



DISTRICT 126

ZION-BENTON ATHLETICS

2024-25

**STUDENT/ATHLETE
PARENT HANDBOOK**

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Zee-Bee Athletic Department

Website Access

Get Zee-Bee Athletic schedules, scores and update information (including cancellations) on the following website <https://zionbentonzeebeesathletics.com/>. Follow the links to our schedules.

Telephone Access

1. **Athletic Secretary** - Kari Torola (847-731-9361)
2. **Athletic Director** - Jack Niemi (847-731-9360)
3. **Assistant Athletic Director** - Brandon Rogers (847-731-9362)

You may contact coaches through email.

 [Zee-Bee Coach Contacts](#)

PHILOSOPHY

It is the philosophy of Zion-Benton Township High School District 126 that participation in interscholastic competition is just one component of our entire educational program. Therefore, we will insist that athletes work in harmony with our core educational programs.

Student participation is considered to be a voluntary, non-required activity. Students selected to participate in the interscholastic program are offered a privilege which may be revoked if the student does not meet the standards which are set forth in this handbook.

All participating and non-participating students, as well as parents, are expected to show Zee-Bee Pride at all athletic events. This includes supporting your Zee-Bees in an appropriate and respectful manner at all times.

Parents are a key element in our interscholastic program. Your support of your student-athlete is an important part in his/her athletic growth. Enclosed in this year's

handbook is a participation permission form that you need to sign. Please sign it after reading this entire handbook.

Zion-Benton Twp. High School is a member of the Illinois High School Association (IHSA) and therefore follows the rules and guidelines which the association sets forth. Local school rules can meet or exceed the standards set by the IHSA but cannot lower any of the standards. A brief summary of the *“Athletic Eligibility Rules”* is on pages 20-21. The complete IHSA rulebook is available in the school’s Athletic Department office or online at www.ihsa.org.

Zion-Benton Twp. High School District 126 (ZBTHS District 126) is also in compliance with all Federal and State Non-Discrimination and Equal Opportunity Laws, Orders and Regulations. Equal educational opportunities shall be available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious beliefs, physical and mental handicap or disability, or economic and social conditions, or actual or potential marital or parental status. Further, the District may not enter into agreements with any entity or any individual that discriminates against students on the basis of sex. Any student may file a discrimination grievance by using the Uniform Grievance Procedure.

Dr. Jesse Rodriguez has been designated as the Coordinator for Equal Educational Opportunities. For additional information, please contact Dr. Rodriguez at (847) 731-9300, x 9792 or write to Zion-Benton Township HS, One Z-B Way, 21st Street and Kenosha Road, Zion, Illinois 60099.

MISSION STATEMENT

“To provide every District #126 student the opportunity to participate, develop and excel in an educational and competitive environment.

In support of our mission, the athletic department is committed to;

- Challenge every student-athlete to reach their athletic, academic, and personal potential.
- Cultivate the values of commitment, teamwork, sportsmanship, accountability, and integrity.
- Represent District #126 in a positive manner at all times to promote community and school pride.
- Create a culture of excellence in all endeavors.
- Make decisions in the best interest of our student-athletes and to improve student performance.
- Enrich the high school experience for all of our student-athletes.”

GOAL

The primary goal for all of our athletic programs is to instill **Z-B PRIDE (Perseverance, Responsibility, Integrity, Diversity, Empowerment)**. It is important for all of our participants to realize that high school athletics are more competitive than recreational sports. Numerous sports do have cuts. While we have 24 sports and activities with nearly 70 levels of competition, playing time will vary from differing teams and levels. Underclass levels will be more focused on player development while varsity teams will have a much greater focus on competitiveness. Athletes will be expected to make a commitment to their sport that could include attendance at practice and/or games over vacation, weightlifting, conditioning, etc. At all times, we will compete with class! We will respect the game, opponents, officials, coaches and teammates. Good sportsmanship will always be an expectation! So if you are up for the challenge of competitive athletics, read on so you'll know how to get started and what will be expected of you.

