

# O'FALLON C.C.S.D #90 ATHLETIC HANDBOOK

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## Philosophy and Objectives

District 90 athletic programs promote competition requiring skilled participants. Students will participate in activities according to their skill level. Our programs will provide the leadership to ensure safe opportunities which promote good sportsmanship, integrity, and life skills.

## Athletic Association Affiliations

- Metro East Athletic Association (MEAC)
- SIJHSAA (Southern Illinois Junior High School Athletic Association)
- IESA (Illinois Elementary School Association)

The district will follow the by-laws of each sports' respective athletic associations regarding sportsmanship for coaches, student-athletes, and spectators.

## Sports Offered at District 90 Junior High Schools

### Fall Season

Boys' Baseball  
Girls' Softball  
Boys' Cross Country  
Girls' Cross Country  
Girls' Basketball

### Winter Season

Boys' Basketball  
Boys' Bowling  
Girls' Bowling  
Girls' Volleyball  
Dance  
Cheerleading

### Spring Season

Soccer (Co-ed)  
Girls' Track and Field  
Boys' Track and Field  
Girls' Golf  
Boys' Golf

## Team/Squad Roster Availability

Baseball - 13-18	Basketball - 10-15	Dance – 10-20 per level	Track - 20-30 per Squad
Softball - 13-18	Volleyball – 10-15	Cheerleading - 10 - 20	Soccer – 15-20
Cross Country - Open	Bowling - 24	Golf – 4 (max) per gender and can only be 7 <sup>th</sup> or 8 <sup>th</sup> grade	

## Tryout Information

Tryout dates for all sports are listed below. The number of days for tryouts will vary with each sport. All students trying out for a sport should attempt to be at all of the tryout dates. Coaches will talk to students who are trying out for their teams about the expectations that they have of their players before tryouts begin. For transfer students or current students who miss tryouts due to an injury, illness, or other reason approved by the Principal, a make-up

tryout may take place no later than three weeks (21 calendar days) after the first day of practice. Students will not be allowed to try out for the team after this time.

If a student tries out for a particular sport after the tryout dates, the coach will determine the number of days that they will need to determine whether or not the student has the skill level to make the team or squad. If a student does try out for the team or squad after the tryout dates, a student who has already made the team cannot be cut from the team.

**Tryout dates are approximate. Parents should follow school announcements to receive specific tryout information.**

- Jr. Varsity/Varsity Baseball - The last day or two in July and the first week in August.
- Jr. Varsity/Varsity Softball - Last week of July.
- Cross Country - the first week of school.
- Soccer - Late February/early March.
- Cheerleading - Late spring (for current students) and beginning of school year (new students)
- Dance -Late spring (Carriel) or beginning of school year (Carriel and Fulton)
- Jr. Varsity Boys' Basketball - Mid-October.
- Jr. Varsity Girls' Basketball - Late August/early September
- Varsity Boys' Basketball - Mid-October
- Varsity Girls' Basketball - Late August/early September
- Bowling - Mid-December
- Volleyball - Late November/early December
- Track - Early March
- Golf - Mid-to-late March

### **Physicals and Insurance Waiver/Concussion Policy Information**

No potential team or squad member will be permitted to try out for a team or squad unless a current physical, proof of insurance or insurance waiver, and concussion agreement is on file in the school office prior to the scheduled tryout. The nurse will provide a form which will be given to the coach before a student can try out for that particular sport. If the nurse is not on duty, then the administrator in charge will be able to sign-off on the form, giving the student permission to try out. Also, please make a copy of your physical before you turn it in to the school nurse. It is recommended that physicals are dated after June 1<sup>st</sup> of the current school year to ensure that the physical is valid for the entire school year. In order to participate there should be no restrictions placed on the student. If a child's physical expires prior to the end of the season, he/she will not be allowed to participate until an updated physical is on file with the nurse. Please do not wait until the last minute to turn in your physical, waiver, and concussion agreement as this might interrupt the team or squad's tryout process.

## Athletic Fees

The payment of a participation fee is necessary for the Athletic Department to continue to offer activities as part of the athletic program. All payments are due in full before tryouts out to ensure budgetary obligations associated with these activities can be met. Checks/payments will be returned to participants that do not make the team/squad. All payments and paperwork should be turned into the front office. Turn in activity fees along with the proper forms to the coach. If you require financial assistance contact the building Principal.

Students with unpaid fees after the start of the school year, to include fees from prior school year(s), will be excluded from participating in sports, clubs, and trips until fees are paid.

