disrespectful toward the activity’s sponsors or team’s coaching staff.
11. Falsify any information contained on any permit or permission form required by the activity or sport
12. Violate the written rules for the activity or sport. Each coach or sponsor has the prerogative to establish additional rules pertaining to the activity being supervised. These rules may include but are not limited to attendance at practices, curfew, dress, and general conduct of participants during practices, contests, trips, etc. Rules set by the individual coach or sponsor must be in writing and approved by the Principal and Athletic Director and communicated to the student participants before the activity begins.
13. All participants will conduct themselves properly. Participants will abide by all policies in the student handbook. Daily attendance at school and regular class attendance is expected.
14. Students suspended from school by the Principal’s office will not be allowed to participate in activities or athletics while they are on suspension.

Procedures

Athletics require that young people be in top condition physically, mentally, emotionally, and socially to do their best and avoid serious injury. Training regulations are in effect year around. All student athletes will be governed by these regulations.

Students, who quit or are removed from a team before the season is over, may not participate in preseason conditioning for another sport until the previous season has ended.

The following procedures are in effect for student-athlete suspensions for training rule violations:

1. All reports of violations are made to the athletic director(s).
2. The student athlete will be advised of the training violation with which he or she is being charged and be given the opportunity to respond to any charges leveled against him or her.
3. The student may provide any additional information he or she wishes for the athletic director to consider.
4. The Athletic Director(s), with the help of other staff or administration if needed, may interview material witnesses or others with evidence concerning the case.
5. The Athletic Director(s) will investigate the reported violation(s) and contact the parent(s), student, and coach to inform them of the reported violation(s) and procedures to be followed.
6. After reviewing the evidence, the Athletic Director(s) will determine the course of action. The student and his/her parents are notified of the decision immediately.

7. Any student who violates the training rules and/or does not satisfactorily complete the season of activity, may not be eligible for any awards or special recognition given for participation in the activity.
8. Penalties will be applied towards the current sport in which they are participating. If the student is not participating in a sport, it will be applied towards their next sport season. If a student is participating in more than one sport at the same time, the penalty will be applied to the primary sport. Any penalty not completed by the end of a season must be completed in the next sport season in which the athlete participates. A student must complete a season in which a penalty was to be served in order for the penalty to be considered satisfied. If a student joins a team to complete a penalty, that student must complete the entire season with that team or the penalty shall be considered not satisfied and will be applied to the next sport season.
9. The student may appeal the decision of the Athletic Director to the Building Principal.

Section C – Penalties

Sanctions for violations other than those specifically spelled out below (tobacco, alcohol, drugs - including prescription medication, and weapons), will be based on the nature of the offense and the number of offenses, and may include suspension from all sports for:

- a. a specified period of time or percentage of time from events, competitions, practices, etc.
- b. the remainder of the season or for the next season
- c. the remainder of the student's athletic career.

When considering areas of violation and/or consequences, all student athletes will be treated as individuals and the facts of each case will be considered separately. Hearsay statements may be considered along with other information. The determination of whether or not a violation has occurred along with consequences imposed will be based on the preponderance of evidence as related to the reported violation. In determining consequences, the history or record of the student athlete's past conduct as well as any other pertinent information may be considered.

1. Use or possession of tobacco products.
 - a. 1st infraction- suspension totaling 1/6th of the total games/activities in the season, including post-season and tournaments. Suspensions served consecutively.
 - b. 2nd infraction- dismissal from the team
2. Use, posses, buy, sell, barter, or distribute any prescription medication (except as prescribed by a physician) or look-alike drugs or paraphernalia. This includes medical marijuana.
 - a. 1st infraction – suspension totaling 1/3rd of the total games/activities in the season, including post-season and tournaments. Suspensions served consecutively.

- b. 2nd infraction – suspension from all extracurricular events for a period of 180 school days.
 - c. 3rd infraction – suspension from all extracurricular events for the remainder of the student’s career at Brownstown and/or St. Elmo Jr./Sr. High School. After one calendar year, the student may appeal to the Athletic Council.

- 3. Sell, purchase, possess or use of alcohol (except for religious purposes). This includes riding in a vehicle in which alcohol is being consumed by minors, attending a party or hosting a party or other gathering in which alcohol is being consumed by minors (unless the individual leaves the party immediately).
 - a. 1st infraction – suspension totaling 1/3rd of the total games/activities in the season, including post-season and tournaments. Suspensions served consecutively.
 - b. 2nd infraction – suspension from all extracurricular events for a period of 180 school days.
 - c. 3rd infraction – suspension from all extracurricular events for the remainder of the student’s career at Brownstown and/or St. Elmo Jr./Sr. High School. After one calendar year, the student may appeal to the Athletic Council.
 - d. Penalties may be reduced by ½ if the student completes a school approved chemical awareness program at the student/parent’s cost.