GETTING STARTED

1. Student-athletes must be **legal residents** (living full-time with parents or legal guardians) of the ZBTHS District 126.
2. Student-athletes must be **academically eligible**. Each Student-athlete must have passed a minimum of 2.5 class credits (normally 5 courses) the previous semester. *(NOTE: All incoming first semester freshmen are eligible.)* Each student-athlete must also be currently enrolled in District #126 and passing a minimum of 2.5 class credits.
3. Student-athletes must have a **current physical** on file in the Health Office. Each physical exam is valid for approximately one calendar year and therefore must be renewed annually. *(NOTE: Incoming freshmen do not need a separate athletic physical exam and can use the regular required school physical exam form. However, the physical must have been taken before the student may participate in team tryouts/practices.)*
4. ZBTHS District 126 provides Student Accident and Catastrophic Accident Insurance plan that covers your student-athlete for injuries incurred while participating in school-sponsored and supervised activities, including participation in all sports. This insurance serves as secondary coverage to those families who have their own insurance and primary insurance for uninsured students. "If your student is injured while participating in an athletic event, please contact the Athletic or Principal's office

as soon as possible for information regarding coverage limits and to obtain the appropriate forms.”

5. Each student-athlete and parent must read, comprehend and agree to abide by the **“Athletic Training Rules”** set forth in this handbook. (This includes agreeing to be subject to the terms and conditions of our random drug and alcohol tests.)
6. Each student-athlete and parent must sign the **“STUDENT-PARENT PERMISSION FORM”** (available through Skyward or in Athletic Office) in order to participate in the Zee-Bee interscholastic program.
7. New athletes to the district (all freshmen, transfers and first time participants) will have to attend a mandatory Parent-Athlete meeting on Monday, August 19th at 6:30pm in the PAC. The Fall meeting for parents and athletes involved in Fall sports will also be on August 19th at 7:00pm in each sport’s breakout room. Winter and Spring meetings will also be conducted prior to competitions in those seasons.
8. Each student-athlete and parent must sign the IHSA drug test consent form, the concussion information form and the emergency information form.

TRAINING RULES FOR STUDENT-ATHLETES

The following rules are reprinted in the 2024-2025 STUDENT-PARENT GUIDE.

ATHLETIC TRAINING RULES/PENALTIES

ZBTHS District 126 considers student participation in athletics as a voluntary, non-required activity. Students selected to represent ZBTHS District 126 in such extracurricular activities are offered a privilege which may be revoked if the student violates established training rules. Training rules may be different from established school rules, since student-athletes represent the finest that ZBTHS District 126 has to offer. The status and high visibility of student-athletes make them influential as school leaders and as public representatives of their school and community.

The following training rules must be followed on a year-round basis by any student desiring to represent the district in athletic competition. That means the student-athlete will be penalized for any violation that occurs on a 24 hour a day, 365 day a year basis once any athletic permission form is turned in. All rules and penalties imposed on student-athletes for violating training rules are subject to direction and interpretation by the Superintendent or designee. Penalties will carry over from one year to the next and/or from one sport to the next in which the student participates. Also, student-athletes must successfully complete the sport season in which they

serve an athletic suspension, or the suspension will be served in full at the beginning of their next sport.

“Gross Misconduct or behavior/citizenship unbecoming of an athlete”: Student-athlete behaviors must be in compliance with acceptable standards of conduct as listed in this Parent-Athlete Handbook. Some examples of inappropriate behavior may include, but are not limited to illegal acts, smoking, theft, criminal damage to property, fighting, agitation to fight, acts of violence, vandalism, aiding and abetting, lying to school officials, falsifying information/signatures on school forms, cheating/plagiarism, insubordination, gang-related activity, inappropriate use of a cell phone (to include “sexting or taking inappropriate pictures), hazing, bullying, intimidation or harassment. Maintaining or being identified on a web site (or Social media site) which depicts illegal or inappropriate behavior will be considered a violation of this code. Penalty – athletic career suspension to a minimum of one-week public service.

The unauthorized or illegal possession of or use of firearms, explosives or other weapons as verified by law enforcement is considered particularly egregious, and may result in Athletic Department sanctions. Penalty – Athletic career suspension to a minimum of 50% of a season.