Check school announcements page for athletic sign-up procedures. Prior to each tryout, the student-athlete will be required to sign-up electronically to ensure proper paperwork is on file with the office. Participation fees are all due by a predetermined date established jointly by both Junior High School administrators. Fees are listed below:

Activity	Fee
Bowling	\$100
Boys' Track	\$100
Cheerleading	\$100
Cross Country	\$100
Girls' Track	\$100
Jr. Varsity Baseball	\$100
Jr. Varsity Boys' Basketball	\$100
Jr. Varsity Girls' Basketball	\$100
Jr. Varsity Softball	\$100
Jr. Varsity Volleyball	\$100
Dance	\$100
Soccer	\$100
Symphonic Winds	\$100

Activity	Fee
Varsity Baseball	\$100
Varsity Boys' Basketball	\$100
Varsity Girls' Basketball	\$100
Varsity Softball	\$100
Varsity Volleyball	\$100
Art Club	\$50
Drama Club	\$50
Honor Choir	\$50
Jazz Band	\$50
Scholar Bowl	\$50
Student Council	\$50
Yearbook	\$50
Robotics	\$50

## Uniforms

All uniforms and equipment provided to the student athlete must be returned no later than one week after the last scheduled contest of the season.

Lost or stolen items are the responsibility of the athlete, and he or she must pay the current replacement cost of any items issued and not returned.

Any returned items which have been damaged, not as a result of normal wear and tear, must be replaced or repaired by the student athlete.

The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is accordance with the requirements of his or her religion or

his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification.

## **Selection of Team Members**

Team/squad members will be selected at the scheduled tryouts solely on the basis of demonstrated ability as determined by the coach or selection committee. At the coach's discretion, the scheduled tryouts may be closed to only the players and coaches.

If a coach wishes to maintain an alternates list, a dismissed team/squad member may be replaced from that list at the coach's discretion.

- Sixth (6<sup>th</sup>) grade students are eligible to participate on junior varsity or varsity teams. If the coach feels a sixth grade student has the ability to compete with the varsity level of competition, the coach will discuss the situation with the athletic director to ensure agreement.
- Seventh (7<sup>th</sup>) grade players may be selected for participation on Junior Varsity or Varsity teams.

If a student participates on both the junior varsity and varsity teams, playing time will be limited according to the athletic association affiliation rules. If a student participates in two or more sports, and the seasons overlap, the Athletic Director will meet with the coaches and student(s) involved to determine a reasonable practice and game participation schedule.

## **Parent Meeting**

After the team/squad has been selected, it is mandatory for the coach to have a parent meeting. This meeting should take place within a week after selections have been made. This is a mandatory meeting for parents/guardians, and their child will not be allowed to play until they have attended the parent meeting involved with that sport. There will be a sign-up sheet that the parents must sign and that the coach will keep with him/her throughout the season. If a parent/guardian can't make the scheduled meeting, it is the parent/guardian's responsibility to gather the information covered at the meeting. Items covered during a parent meeting are as follows:

Introduction

School contact number and e-mail address

Practice and game schedules

Coaching philosophy and style

Playing time expectations

Expectations of athlete

Expectations of parent(s)

Eligibility

Excused and unexcused practices

Denied activity  
Read Athletic Handbook  
Athletic Participation Fee  
Fees for other equipment or services  
Procedures for inclement weather  
Transportation  
Athletic Handbook Receipt and Parents' Code of Conduct form must be signed by a parent/guardian.  
Wednesday early release – Supervision after school  
Questions from parents

## **Participation/Eligibility**

Student athletic activities are defined as activities taking place outside the regular school day and not related to the school curriculum. Equal educational and extracurricular opportunities shall be available for all students except as provided in student handbooks as restrictions on participation due to discipline, grade eligibility or for nonpayment of any fees, including registration fees. These acts could warrant suspension/dismissal from extracurricular activities per the principal's discretion. A weekly eligibility check will be conducted on the last school day each week. The results of the eligibility check will take effect on the first day of attendance of the following week. Eligibility will begin as soon as members are selected. Students must be passing each subject with an A, B, C, or D letter grade each week to be eligible. There will be a two-week grace period at the beginning of each new grading period where no eligibility checks will be done. A student will be ineligible if he or she has a failing average based on a significant number of graded assignments or test and will remain ineligible until he/she has passing grades in all subjects at the next eligibility check

For fall sports, the first eligibility check shall be made following the second full week of attendance at the beginning of the school year. Grades will be checked weekly for the remainder of the school year. A student will not be able to attend any games/contests in that sport during the ineligible period. Attendance and participation at practices during the ineligible period is the coach's discretion. The coach or sponsor retains the right to remove the student from the extracurricular activities after three eligibility violations, with no refund of fees.

