



DISTRICT 201
J. STERLING MORTON
HIGH SCHOOL

At Morton, Every Student Succeeds

J. Sterling Morton High School District 201

Athletic Handbook

Home of the Mustangs



Introduction to J. Sterling Morton Athletics Who are We?

J. Sterling Morton High School is one of the fourteen schools of the West Suburban Conference. Morton Athletic Department consists of twenty-six sports programs participating in Illinois High School Association sanctioned contests. Morton Athletics is unique in that there is one athletic program for the entire district. After school transportation is provided to all students who are involved in a program that is located at a Morton School other than their home campus. As you look through this pamphlet, you will see the tremendous opportunities that are available to our students and the tradition of athletic success here at Morton. We hope that you will join us as a Mustang Athlete and help us continue the tradition!

Athletic Contact Information

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

Athletic Offices		
Athletic Director	Daniel Woulfe	708.780.4100 x 3522
Athletic Office Secretary	Cindy O'Boyle (East Campus)	708.780.4000 x 2514
Athletic Office Secretary	Lucy Frutos (West Campus)	708.780.4100 x 3511
Head Athletic Trainer	Anthony Cerda (ATHLETICO)	708.780.4000 x 2514

The J. Sterling Morton Athletic Philosophy

Interscholastic sports at Morton High School form part of a diverse co-curricular program. The activities are regarded as vital parts of the total education offerings of our school. The sound development of the physical capacities of youth compliments and enhances the intellectual, emotional, and social development of every young man and woman. These opportunities are useful tools in the achievement of the goals of a comprehensive education.

We encourage student participation in the athletic program and would like to involve as many students as possible in an educationally sound and successful competitive, interscholastic experience. High School athletics is a competitive experience, therefore not all whom tryout makes the team, nor do all those who make the team receive the same participation opportunities in contests. Ultimately, the participation level of individuals is a staff decision.

Morton's dedication to excellence extends to our competitive athletic program. In this endeavor the Interscholastic Athletic Program serves as one of the extensions of the classroom, attempting to provide experiential learning opportunities and enhancing the learning, which occurs within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their work ethic, sense of commitment and social and athletic skills.



J. Sterling Morton Athletics Objectives of Participation

To be considered an educational experience, athletics must have specific and worthwhile objectives. These objectives include:

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

All objectives and principles in athletics must be primarily concerned with the welfare and educational development of the student-athlete. The principles, which are to be achieved from the interscholastic athletic program, are to provide students with the opportunity to:

- Develop physical talents to their maximum potential
- Engage in competitive activities, while promoting sound health, safety, and physical fitness
- Exemplify good sportsmanship as a means for learning good citizenship
- Learn to appropriately experience both winning and losing in a competitive environment
- Learn from experience that consequences follow the violation of a rule
- Experience working as a team member, exercising self-discipline and self-sacrifice in order to achieve team goals
- Learn how to be a good teammate, making positive contributions, regardless of the role on the team
- Experience a feeling of self-worth and to develop self-confidence
- Experience in problem-solving and decision making
- Engage in organized activities with other students whose backgrounds may be dissimilar from their own
- Learn to develop trust and accept responsibility that comes with earning trust from others
- Create a positive rallying point for the school in order to help them develop school spirit and loyalty.

Eligibility of Participation

To be eligible to participate in interscholastic athletics at J. Sterling Morton High School, the following documents and items must be completed and turned into the athletic office.

- Code of Conduct
- Participation Agreement Form
- Emergency Medical Record Card
- IHSA Steroid Testing Policy Consent to Random Testing
- J. Sterling Morton Concussion Policy Form



J. Sterling Morton Athletics Extra-curricular Code of Conduct

Student participation in representing J. Sterling Morton High Schools, District #201, in extra-curricular activities is a privilege and not a right. As such it carries expectations beyond those following in the classroom. The JSM extra-curricular program intends to develop good citizenship among its student participants so that they may serve as positive role models for their school and community. In addition, it provides a practical forum for them to develop leadership, loyalty, trust, judgment, responsibility, self-discipline, competitiveness and skills necessary for success in all aspects of life. The policies and guidelines outlined below are not seasonal and must be followed for twelve months of the year throughout the student participant's high school career. Students in violation of the code may face disciplinary action.

Extra-curricular Code of Conduct

To be eligible to participate in interscholastic athletics at J. Sterling Morton High School, the following documents and items must be completed and turned into the athletic office.