Smoking, Tobacco, Alcohol and Other Drugs: The use or possession of tobacco, nicotine, e-cigarettes, any vapor smoking materials, alcohol or any other drug, including steroids, that is not a prescription to an athlete, is strictly prohibited.

All smoking, tobacco, alcohol or Drug Offenses (including reasonable suspicion cases) will minimally be subject to the following consequences:

First Occurrence – *minimum* – suspension from competition for 1/4 of a season, mandatory testing for up to a year and enrollment in and successful completion of a counseling program.

Second Occurrence – *minimum* – suspension from competition for 2/3 of a season, mandatory testing for up to a year and enrollment in and successful completion of a counseling program.

Third Occurrence – *A career suspension from athletics.*

A part of the Zion-Benton District #126 policy on smoking, tobacco, alcohol and other drugs is the reasonable suspicion policy. In this policy, the student-athlete will be subject to the consequences above if substantiated by at least two members of the professional staff of the district. If the reasonable suspicion is related to questions of use or being under the influence of drugs, the student-athlete may request a drug test at the time the allegations is brought forward by the administration of District #126. The school will pay for the test and make an appointment for the student. Prior to testing, every effort will be made to notify the parents/guardians. Also school staff will strive to maintain confidentiality during the procedure. If the student-athlete tests negative, all allegations will be dropped. If the student-athlete refuses testing, the reasonable suspicion standard will be adhered to and the consequences of the policy will be implemented.

ZBTHS District 126 Drug Testing: All student-athletes in the district are subject to drug tests through the school and the Illinois High School Association (IHSA). A brief description of the school's program is listed below. A complete rundown of the program will be given at the new athlete orientation on August 19th. These tests are conducted on a random basis with the following exceptions:

- 1) When there is reasonable suspicion and an athlete accepts the reverse burden procedure as detailed above;
- 2) An athlete has tested positive previously within the last year;
- 3) An athlete has had an athletic code violation relating to drugs or alcohol; or
- 4) The student has self-reported to the Athletic Director or a coach.

When randomly selected, student-athletes will be given a pass to the testing site the day of the test. Students who receive a pass are **required** to report to the testing site or they will be judged as testing positive. Any student refusing to be tested will likewise be judged as testing positive. Students are required to provide a proper sample (both in amount and purity). If the student-athlete cannot provide a proper sample, the Athletic Director will decide between waiting, allowing the student-athlete to return to class and having the test done later that day, on a future day or testing at the next all-school date. If the student-athlete tries to alter their urine sample or substitute someone else's urine, it will be considered a positive test.

If the test is taken and it is found to be negative, the Athletic Department will send home a congratulatory letter within the week. If the result is positive, a Medical Review Officer (MRO) from the testing agency will contact the student-athlete who was found to be positive. If the MRO should call you, please be sure to return their call. They are there to protect the student-athlete's rights and to research the possibility that a prescription may have caused the positive drug screen. After the MRO has made their final ruling (which they are required to do within three days of leaving a message with you), the school will follow through with the terms of the athletic suspension, if the drug test is found to be positive.

IHSA Drug Testing: In addition to the school's drug testing program, the IHSA is also continuing to administer an athletic drug testing program for the 2024-25 school year. As members of the IHSA, all ZBTHS District 126 students will have to follow the terms and conditions of their drug testing program, in order to compete in an IHSA State series event.

Below is a link to the IHSA Banned Substances

<https://www.ihsa.org/documents/sportsMedicine/current/IHSA%20Banned%20Drugs.pdf>

IHSA Performance-Enhancing Substance Policy

IHSA Banned Drug Classes 2024-25

The value of high school interscholastic programs is found in the overall physical, emotional, and intellectual development of student-athletes. In that pursuit, anabolic steroids and performance-enhancing dietary supplements offer no positive contribution. Rather, their use jeopardizes not only the health of student-athletes, but also impedes in their overall development. And since this use runs counter to the purpose and value of interscholastic programs, coaches, administrators, school officials or employees, or booster club/support group members have an obligation and responsibility to provide only healthy, safe, and approved substances to student-athletes. IHSA By-law 2.170, which took effect on July 1, 2007, will strengthen the relationship between students and their schools by affirming the school's commitment to offering a safe environment in which their students can develop.