## **Practices**

It is essential to come to all scheduled practices unless there is illness or a family emergency. Coaches are expected to provide practice schedules as far in advance as possible. Failure to attend practice may affect playing time during the next contest(s). While it is not mandatory that players attend practices held during holiday breaks, it is encouraged when possible.

## **Attendance Requirement**

A team/squad member who has not been in attendance at school for a minimum of a half day, has been suspended from school, or has been assigned to in-school supervision may not practice, play, or perform on those days. An exception to this rule may include attending a funeral or an emergency that arises. The final decision will be made by the building administrator or athletic director.

A team/squad member who does not participate in PE or who has a doctor's note excusing them from PE will also not be able to practice, play, or perform on those days.

## **Expectations and Code of Conduct**

### **Expectations of Coaches and Administrators**

The role of the coach is to be a teacher and mentor. It is a position of responsibility, trust, and respect. All coaches can and should:

1. Know and teach the proper rules for their sport and show proper respect for the officials.
2. Teach the basic skills and strategies of the sport, allowing for learning and mistakes.
3. Exhibit and teach good sportsmanship and etiquette, putting winning into its proper perspective.
4. Withhold judgment about the future talents and potential of their players.
5. Exercise good judgment and fairness in deciding issues among players.

Administrators (the Athletic Director and/or Principal) will organize and oversee schedules, officiating, transportation, facilities and the hiring and performance of coaches.

Administrators may also mediate or settle disputes between players (or their parents) and coaches, when necessary.

6. Know and abide by all Athletic Association rules.

### **Expectations of Athletes**

Student athletes should be able to:

1. Maintain academic and behavioral eligibility.
2. Attend all practices and contests, unless impossible to do so due to illness, family emergency, etc.
3. Treat coaches and officials with respect, obeying the rules of the sport.
4. Show positive behavior and sportsmanship in competition.
5. Communicate with the coach if problems or conflicts should arise.

### **Expectations of Parents and Guardians**

The attitude of young athletes toward sports is often shaped by the attitude of parents. It is important for parents to be positive role models and supporters of their children by doing the following:

1. Arrange for a proper physical examination and payment of participation fee.
2. Attend contests whenever possible.
3. Be available to provide transportation home from practices and contests.

4. Model respect for coaches and officials. Exhibit proper sportsmanship and etiquette during contests.
5. Abide by the decisions of the coach concerning placement, playing time and strategy.
6. Emotionally support your child in winning and in losing, and help provide proper perspective.
7. Parent/Guardian transportation must be on time. 1<sup>st</sup> time – Warning; 2<sup>nd</sup> time – one game/contest suspension. Students need to be picked-up no later than 15 minutes after the practice, game, tournament or contest.

## **Substance Abuse Policy**

No student shall distribute, dispense, possess, use, or be under the influence of any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, or any prescription drug for which the student does not have a valid prescription. Nor shall a student manufacture, distribute, dispense, possess, use, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroid, or any other controlled substance defined in federal and state laws/regulations, any look-alike substance or any substance that is represented to be a controlled substance. These prohibitions apply to any student who is on school property, who is in attendance at school or any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school.

### **Intervention**

The school unit will establish a team approach to intervene with students with drug/alcohol problems. All students who violate the substance abuse policy will be referred to our substance abuse counselor. All students will be assisted in addressing their drug/alcohol problems and in continuing their educational program. Students will be provided with information and referral, if necessary, to aid them in obtaining assistance from appropriate community organizations. Student records concerning such interventions shall be kept confidential as required by state and federal laws.

### **Prevention/Education**

O'Fallon C.C.S.D. #90 will provide students with appropriate information and activities focused on educating students with drugs and alcohol and preventing their use. Programs shall teach students that the use of drugs and alcohol is wrong and harmful; how to resist peer pressure; and address the legal, social, and health consequences of drug and alcohol abuse.

## **Discipline**

All student athletes are expected to set a positive example in the classroom and on the field or court. We require respect, cooperation, positive attitude, participation, and responsibility from



all of our student athletes. Misbehavior will NOT be tolerated. In addition to the rules in this athletic handbook, student athletes are expected to also follow the Code of Conduct as outlined in the Student Handbook. Students who do not follow the Code of Conduct may be subject to disciplinary action as outlined in Chapter 7 of the Student Handbook.

Athletic Participation is a Privilege:

a.) Any student-athlete who receives In School Supervision (ISS) or Out of School Suspension (OSS) for one or more full days will automatically be suspended from the next competition following the infraction.

b.) If the attitude and conduct of the athlete becomes a detriment to the program, the athlete will be subjected to corrective discipline action pending conference with Administration and Athletic Director.