- Code of Conduct
- Participation Agreement Form
- Emergency Medical Record Card
- IHSA Steroid Testing Policy Consent to Random Testing
- J. Sterling Morton Concussion Policy Form

Expectations of Student Participants

- To maintain the IHSA eligibility standards of passing 20 credit hours (four classes) in the semesters both prior and current to the participation in a given IHSA athletic activity.
- If failing one or more classes, athletes must attend help sessions with the teacher whose class they are failing on Monday, Tuesday, Wednesday (if there are no teacher meetings and Thursday until they are passing the class
- To submit to an annual physical examination for participation in athletic activities (athletes must complete and document their physicals before their participation can begin.)
- To attend practices, contests, meetings, and events, the participant must attend school prior to any participation in an extra-curricular activity held on the same day. It is the participant's responsibility to contact the coach or sponsor prior to an absence to a practice or contest.
- To attend a session which offers an explanation of the Extra-curricular Code of Conduct.
- To return all school issued equipment at the conclusion of the activity and be financially responsible for all damaged or lost materials. An athlete will not be allowed to participate in a subsequent sport or receive her/his transcripts until the equipment record has been cleared.
- If a student chooses to be involved in a school-sponsored fundraiser, the student accepts financial responsibility for all merchandise given and the monies collected.
- To travel with school arranged transportation for all events away from JSM. An exception to this can be made only if a parent signs out his or her own child for transfer to/or from an event with the coach or sponsor responsible for the given activity.
- To display respect for the people and property of both, JSM and other schools.
- To attend awards ceremonies.

Violations of the Extra-Curricular Code of Conduct

- The possession, use, or transportation of alcohol, tobacco products, controlled substances including steroids, or look-a-like drugs and/or drug paraphernalia on or off campus.
- The hosting or attending of any gathering at which alcohol or any other controlled substances are being illegally served.
- The theft of the possession of stolen property.
- The violation of serious school rules and regulations as deemed by the Athletic Director and the Director of Student Activities.
- Any acts of gross disobedience and/or insubordination considered unbecoming for a participant and/or



- detrimental to the extra-curricular program of JSM.
- Any gang-related activity including, but not limited to recruiting of harassment
- Any illegal act.
- Any activity, which damages the reputation of JSM.
- Any hazing or bullying of any student or athlete.
- Discrimination or harassment on the basis of race, sex, religion, color, national or ethnic origin, or handicap in the operation of all programs, activities, and services.

A board empowered to invoke the following consequences will review alleged violations of the JSM Extra-curricular Code of Conduct. The principal will have final authority in the administration of consequences.

Disciplinary Consequences for Violations of the Code

1st Offense: Suspension for 1/9 to 1/3 of the season*

2nd Offense: Suspension for 1/3 to one full season from any extra-curricular activity participation as a JSM student. If suspension occurs during a particular season, it will be prorated to equal one full season*

3rd Offense: Suspension for one full season to 12 months from any extra-curricular activities*

MAJOR/MINOR VIOLATIONS: The Morton Athletic Director, Director of Student Activities, and the Principal of the building the student is housed, reserve the right to determine whether the infraction of the policy is a major or minor violation. Major violations will be disciplined at the maximum consequence. Minor violations will be disciplined within the stated level of consequence depending upon the recommendation of the Board of Review. Certain acts that are considered egregious may result in the Board of Review increasing the length of the suspension (including, but not limited to, assault of staff, selling narcotics, etc.)

VOLUNTARY ADMISSION: Voluntary admission of a 1st offense Extra-curricular Code violation related to alcohol and/or drugs may reduce the penalty in half to 1/2 of the season. This admission requires the student as parent to meet with the Athletic Director or Director of Student Activities, and the head coach or sponsor of the activity involved prior to any school personnel being aware of the incident and that student's involvement.

*If an athlete is suspended by this code, he/she will be expected to attend all practices and contests and conduct themselves in the best interest of the team, but they will not be allowed to participate in the contest. The board review will determine the number of contests to be missed; that number shall equal 1/3 of the sports season as defined by the IHSA; multiple contests on one day will be counted as one contest.

*If a participant in an extra-curricular activity is suspended, he/she will not be allowed to attend any of meetings and/or events planned by their activity for the duration of their suspension. The board will determine what constitutes 1/3 of the activity's season.

Board of Review Process

The Board of Review will consist of the Athletic Director and the Director of Student Activities or Assistant Principal, and the head coach or sponsor of the activity involved. The procedures followed in the event of suspected violations of the JSM Extra-curricular Code will be:

1. The alleged violations will be reported to the Athletic Director of the Director of Student Activities in a timely fashion.
2. The AD/DSA will arrange a conference with the accused student, the parent, and the coach/sponsor of the extra-curricular activity. At this time the accused student is entitled to review the charges and will have an opportunity to explain the charges brought against him/her.
3. The AD/DSA will determine if there is a sufficient evidence or cause to support the alleged violation.
4. The Board of Review will report its findings to the building principal. The principal will if necessary levy the appropriate penalty for the code violation. The principal's decision will be final.