The purpose of this document is to provide schools, athletes, and parents with a description of those substances that are considered banned by the IHSA, and, therefore, substances student-athletes can not take and maintain their athletic eligibility.

This document presents the banned drug classes to be in effect for the 2024-25 school year. As part of the IHSA's Drug Testing Program, the IHSA Board of Directors shall annually approve the association's banned drug classes, and that group reserves the right to adjust the banned classes as necessary at any time. The classes shall be made available to schools and other interested parties through the IHSA's website.

Background: The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a violation of IHSA by-laws. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, **with some examples of banned substances under each class. No substance belonging to the banned drug class may be used, regardless of whether it is specifically listed as an example.**

1. Stimulants

amiphenazole, amphetamine, bemigrade, benzphetamine, bromantan, caffeine1 (guarana), chlorphentermine, cocaine, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, ephedrine (ephedra, ma huang), ethamivan, ethylamphetamine, fencamfamine, meclofenoxate, methamphetamine (MDMA, ecstasy), methylphenidate, Nikethamide, Pemoline pentretazol, phendimetrazine, phenmetrazine phentermine, phenylpropanolamine (PPA), picrotoxine, pipradol, prolintane, strychnine, synephrine (citrus aurantium, zhi shi, bitter orange) and related compounds

2. Anabolic Agents: Anabolic Sterioids

androstenediol, androstenedione, boldenone, clostebol, dehydrochlormethyltestosterone, dehydroepiandrosterone (DHEA), dihydrotestosterone (DHT), dromostanolone, epitrenbolone, fluoxymesterone, gestrinone, mesterolone, nethyltesosterone, nandrolone, norandrostenedione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, stanozolol, testosterone2, tetrahydrogestrinone (THG), trenbolone and related compounds

3. Diuretics

acetazolamide, bendroflumethiazide, benzhiazide, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, furosemide, hydrochlorathiazide, methyclothiazide, metolazone, polythiazide, quinethazone, spironolactone (canrenone), triamterene, trichlormethiazide and related compounds

4. Peptide Hormones and Analogues

corticotrophin (ACTH), human chorionic gonadotrophin (HCG), luteinizing hormone (LH), growth hormone (HGH, somatotrophin), insulin like growth hormone (IGF-1)

All the respective releasing factors of the previously-mentioned substances also are banned:

erythropoietin (EPO), darbepoetin, sermorelin

Definitions of unacceptable levels depend on the following:

1 for caffeine - if the concentration in urine exceeds 15 micrograms/ml

2 for caffeine – if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone | the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

If an athlete has a problem with smoking, tobacco, alcohol and/or drugs, there is an avenue to get help without jeopardizing athletic eligibility. Student-athletes may self-report under the following conditions:

- 1) The self-referral must come from the athlete.
- 2) The self-referral must be an honest attempt to seek help and not avoid the consequences of a pending drug test or an incident that will be found out/discovered. Student-athletes may NOT self-report on the day that they receive a pass to get drug tested.
- 3) The student-athlete must self-report to the Athletic Director or a coach.
- 4) Student-athletes who have referred themselves for help must enroll in and successfully complete a counseling program (normally the Districts Student Assistance Program [SAP]).
- 5) Student-athletes agree to be drug tested every time it is conducted through the district's Athletic Department for the next year.
- 6) Student-athletes may only self-report themselves once.

Stealing: Any substantiated report of stealing, made by school personnel or law enforcement personnel, will result in Athletic Department action.

Penalty – career suspension to a minimum of one-week public service.

School Suspensions: Any school disciplinary action resulting in school suspension will warrant Athletic Department action. Student-Athletes receiving Out of School Suspensions (OSS) for 3-5 days, will be minimally suspended for 5% of their next athletic contests. Student-Athletes receiving OSS for 6-10 days will be minimally suspended from athletics for 10% of their next contests.

Unsportsmanlike Conduct: Reported gross unsportsmanlike conduct, including, but not limited to contest ejection, inappropriate language directed at an official, opposing team or spectator, cheating, before, during or after an athletic contest will result in Athletic Department action.

Penalty – In the case of game ejections, the student-athlete is minimally ineligible the remainder of the contest plus one additional contest. (per IHSA rules) Other acts will result in a minimum of one-week public service.