Student Consequences and/or Dismissal From Athletics:

- A student receiving (1) **one** infraction for reasons such as those listed below, will be subject to a conference with the coach and the parent/guardian will be notified.
- A student receiving (2) **two** infractions for reasons such as those listed below will be subject to one game/contest suspension.
- A student receiving (3) **three** infractions for reasons such as those listed below will be subject to dismissal from the team.
- Severity of infraction could lead to immediate dismissal.

Reasons for Infractions

- 1.) Unexcused absences.
- 2.) Improper attitude.
- 3.) Failure to fully participate when capable.
- 4.) Failure to cooperate with coaches and peers.
- 5.) Any other action(s) deemed inappropriate by a member of the coaching staff related to the Student Code of Conduct.
- 6.) Any other action(s) that are addressed in the Code of Conduct or Student Handbook.

*Parents will be notified of each strike the student receives.*

## **Conflict Resolution**

If a dispute or conflict should arise between an athlete or parent and coach, the following steps should be taken:

1. The athlete or parent should speak privately with the coach at a time other than during a contest. Coaches are instructed not to confer with parents or players immediately before, during or after a contest.
2. If a parent or guardian wishes to discuss a concern with the coach, they must schedule an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach, and this period does not promote objective analysis of the situation.

3. If the athlete or parent does not feel they have achieved a satisfactory resolution, they should contact the Athletic Director. If necessary, the Athletic Director may confer with the Assistant Principal or Principal.

## **Transportation**

Transportation to most away events will be provided by school bus. Students will be allowed to return from a contest with their parents. Parents who wish to transport their students from a contest must sign the student release form provided by the coach. Under unusual circumstances, transportation with those other than parents could be allowed with the prior written consent of the parent(s) to the school principal.

If Illinois Central Bus Company is not able to provide busing, parents will be required to transport their athlete(s) to and from events.

# O'Fallon District 90

## Athletic Handbook Receipt

To the Parent/Legal Guardian of \_\_\_\_\_

There are certain obligations and responsibilities which one must assume to qualify and remain a member of the \_\_\_\_\_ team/squad.

When you make a commitment to the team/squad, it is full commitment. Attendance and punctuality to every practice, as well as all games, is mandatory.

It is understood that some students may elect to participate on a team/squad as well as a school-sponsored club if this dual participation does not result in a conflict.

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I have read the O'Fallon CCSD #90 Athletic Handbook and understand the rules and responsibilities for being a student athlete in District #90.

\_\_\_\_\_  
Student Signature

I have read the O'Fallon CCSD #90 Athletic Handbook and understand the rules and responsibilities for being a parent of a student athlete in District #90.

\_\_\_\_\_  
Parent Signature



# O'FALLON DISTRICT 90 ATHLETICS



<b>Sarah Mister</b>	<b>Shane Flaar</b>
<b>Carriel Jr High Athletic Director</b>	<b>Fulton Jr High Athletic Director</b>

Carriel Junior High School  
 451 North Seven Hills Road  
 O'Fallon, Illinois 62269  
 618-622-2932 618-622-2940 (fax)

**Mr. Dan Foehrkolb, Principal**  
**Mr. Jeffrey Brokering, Assistant Principal**  
**Mrs. Mara Hamilton, Assistant Principal**

Fulton Junior High School  
 307 Kyle Road  
 O'Fallon, Illinois 62269  
 618-628-0090 618-624-9390 (fax)

**Dr. Alex Herrell, Principal**  
**Dr. Shanna McHellen, Assistant Principal**  
**Mr. Brian Hart, Assistant Principal**

The administration and coaching staff at O'Fallon District #90 believe that parents play a vital role in the development of our student-athletes. With this in mind, please take the time to read this Parents' Code of Conduct, sign the slip at the bottom of this letter, and return it to your child's coach in a timely manner.

It is essential that the parents of our student athletes:

Encourage good sportsmanship by being positive role models.

Make athletics a positive experience for everyone involved, including participants, coaches, officials, and spectators.

Insist that their children treat other players, coaches, officials, and fans with respect, regardless of race, creed, color, sex, or ability.

Reinforce the school's drug and alcohol free policies by refraining from use of alcohol and other drugs, including tobacco, on schools grounds during athletic contests.

Understand and appreciate the rules of the game and the policies of the school.

Refrain from the use of profanity at any athletic event.

Talk to the coach at the appropriate time and place, not before, during, or immediately after a contest.

Remember that a ticket to an athletic event provides you with the privilege of observing the contest, not berating officials, coaches, or players.

Failure to abide by these guidelines may result in:

- Verbal or written warning
- Parental game suspension
- Parental season suspension

**I have read and understand the above code of conduct and agree to its conditions.**

Student-Athlete's Printed Name: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_