“Pass- to -Play” – Study sessions/extra help

Grades of student-athletes who are in season are reported every Wednesday and distributed to the coaches by Thursday of each week. If a student-athlete has an “E” on a weekly grade check, he/she must meet with the teacher whose class they are failing for 30 minutes (2:50-3:20) before practice on Monday- Thursday of the following week. If the student fails to complete this requirement, he/she will be ineligible to participate the following week.

Students and parents can monitor progress online by going to the district website <http://www.morton201.org> and logging into skyward from the link on the main menu (left hand side of the main website).

After School Expectations

Shuttle busses will run continuously after school. Athletes can immediately get on the shuttle or can catch a later shuttle if they are getting assistance from a teacher. Students can report to the cafeteria for dinner service if coach approves. Busses for away contests will leave PROMPTLY at 3:30 unless otherwise noted by the coach.

School Day Attendance or Participation

If a student is too ill to come to school, then it is not appropriate for him/her to be here for practice or competition unless they are in school by 4th period and stay for the remainder of the school day. Please remember to communicate with your coach regarding all absences. Students must be in school

Sportsmanship Mission Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the inter-scholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of Morton’s interscholastic programs are expected to demonstrate respect for others and display good sportsmanship. Emphasizing and improving the sportsmanship of our students, athletes, parents, and staff is one of our highest priorities. Each coach, student, and parent has a role and responsibility to model and teach good sportsmanship.

The IHSA has specific guidelines and by-laws for improving sportsmanship and dealing with violations. Please review carefully the following information.

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 assess.

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.

Illinois High School Association Sportsmanship By-Law 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforces 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 report incidents of unsportsmanlike conduct.

Behavior Expectations of the Participant

Account and understand the seriousness of your responsibility, and the privilege of representing the school and the community.

Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting manner.



Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

Behavior Expectations of the Spectators

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 of the berating of players, coaches and officials are not in keeping with our philosophy or good forms of modeling and will not be tolerated.

Expectations of Parents

Be positive with your son/daughter. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best. If they have questions about issues related to their playing time and performances encourage them to ask the coach for a meeting between the two of them.

Encourage your son/daughter to follow all school, athletic code and team rules. Student-athletes should be role models.

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

Pet and Tobacco Products

Pets are not allowed on the premises of any Morton outdoor or indoor facility. Morton facilities and grounds are a tobacco free environment. The use of any tobacco product is prohibited. Thank you for your compliance.



**J. Sterling Morton Athletics
Morton Athletic Trainer**

Training Room - Injuries

Morton has certified athletic trainers on staff to care for all athletic injuries sustained during school sponsored interscholastic athletics. The athletic trainers provide prevention, emergency care, treatment and rehabilitation of athletic injuries under the direction of Morton's team physician or your physician. Morton has an athletic training room at the Morton East and Morton West campus with all the modalities needed to treat and rehabilitate athletic injuries.

Athletic Training Room Rules

The athletic training room will be open for about one hour before practice times on school days and for about 30 minutes after practice for treatment and evaluation. If an athlete needs treatment other than these times, they need to make an appointment with athletic trainer.

- NO CLEATS, EQUIPMENT, or BAGS in the athletic training room! They are to be left outside or the locker
- NO food or drink allowed in by athletes.
- NO socializing or 'hanging out". Come in and receive your treatment and then leave.
- You MUST sign in each time you enter for treatment.
- NO PROFANITY or other inappropriate language is allowed.
- Be courteous and respectful to anyone who helps you.
- Help keep the athletic training room clean. Clean up after yourself.
- Be on time or you will not receive treatment. (3:10 p.m. for school days or at least 30 minutes before time to report to practice/game).
- Come to treatment every day (or as directed) until released by the athletic trainer. It is the athlete's responsibility to come to the athletic training room to receive treatment.
- If you do not come to treatment, you will not be taped and you will not be excused from practice. Three consecutive "no shows" leads to discharge from treatment and coaches notified.
- Report all injuries to the athletic trainer after practice or as soon as possible. This can allow for early treatment and faster healing and prevention of further damage that could lead to restricted participation.
- All athletes being seen should be wearing shorts, t-shirt, and gym shoes-especially if they are being evaluated.
- All athletes that are seen by a physician need to have a note from the physician stating the injury and any restrictions and treatment needed. Any questions about a clearance will be directed to the team physician.