- 4. Use, possess, buy sell, barter, or distribute any illegal substance or paraphernalia. This includes riding in a vehicle, attending a party or hosting a party or other gathering where any illegal substance is being consumed.
 - a. 1st infraction – suspension totaling 1/3rd of the total games/activities in the season, including post-season and tournaments. Suspensions served consecutively.
 - b. 2nd infraction – suspension from all extracurricular events for a period of 180 school days.
 - c. 3rd infraction – suspension from all extracurricular events for the remainder of the student’s career at Brownstown and/or St. Elmo Jr./Sr. High School. After one calendar year, the student may appeal to the Athletic Council.
 - d. Penalties may be reduced by ½ if student completes a school approved chemical awareness program at the student/parent’s cost.

- 5. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a “look alike” weapon. This prohibition does not prohibit legal use of items that could be considered as weapons in cooking and in sports such as archery, martial arts practice, target shooting, hunting, and skeet.
 - a. 1st infraction – suspension totaling 1/3rd of the games/activities in the season, including post-season and tournaments. Suspensions served consecutively.
 - b. 2nd infraction – suspension from all extracurricular events for a period of 180 school days.

- c. 3rd infraction – suspension from all extracurricular events for the remainder of the student’s career at Brownstown and/or St. Elmo Jr./Sr. High School. After one calendar year, the student may appeal to the Athletic Council.
6. Multiple violations of the extracurricular code will result in suspension from all games/activities for a period of 180 school days up through suspension from all extracurricular events for the remainder of the student’s career at Brownstown and/or St. Elmo Jr./Sr. High School. After one calendar year, the student may appeal to the Athletic Council. Infractions begin accumulating from the moment the student participates in the first athletic program through graduation from high school.
7. Suspension for any disciplinary infraction will disqualify the student from receiving any special awards other than an earned letter.
8. Any suspension not completed by the end of a season must be completed in the next activity.
9. If the violation occurs out of season, suspension shall begin with the next season in which the student participates.
10. If a school suspension results from a violation of the extracurricular code, penalties will not necessarily run concurrently. An extracurricular suspension may run longer than the school suspension.
11. When a student is involved in a general school disciplinary incident that requires action, a single decision will be made by the appropriate school authority. A violation at a particular point and time can potentially impact any/all extracurricular activities for the current and/or next season. The consequences will be applied to any of the extracurricular activities in which the student is involved.
12. During an out of school suspension, the student may not participate in any sports or activities home or away.
13. Co-op sport seasons are included in any suspension time. Students in co-op sports are subject to the athletic and extracurricular rules/regulations established by the host school.
14. Students will NOT be allowed to go out for a sport to complete a suspension without completing the entire season for that sport.
15. All students remain subject to the School Board’s student discipline policy and/or the school’s student handbook and the disciplinary measures listed in them.
16. In certain circumstances, due to time constraints, a violation of the Extracurricular Code by a student may result in immediate action.
17. At any time, the student may voluntarily admit a personal code violation prior to school officials’ knowledge or investigation. In these cases, the student may continue

uninterrupted eligibility when it is verified that enrollment in and continuing participation is taking place in a school recognized substance abuse program. The voluntary admission will be counted as one code offense. The voluntary admission may be used by a student one time during their athletic career. The purpose of this provision is to allow the student to seek help. All evaluations and treatments will be at parent/student's expense.

Clarifications

Athlete: Once a student participates in the sport he/she is considered an athlete even when not participating in subsequent seasons.

Field: Field as referred to in this handbook is any competition or practice surface/area including but not limited to areas such as a volleyball court, basketball court, golf course, baseball field, softball field, track, classroom, etc.

Season: A "season" means a total of one entire sports season. For example, if a student-athlete were suspended for nine games of the basketball season (based on the total number of games in the basketball season) with only three games remaining and also played baseball, he would be suspended for the first six games of baseball as well.