Criteria for Return to Play

Any athlete that is injured must meet the following criteria before he/she will be allowed to return to play:

- Medical clearance by ATC (and physician if appropriate-written note needed)
- No gross deformity
- Minimal pain
- Minimal swelling
- Normal functional capacity
- Psychologically prepared to return to play

The ATC has the final authority on a return-to-play decision. If the athlete has seen a physician, then a note releasing the athlete to full participation is required before return-to-play. If the athlete has not seen a physician or the physician has cleared the athlete, the ATC can continue to restrict participation until the above criteria are met. Parents can continue to withhold their athlete from participation once they are medically cleared, but they may NOT clear their child to participate without medical clearance.

Concussion Policy

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the



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

Symptoms may include one or more of the following:	
Headaches	Amnesia
"Pressure in head"	"Don't feel right"
Nausea or vomiting	Fatigue or low energy
Neck pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double, or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems (forgetting game plays)
Drowsiness	Repeating the same question/comment
Change in sleep patterns	

Signs observed by teammates, parents and coaches include:
Appears dazed
Vacant facial expression
Confused about assignment
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily or displays incoordination
Answers questions slowly
Slurred speech
Shows behavior or personality changes
Can't recall events prior to hit
Can't recall events after hit
Seizures or convulsions
Any change in typical behavior or personality
Loses consciousness



What can happen if my child keeps on playing with a concussion or returns too soon?

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

If you think your child has suffered a concussion

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

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Transportation Policy

Please be aware of the policies concerning transportation of student-athletes to and from Morton competitions.

1. Morton provides transportation to and from all athletic contests. All athletes are required to use school transportation.
2. Morton provides a shuttle bus service from 2:20pm until 7:00pm for athletes that need transportation to the campus from which they attend to campus they practice at. Morton athletes must display their school ID. The shuttle bus does not run on days where there is no student attendance at school.

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, participate in a subsequent sport or receive her/his diploma until the equipment record has been cleared.

Physical examination

A valid Morton High School Athletic Physical Form must be on file in the athletic office on or before the first day of practice/tryouts of the athlete's specific sport season. When a completed and valid physical form is submitted to the athletic office, office personnel will issue a hand stamp to participate. If the physical form is submitted early, the athlete will come the first day of tryouts to check in at the athletic office. Submitting the physical form early will help all of us avoid the congestion of long lines and waiting on the first day of practice/tryouts.

Per Illinois High School Association (IHSA) rules, your physical examination is good for thirteen 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.



J. Sterling Morton Athletics Scholar Athlete Awards

West Suburban Conference All-Academic Award-Recognizes individuals who have been successful in academics as well as athletics. The individual must be a senior, varsity award winner and have a 3.0 or higher cumulative grade point average.

IHSA All-Academic Award-Recognizes individuals who have been successful in academics as well as athletics. The individual must be a senior, varsity award winner and have a 3.5 or higher cumulative grade point average.

General Requirements for Awards

In order to be eligible for any award, an athlete must:

- Complete the season and be in regular attendance at all contests and practice sessions. (participation missed because of an injury or illness will not be counted against an athlete.)
- Adhere to the guidelines of the Athletic Code and team rules
- Any in season or out of season violation may result in the loss of privilege to attend the end of season awards night and receipt of any individual awards.
- Maintain good faith towards the coaches and fellow players and be a positive team member.

Coaches are to establish criteria (i.e. number of varsity contests played in) for earning varsity awards and to communicate those criteria to athletes and parents.

Awards**Numerals**

All freshmen who complete the season will receive numerals no matter what other award they will receive. This is the only year this award can be earned.

Sophomore "M"

Will be issued to any freshman or sophomore who has completed the season in good standing.

JV "M"

Any freshmen, sophomore, junior or senior who has completed the season competing on the JV or Varsity level.

Varsity "M"

Will be awarded to all seniors. Also, to any freshmen, sophomore, or junior who has completed the varsity season in good standing.

NOTE:

Only one award per athlete per level for four years. Exception: numerals will be issued to freshmen competing at an advanced level.

Inserts

Inserts are awarded to multi-sport athletes.

Silver Bar

Awarded to second year varsity letter winner

Gold Bar

Awarded to third year varsity letter winner

Varsity "M" w/Horse

Awarded to fourth year varsity letter winner



Sportsmanship

Awarded on each level to be selected by coach

M.V.P.

Is the choice of the Head Coach?

Coaches Award

Is the choice of the Head Coach?

Conference Patch

This patch will go to members of the varsity conference championship team.

Sectional and State Patches

This patch will go to members of teams that qualify for sectional or state.

Wall of Fame

Individual pictures of varsity athletes that earn All-Conference, place 1st or 2nd in conference meet, earn all-state, or qualify for state meet will be placed in a special section at the East and West campuses. To attend awards ceremonies.



J. Sterling Morton Athletics

Advising the College Bound Student - Athlete

There is an opportunity for every varsity student-athlete at our school that competes in an NCAA sponsored sport to participate at the collegiate level.

National Collegiate Athletic Association (NCAA) www.ncaa.org
 National Association of Intercollegiate Athletics (NAIA) www.naia.com
 National Junior College Athletic Association (NJCAA) www.njcaa.org
 National Christian College Athletic Association (NCCAA) www.thenccaa.org

Eligibility Requirements for Incoming Freshman

NCAA Divisions I and II

- The student-athlete must be certified by the NCAA Clearinghouse
- The student-athlete can register at www.ncaaclearinghouse.net using a credit card or can download the form and mail in with a check or money order
- The student-athlete should register in the spring semester of their junior year.
- The student-athlete must have an official transcript sent directly from each high school attended.
- When taking the ACT or SAT exam the student MUST request that their test scores be sent directly to the clearinghouse.

NCAA Division III

- The student-athlete must admit to the institution as a regularly enrolled degree-seeking student in accordance with the regular published entrance requirements of that institution.

NAIA

- The student-athlete must meet two of the following three criteria in order to be eligible:
- Must have a minimum of a 18 ACT or 860 SAT (single test/national test date)
- Must have a cumulative GPA of 2.0 out of 4.0 scale
- Must have graduated in the top 50% of their high school class.

NJCAA

- The student-athlete must have graduated from high school or received a GED

NCAA Academic-Eligibility Requirements

Division I

- If you want to participate in athletics or receive an athletic scholarship during your first year, you must:
- Graduate from high school;
- Complete these 16 core courses:
- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school)
- 1 extra year of English, math, or natural or physical science
- 2 years of social science
- 4 years of extra core courses (from any category above, or foreign language, comparative religion or philosophy);
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

Requirement to graduate with your high school class

You must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core-course unit completed within one year after graduation (summer or academic year) to meet NCAA Division I initial-eligibility requirements.

You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a college or university at any time after completion of the core course.

Division I Qualifier

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletic scholarship during your first year of college; and



- Play four seasons in your sport if you maintain your eligibility from year to year.

Division I Non-qualifier

As a non-qualifier, you will not be able to:

- Practice or compete for your college or university during your first year of college; or
- Receive an athletic scholarship during your first year of college, although you may receive need-based financial aid.

You may be able to play only three seasons in your sport if you maintain your eligibility from year to year. To earn a fourth season you must complete at least 80 percent of your degree requirements before beginning your fifth year of college.

Remember

Meeting the NCAA academic requirements does not guarantee your admission into a college. You must apply for college admission.

Students Enrolling on or After August 1, 2016

The initial-eligibility standards for NCAA Division I college-bound student-athletes are changing. *Note: College-bound student athletes first entering a Division I college or university on or after August 1, 2016, will need to meet new academic rules in order to receive athletics aid (scholarship), practice or compete during their first year.*

First, here are three terms you need to know:

Full Qualifier: May receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: May receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may not compete in the first year of enrollment. After the first term is complete, the student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.

Nonqualifier: Cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment. Here are the new requirements: *(For college-bound student-athletes first entering a Division I college or university on or after August 1, 2016.)*

Full Qualifier must:

- Complete 16 core courses (same distribution as in the past);
- Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
- Seven of the 10 core courses must be English, math or science.
- Have a minimum core-course grade-point average of 2.300;
- Grades earned in the 10 courses required before the senior year are "locked in" for purposes of grade-point average calculation.
- A repeat of any of the "locked in" courses will not be used to improve the grade-point average if taken after the seventh semester begins.
- Meet the competition sliding scale requirement of grade-point average and ACT/SAT score (this is a new scale with increased grade-point average/test score requirements); and
- Graduate from high school.



Division I Core GPA and Test Score Sliding Scale ACT		
Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59



Division I Core GPA and Test Score Sliding Scale ACT		
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86



Division I

If you enroll full time in a Division II college on or after August 1, 2013, and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school)
- 3 additional years of English, math, or natural or physical science
- 2 years of social science
- 4 years of additional core courses (from any category above, or foreign language, comparative religion or philosophy); • Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68. For individuals enrolling at a college or university in Puerto Rico, earn a combined Prueba de Aptitud Academica score of 730.

Division II Qualifier

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletic scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

Division II Partial Qualifier

You will be considered a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school and meet one of the following:

- The combined SAT score of 820 or ACT sum score of 68; or
- Completion of the 14 core courses with a 2.000 core-course grade-point average.

As a partial qualifier, you:

- Can practice with your team at its home facility during your first year of college;
- Can receive an athletic scholarship during your first year of college;
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division II Non-qualifier

You will be considered a non-qualifier if you did not graduate from high school, or, if you graduated and are missing both the core-course grade-point average or minimum number of core courses and the required ACT or SAT scores.