Look-alike substance: Look-alike substance" means a substance other than a controlled substance which (1) by overall dosage unit appearance, including shape, color, size, marking or lack thereof, taste, consistency, or any other identifying physical characteristic of the substances, would lead a reasonable person to believe that the substance is a controlled substance, or (2) is expressly or impliedly represented to be a controlled substance or is distributed under circumstances which would lead a reasonable person to believe that the substance is a controlled substance. For the purpose of determining whether the representations made or the circumstances of the distribution would lead a reasonable person to believe the substance to be a controlled substance. The following factors in addition to any other factor that may be relevant will be considered:

- a. Statements made by the owner or person in control of the substance concerning its nature, use of effect;
- b. Statements made to the buyer or recipient that the substance may be resold for profit;
- c. Whether the substance is packaged in a manner normally used for illegal distribution of controlled substances;
- d. Whether the distribution or attempted distribution included an exchange of or demand for money or other property as consideration, and whether the amount of the consideration was substantially greater than the reasonable retail market value of the substance.

Possession: The term "possession" includes having control, custody, or care currently or in the past of an object or substance, regardless of whether the item is (a.) on the student's person, (b) contained in another item belonging to, or under the control of, the student such as the student's clothing, backpack, or automobile, (c) in a school's student locker, desk, or

other school location; or any other location or school property or at school and or at any activity sponsored by, under the auspices of, or otherwise in which the school is sponsor.

Appeal Procedure - Athletic Council

The appeal procedure for an athlete suspended for the remainder of his/her career is sequential. The first appeal is to the Athletic Council. The Athletic Council will be comprised of 1 out of season coach, a teacher, and the Athletic Director. The purpose of the Athletic Council is to review all infractions pertaining to eligibility, training, and the general welfare of the athletic program. The council will make the recommendations to the principal. If the participant is not satisfied with the council's decision, he/she may appeal to the principal. The Principal's decision will be considered final.

Transportation Policy

Please be aware of the policies concerning transportation to and from Brownstown and St. Elmo Jr./Sr. High School competitions.

1. Brownstown and St. Elmo Jr./Sr. High School provide transportation to and from all school sponsored contests. All students are required to use school transportation. Students may not participate in an away contest if they drive themselves to the event or if they use alternate transportation without permission from the coach/sponsor.
2. In certain circumstances, parents may need to drive their own children to or from a contest. Coaches/sponsors need written notification.
3. Under no circumstances are students allowed to ride with anyone other than parents to or from a contest.
4. Transportation FROM a school sponsored contest will be at the coach's discretion. Student athletes allowed to travel FROM an athletic contest by some other means must sign out with the coach or his/her designee before leaving.
5. Transportation to and from practice will be determined by administration.

Equipment

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

If you are found to have unauthorized equipment, it will be taken away from you and disciplinary action may be taken.

Please do not abuse your equipment. Considerable money is expended to supply the best: treat it with respect. Wear it ONLY at Brownstown and/or St. Elmo Jr./Sr. High School activities or practices unless approved by the coach/sponsor.

Student Athletic Participation Fee

The student athletic participation fee for an individual sport is \$50. The participation fee for two sports is \$75. The participation fee for three sports is \$100. There is no additional participation fee for participating in more than three sports. Basketball players at the 5/6th level will also be assessed the student athletic participation fee. Cheerleading at the 5/6th level will be assessed a student athletic participation fee of \$25.

For sports that start before school officially begins in the fall, the fee must be paid prior to the student-athlete's first contest of that season. For sports that take place during the school year, the fee must be paid by the first practice for that sport.

PARTICIPATION IN JR. HIGH AND ELEMENTARY ATHLETICS (PLAYING UP)

The IESA sets a state tournament series limitation regarding the numbers of players limited to being on a team. It will be at the coach's discretion as to whether the team will need to utilize the maximum number of players for a respective sport. If there are not enough players at a certain grade level to meet the state series limit or a comfortable number for fielding a team, the coach will be allowed to open the program to potential players at the next lower grade level. If there are too many participants interested at that level, then the participants will go through a tryout process. If there are not enough students at the first lower level to make the number comfortable, the window of opportunity will be opened to participants at the next lower grade level, with a tryout process if numbers warrant. At no time will a coach recruit students at a lower level without offering equal opportunity to all. **Once a student is brought up to the next higher level he or she is considered equal to all players already at that level in regards to all opportunities.** This policy applies to any athletic state sanctioned program in grades 5-8. State series maximum numbers per sport are listed below:

Sport State Series Number

Softball 18

Baseball 18

Boys Basketball 15 (7th grade), 15 (8th grade)

Volleyball 15 (7th grade), 15 (8th grade)

At any time, if more prospective players in a particular grade level go out for a sport above the state series number, all players will be allowed to practice, but the coach will determine who dresses to meet the state series number limitation.