As a non-qualifier, you:

- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletic scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division III

Division III colleges and universities develop student-athlete potential through a holistic educational approach that includes rigorous academics, competitive athletics and opportunity to pursue many interests and passions. Student-athletes are responsible for their own paths and are provided with many opportunities to develop within a comprehensive educational experience. Division III minimizes the conflicts between athletics and academics through shorter playing and practicing seasons, a lower number of contests, no redshirting or out-of-season organized activities, and a focus on regional in-season and conference play.

Division III college-bound student-athletes are not certified by the NCAA Eligibility Center because Division III colleges and universities each set their own admissions standards and there are no initial-eligibility requirements in the division. College bound student-athletes should contact their Division III college or university regarding policies on admission, financial aid and athletics eligibility.

**J. Sterling Morton Athletics****Core Courses, Grade-Point Average, Tests and Special Conditions****What Is A Core Course?**

A core course must:

- Be an academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, comparative religion or philosophy;
- Be four-year college preparatory; and • Be taught at or above your high school's regular academic level (no remedial courses or those taught at a slower pace or that cover less content).

Not all classes you take to meet high school graduation requirements may be used as core courses. Also, courses completed through credit-by-exam will not be used.

Check your high school's list of NCAA courses located on the Resources page of the NCAA Eligibility Center website at www.eligibilitycenter.org or ask your high school counselor.

Keep Track Of Your Courses, Units and Credits

On pages 14 and 15 of this Guide, you will find the Divisions I and II worksheets, which will help you keep track of your completed core courses, units, grades and credits you received for them, plus your ongoing core-course grade-point average. Generally, you will receive the same credit from the NCAA Eligibility Center as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.34 units

1 semester unit = 0.50 units

1 year = 1.0 unit

Nontraditional Courses**What are Nontraditional Courses?**

Nontraditional courses are those taught through the Internet (online or virtual), distance learning, independent study, individualized instruction, correspondence, computer software programs or other similar means. There are many types of nontraditional educational programs available to high school students. When considering an online, distance learning, correspondence or even a credit recovery program, there are several things to consider. However, the following themes should be kept in mind:

- All nontraditional courses must include ongoing access between the instructor and student, as well as regular interaction for purposes of teaching, evaluating and providing assistance. This may include, for example, exchanging of emails between the student and teacher, online chats, phone calls, feedback on assignments, and the opportunity for the teacher to engage the student in individual instruction.
- All nontraditional courses must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or during a more condensed time period, such as six weeks, etc.
- Nontraditional courses should be clearly identified as such on the high school transcript.
- There is no substitute for working hard and staying on course academically.
- NCAA rules require that all core courses are academic four year college preparatory courses. Also, courses that are taught through distance learning, online, credit recovery, etc. need to be comparable in length, content and rigor to courses taught in a traditional classroom setting.

A Note on Credit Recovery Courses

Many high schools offer credit recovery or credit retrieval programs for students to receive credit for a course they previously failed. Some students take credit recovery to improve new grades for courses that they took previously or to take courses for the first time to get ahead or catch up. If your high school offers credit recovery, students need to make sure the following conditions are met:

- The credit recovery course must meet the NCAA legislated definition of a core course (including the new nontraditional definition). This means that there must be required access and interaction between the student and the teacher for the purposes of teaching, evaluating and providing assistance.
- There must also be a defined time period for completion of the course.
- The credit recovery course must be comparable to the regular course in length, content and rigor. There are many examples in which the course the student failed was a rigorous, college-preparatory course, and the credit recovery course is taught at a lower level and lacks adequate rigor.
- The school must follow its credit recovery policies, whether the student is an athlete or not. The NCAA Eligibility Center may request the policy if necessary.
- The credit recovery course should be clearly identified as such on the high school transcript.



Core-Course Grade-Point Average

How Your Core-Course Grade-Point Average is Calculated

The NCAA Eligibility Center will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from classes taken on your school's list of NCAA courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average. To determine your points earned for each course, multiply the points for the grade by the amount of credit earned. Use the following scale unless your high school has a different scale on file with the NCAA Eligibility Center:

A - 4 points	C - 2 points
B - 3 points	D - 1 point

Remember: The NCAA Eligibility Center does not use plus or minus grades when figuring your core-course grade-point average. For example, grades of B+, B and B- will each be worth 3 quality points.

Special High School Grades and Grade-Point Average

If your high school uses numeric grades (such as 92 or 93), those grades will be changed to your high school's letter grades (such as A or B). See your high school's grading scale by pulling up your school's list of NCAA courses at www.eligibilitycenter.org.