*There is not a state series limit in 5th and 6th grade basketball. The state series limit for 7th grade basketball will be followed before a coach could move 5th graders up to the 6th grade squad.

The decision about whether to bring players up from the 5th and 6th grade level is a difficult one make. Often there are several students who commit to playing on a team at the beginning of a season and then change their minds for various reasons after several practices. Other students go out for a team but lack the academic determination to meet academic eligibility requirements. Potential injuries that could impact numbers are also a concern. Coaches are typically given a two week period between the legal first practice date and the first contest to try and ready their athletes for competition. Coaches must also use this time to try and predict who may or may not still be with a team at the end of a season. Taking these issues into consideration, coaches try to make the best decisions possible when bringing players up to the 7th grade team. These decisions are made considering the need to be able to field a team for competition at the end of a season as well the need to develop players for future success. In some cases coaches may try to keep potential players involved with the program in hopes of giving them opportunities for additional growth and development.

Students in 6th grade (and 5th grade when needed) will be required to undergo a tryout process in order to make the 7th grade team. The purpose of this tryout process is to assess the following:

- a. the individual's overall talent and physical/athletic ability
- b. the character and personality of the individual
- c. the individual's work habits and loyalty to the program.

Please understand this before trying out for the 7th grade team.

Once a 5th or 6th grade student has made the 7th grade team, the 7th grade team will take priority over playing on the 5th and 6th team once that season begins. Once the 5th and 6th grade season begins, any 5th or 6th graders that are seeing significant playing time at the 7th grade level (as determined by the coach) will be required to stay on the 7th grade team only and will not be allowed to practice or play 5th and 6th grade basketball until the 7th grade season is over. Those 5th and 6th graders who are not seeing as much playing time at the 7th grade level (as determined by the coach) will be allowed to go practice and play with the 6th grade team while still being allowed to stay on the 7th grade team (when schedules do not conflict.) **The decision on whether or not to allow a 5th or 6th grader to leave the 7th grade team to play on the 5th and 6th grade team will be made after the final 7th grade game of the first semester.**

Illinois High School Association Sportsmanship By-Laws

<p>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 the failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.</p>	<p>Spectators could be banned from all or a portion of home and away contests for behavior issues. This will be determined by a building administrator or their designee.</p>
<p>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 school may assess.</p>	<p>Participants with 2 ejections shall be ineligible for the next 3 contests, a third violation will be a one year suspension.</p>
<p>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.</p>	<p>Coaches with 2 ejections shall be ineligible for the next 3 contests, a third violation will be a one year suspension.</p>

Expectations of extracurricular sponsors/coaches

The coaches will maintain a role of coach 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 tryouts and the season.
- Maintaining open and honest communication with students, parents, and other coaches.
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
- Supporting and collaborating with coaches in other extracurricular programs.
- Modeling and teaching skills necessary to succeed.
- Supporting student academic expectations, responsibilities, and achievements.
- Developing the knowledge and understanding of district policies and procedures as it applies to extracurricular activities.
- Promoting and enforcing the extracurricular code of conduct.

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

- Connecting extracurricular 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 community including administration, coaches, parents, and students.
- Modeling good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for students.
- Understanding their leadership style and its impact on students.
- Considering important commitments of students outside their extracurricular activity.

Player Placement – When a student tries out for an extracurricular team, he/she will normally be placed on the squad for his/her year in school. Frequently, athletes show abilities that make them better suited for a higher level team. Placement of athletes on squads in individual sports is not normally a problem because of head-to-head competition between athletes. Team sports become a judgment on the part of the coach. Before the move is actually made, the Athletic Director should be consulted.

Squad Selection and Retention

1. Whenever possible, a no-cut policy will exist in activities where it is feasible and safe to do so.
2. If a coach chooses to cut the squad, the following criteria exist:
 - a. Size of practice area and ratio of coaching staff
 - b. Tryouts may be conducted by the coaching staff
3. The selection of team members should be based upon:
 - a. Overall talent and ability.

- b. Character and personality of the individual.
- c. Work habits and loyalty to the program.
- d. Positions needed on the team.
- e. Other needs of the team.

Dismissal

If a student is dismissed from an extracurricular group, the student shall be given the reasons for the dismissal and their parents shall be contacted within 24 hours. In addition, the athletic director and administrator shall also be notified.

Expectation of Parents

The parents will communicate fairly and openly with coaches by:

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

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 adults.
- Recognizing that student participation in extracurricular activities 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's well-being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well-being of their students ahead of any personal desires 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.

Parent/Coach Relationship

Both parenting and coaching 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 benefit to student-athletes. As parents, when your child becomes 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 of your child's team.