If your high school normally "weights" honors or advanced courses, these weighted courses may improve your core-course grade-point average. Your high school must notify the NCAA Eligibility Center of such weighting. To see if your high school has a weighted scale that is being used for calculating your core course grade-point average, visit www.eligibilitycenter.org for an explanation of how these grade weights are handled. Enter the site as an NCAA College-Bound Student-Athlete, click the "Resources" tab at the top, then click "U.S. Students" and navigate to the List of NCAA Courses. You will then be able to search for your school's information.

Examples of total quality point calculation:

- An A grade (4 points) for a trimester course (0.34 units): 4 points x 0.34 units = 1.36 total quality points
- An A grade (4 points) for a semester course (0.50 units): 4 points x 0.50 units = 2.00 total quality points
- An A grade (4 points) for a full-year course (1.00 units): 4 points x 1.00 units = 4.00 quality points

Calculate Your Core-Course Grade-Point Average

To calculate your estimated core-course grade-point average, divide the total number of points for all of your core courses by the total number of core-course units you have completed. *Note: Your calculation helps you keep track of your core-course grade-point average. Should you have any questions, contact your high school counselor.*

Test-Score Requirements

SAT and ACT Requirements

You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment. You must do this whether you are a citizen of the United States or of a foreign country. Also, state-administered ACT exams will be accepted by the NCAA Eligibility Center. You may take the national test given on one or more of the dates shown below.

IMPORTANT CHANGE:

All SAT and ACT scores must be reported to the NCAA Eligibility Center directly from the testing agency. Test scores will not be accepted if reported on a high school transcript. When registering for the SAT or ACT, input the NCAA Eligibility Center code of 9999 to make sure the score is reported directly to the NCAA Eligibility Center.

Prueba de Aptitud Academica (Division II)

If you enroll in a Division II college or university located in Puerto Rico, you may use a minimum combined score on the Prueba de Aptitud Academica verbal and math reasoning sections of 730 to satisfy the test-score requirement.

Taking Tests More than Once

You may take the ACT or the SAT more than one time. If you take either test more than once, you may use your best sub score from different tests to meet the minimum test-score requirements. Here is an example of a student taking the SAT in October 2011 and December 2010:

	Math	Verbal/Critical Reading	Total Score
SAT (10/11)	350	470	820
SAT (12/11)	420	440	860
Scores used	420	470	890

Your test score will continue to be calculated using the math and verbal/critical reading subsections of the SAT and the math, science, English and reading subsections of the ACT. The writing component of the SAT or ACT will not be used to determine



your qualifier status.



**J. Sterling Morton Athletics
Locations for Mustang Competition**

Locations for Mustang Competition - Fall	
Boys' Basketball	East Campus
Boys' Swimming and Diving	East & West Campus
Girls' Basketball	West Campus
Wrestling	East Campus
Girls' Gymnastics	East Campus
Girls' Bowling	Striker Lanes
Cheerleading	West Campus
Poms	East Campus

Locations for Mustang Competition - Winter	
Boys' Basketball	East Campus
Boys' Swimming and Diving	West Campus
Girls' Basketball	West Campus
Wrestling	East Campus
Girls' Gymnastics	East Campus
Girls' Bowling	Striker Lanes
Cheerleading	West Campus
Girls' Tennis	West Campus
Cheerleading	West Campus



Locations for Mustang Competition - Spring	
Girls' Outdoor Track	West Campus
Girls' Indoor Track	East Campus
Boys' Outdoor Track	West Campus
Boys' Indoor Track	West Campus
Girls' Water Polo	West Campus
Boys' Volleyball	East Campus
Girls' Soccer	West Campus
Boys' Tennis	West Campus
Boys' Water Polo	East Campus
Badminton	West Campus
Baseball	West Campus
Softball	East Campus

Morton West Campus is located at 2400 S. Home Ave., Berwyn
 Morton East Campus is located at 2423 S. Austin Blvd., Cicero
 Morton Freshman Center is located at 1801 S. 55th Ave., Cicero
 Fresh Meadows Golf Club is located at 2144 S. Wolf Rd., Hillside
 Striker Lanes is located at 6728 W. 16th St., Berwyn

Any questions, please contact the Morton Athletic Office (708)780.4000 ext. 2514. On rare occasions it is necessary to change the location of Morton Athletic practices. This may be due to weather or facility conflicts.