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach.
- Expectations the coach 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, etc.
- Procedures should your child be injured during practice or contest.
- Discipline that results in the denial of your child's participation.

Communication Coaches Should Expect from Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs within the St. Elmo/Brownstown co-op, 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 is encouraged.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- 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 the best for all students involved. As you have seen from the above list, 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. 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, the following procedure should be followed to help promote a resolution to the issue of concern.

If You Have a Concern to Discuss with a Coach, the Procedure You Should Follow:

- Call the school to set up an appointment with the coach.
- If the coach cannot be reached, call the Athletic Director.
- 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.
- Please do not attempt to address specific concerns via email or texting. It is very difficult to detect and interpret tone and intent through electronic media. Often electronic statements can be taken out of context when the reader is not able to hear a person's voice or read facial expressions and body language. We respectfully ask that you make an appointment to discuss your concerns with the coach in person.

The Next Step

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

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

ATTENDANCE AND CONDUCT AT EXTRACURRICULAR EVENTS

Student attendance at games is a great way to provide school spirit. It's always great to have so many fans come to events and support our teams. Everyone's show of loyalty is applauded. Along with our many fans, we always seem to have a majority of problems with younger students who are dropped off at games. This inevitably creates issues with supervision. We would like to place our focus on the students participating in the athletic contests rather than those students who are running around disturbing fans who came to watch an event. In order to better serve our students, faculty and parents, and also to help alleviate potential problems, Brownstown C.U.S.D. #201 and St. Elmo C.U.S.D. #202 have established the following administrative practice for students regarding attendance and conduct at extracurricular events.

Our administrative practice is as follows:

- Students in grades K-6 must be accompanied by a parent or guardian in order to attend an extra-curricular event.
- Students in grades K-5 who are attending an extracurricular event with a parent/guardian will be expected to sit with that parent/guardian.
- Students in grades 7-12 may attend an extra-curricular event without a parent.
- All Brownstown and St. Elmo junior high students must present school identification cards upon entering the extracurricular event. Students without school ID's will not be allowed in.
- All students are to be sitting in the gym while the extracurricular activity is going on. Students are not to be standing or running around.
- Students are not to exit the gym unless it is halftime or intermission. If a student leaves the gym area while an extracurricular activity is in progress he/she may be asked to leave the premises. Students may enter and exit extracurricular activities freely when escorted by a parent.
- Cell phone usage should be kept to a minimum.
- No students are to enter the locker rooms unless he/she is a team member.
- Students are to demonstrate good sportsmanship at all times.
- Students who are not following the rules will be asked to leave and/or will be suspended from future attendance at extracurricular events.

We wish you a happy and successful school year.

Place Any Specific Team Rules As Established By
Each Head Coach Here.

Please fill out the following District and IHSA/IESA forms which are required for participation in athletics (these documents only need to be signed once per school year beginning with the student's first sport):

Athletic Handbook Signature Form – page 16

District Form 7:300-E1 Agreement to Participate

District Form 7:300-E2 Certificate of Physical Fitness for Participation in Athletics

District Form 7:300-E3 Authorization for Medical Treatment

IHSA Sports Medicine Acknowledgement & Consent Form (HS Sports Only)

IHSA/IESA Pre-Participation Examination (This “sport physical” must be on file in the high school office before you will be allowed to practice and participate in a sport.)

All of the forms that are required to be returned are in yellow. Please return all required forms at one time.

Athletic Handbook

Signature Page

I acknowledge receiving a copy of the Athletic Handbook for Brownstown and St. Elmo Jr./Sr. High School. I understand that athletics are a privilege extended by the district to students who wish to participate and who agree to comply with the rules and regulations established. I further understand that compliance with this handbook allows for ongoing participation in Brownstown and/or St. Elmo Jr./Sr. High School Athletic Programs and that the failure to comply with the rules and regulations shall result in appropriate sanctions listed in this handbook. By my signature, I understand and will abide by this Athletic Handbook and any specific team rules established by the coach.

Student Section

Student's Name (Please Print) _____

Address _____

Telephone Number _____

My Primary Sport is _____ (indicate only in a case where the athlete is participating in more than one sport at the same time)

Student Signature _____

Date _____

Parent/Guardian Section

Parent(s)/Guardian(s) Name (Please Print) _____

Parent(s)/Guardian(s) Telephone Number _____

Parent(s)/Guardian(s) Cell Phone Number(s) _____

Parent(s)/Guardian(s) Signature(s) _____

Date _____