For up to date schedule and cancellation information please check the Morton Athletic website at www.athletics2000.com/morton

Locations for Mustang Practices

Locations for Mustang Practices - Fall	
Girl's Cross Country	West Campus
Boy's Cross Country	West Campus
Boys' & Girls' Golf	Fresh Meadows Golf Course
Girls' Swimming and Diving	East & West Campus
Girls' Volleyball	East Campus
Football	West Campus
Boys' Soccer	West Campus
Girls' Tennis	West Campus
Cheerleading	West Campus
Poms	East Campus



Locations for Mustang Practices - Winter	
Boys' Basketball	East Campus
Boys' Swimming and Diving	East & West Campus
Girls' Basketball	West Campus
Wrestling	East Campus
Girls' Gymnastics	East Campus
Girls' Bowling	Striker Lanes
Cheerleading	West Campus
Poms	East Campus

Locations for Mustang Practices - Spring	
Girls' Outdoor Track	West Campus
Girls' Indoor Track	East Campus
Boys' Outdoor Track	West Campus
Boys' Indoor Track	West Campus
Girls' Water Polo	West Campus
Boys' Volleyball	East Campus
Girls' Soccer	West Campus
Boys' Tennis	West Campus
Boys' Water Polo	East Campus
Badminton	West Campus
Baseball	West Campus
Softball	East Campus



J. Sterling Morton Athletics Resources and Contact

Internet Resources

J. Sterling Morton High School
 Morton Athletics
 Illinois High School Association
 National Collegiate Athletics Association

www.morton201.org
www.athletics2000.com/morton
www.ihsa.org
www.ncaa.org

West Suburban Conference Members School

West Suburban Conference www.athletics2000.com/wsc
 Addison Trail (630)628-3330 www.athletics2000.com/ath
 Downers Grove South (630)795-8507 www.csd99.org
 Hinsdale South (630)468-4240 www.hinsdale86.org
 Leyden (847)451-3071 www.leyden212.org
 Proviso East (708)202-1615 www.proviso.k12.il.us
 Willowbrook (630)530-3406 www.athletics2000.com/willowbrook
 Downers Grove North (630)795-8407 www.csd99.org/north
 Glenbard West (630)942-7550 www.glenbard.org
 Hinsdale Central (630)570-8240 www.district86.k12.il.us/central
 Lyons Township (708)579-6394 www.lths.net
 Oak Park-River Forest (708)434-3000 www.oprfhs.org
 Proviso West (708)202-6396 www.athletics2000.com/provisowest
 York (630) 617-2437 www.elmhurst205.org

These sites are useful for information, schedules, and locations for athletic contests



J. Sterling Morton Athletics Booster Club

Purpose

To form an Athletic Booster Club that will support, fundraise, provide needed supplies and equipment that the district budget cannot purchase for all athletic programs. Each sport has a Sport Representative on the Booster Club Board of Directors. These "satellite" parent clubs will still be allowed to raise money and make purchases for their specific sport. All Fundraising and Expenditures of the Booster Club and Specific Sports will be coordinated and approved through the athletic department and the Board of Directors.

The Booster Club can promote the school and athletic program; improve spirit and pride, as well as generate finances to purchase equipment by a variety of fundraising projects, i.e., community dance/dinner, cash bash, golf outing, social/silent auction, or athletic merchandise.

Formation

The Athletic Director will provide leadership and act as a liaison between the J. Sterling Morton High School District and the Athletic Booster Club. The Booster Club will be formed as a 501(c)(3). The Athletic Director will hold an informational meeting inviting all athletic parents to discuss the Booster Club.

Membership

Our goal is to have 100% membership for our athletes' parents. The family membership will be \$ 20 per school year. One half of the membership goes into the general booster fund and the other half deposited into the athlete's respective specific sports accounts. Each family membership will receive two booster club t-shirts.

Executive Board/Parent Reps

The booster club has an executive board made up of representatives for each sport. These representatives have the primary responsibility of representing their sport to the larger club and communicate and work closely with the coaches in that sport to help them in whatever way the coach requests. The parent representative coordinates any fundraising projects and end-of-year celebrations, such as banquets or recognition programs.

Money

Each sport has a specific line item in the booster club account where money that is raised by the participants in that sport is deposited. It can be ear-marked for specific projects or for identified needs by the coaches of that sport. These funds can be spent at the discretion of the parent reps, with the approval of the executive board and the athletic director. No coach can directly request funds from the booster club or their parent reps. A coach must first present their needs to the athletic director. The athletic director will see if the request can first be funded by the athletic department budget. The athletic director determines this request to be a priority, will we request help from the booster club. Conversely, no booster club member or parent rep can determine, without the head coach's and the athletic director's approval, to request or spend booster club funds for a purchase or project. We will be asking our booster club to fund items that are essential and basic to our athletic program. We involve the booster club to help us tackle big capital improvement projects, or help us secure the extras that build pride and keep our programs operating at a competitive level to our competition.