Hate Speech: North Suburban Conference and IHSA bylaws define hate speech as any speech, gesture or conduct, writing or display which is forbidden because it may incite violence or prejudicial action against or by a protected individual or group, or because it disparages or intimidates a protected individual or group. Use of hate speech during athletic meetings, practices or contests is strictly forbidden.

Penalty – Minimal removal from game or practice, suspension for at least one additional contest, and school sanctions per student handbook.

Hazing: Initiation or harassment of students is prohibited by State law and school regulations. Incidents of this nature will cause appropriate athletic and school disciplinary action. (see student handbook for the complete school policy.)

Absence from School: Success in school is directly related to school and class attendance. Therefore, athletes cannot participate in a practice or athletic contest if absent for more than half of the school day, unless excused by the Athletic Director, or in the Athletic Director's absence the Assistant Athletic Director, by 4:00PM the previous school day. To qualify for ½ day of official school attendance, and thus qualify for athletic participation, a student must minimally be in school for four complete class periods.

Practice Sessions: All student-athletes are required to attend practice. Absences from practice will result in a team penalty. Each coach will inform the squad about the penalties for missing practice.

Quitting or Being Removed From the Team: Student-Athletes who quit or are removed from the team by a coach, after the start of games for that sport, will be ineligible to participate in other athletic activities (like open gyms or weight room) until that sport season is complete or the head coach of that team clears the student-athlete.

Personal Grooming: As representatives of ZBTHS District 126, the impression made on opposing teams and schools is important. The major emphasis on personal grooming

will be “neat in appearance.” The head coach, conferring with assistant coaches, will determine the appropriate dress for student-athletes.

Electronic Devices: Any inappropriate or illegal use of any electronic device will cause athletic and school disciplinary action and possible referral to an appropriate law enforcement agency. Cell phones are not to be used in the locker rooms for **ANY** purpose.

Curfew Hours: The City of Zion curfew laws will be followed. In addition, on nights of a game and the night before, the coaches may dictate special curfews. For special events, such as Homecoming, Prom, school plays, etc., extended hours may be granted if requested of the coach by the student-athlete.

Weekdays (Sunday through Thursday)	·	11:00 PM
Weekends (Friday and Saturday)	·	12:00 Midnight

Situations involving student-athletes not covered under the current policy will be dealt with by the Superintendent or designee on an individual basis.

Appeals Process: Student-athletes who wish to appeal their athletic disciplinary action must do so, in writing, to the Athletic Director within 72 hours of the suspension. The Athletic Director will convene the Athletic Council as quickly as possible after receiving the written appeal, to hear the appeal and render a verdict. The athletic council will be a one-year appointment, with the Athletic Director as Chairman, Class Administrator, and a blind draw of three head coaches. Two alternate head coaches will be blind drawn to serve, in case a coach is eliminated due to sickness or is the coach of the student-athlete.

Athletic Council Meeting: The Athletic Council will convene within 72 hours and follow the guidelines in rendering a decision listed below:

1. Statement of offense by Athletic Director
2. Student-athlete has opportunity to express views
3. Parent or guardian has opportunity to express views
4. Questions are asked by both parties
5. Determination of guilt or innocence by neutral council parties
6. Penalty imposed if finding is that athlete violated training rule.

Public Service: Work assigned by the Athletic Department. Examples of public service would be: working at athletic contests, locker room clean-up, preparation of facilities (sweeping, raking diamonds, turning track pits), and officiating at home contests. Public service will be assigned at the discretion of the Athletic Department. A rate of seven hours equals one week.

EXTRACURRICULAR ELIGIBILITY REQUIREMENTS

Eligibility Check Procedures:

1. Each week teachers will receive an eligibility checklist of all activity participants.
2. By Wednesday night, each teacher must submit the eligibility checklist to the Athletic Office.
3. By Friday night, coaches, sponsors and students will be notified and parents will be mailed information about ineligible participants.

Eligibility Guidelines: Per the IHSA requirements, for a student-athlete to be eligible to participate in the extra-curricular athletic program at a member high school in Illinois, the student-athlete must have passed a minimum of 2.5 credits (5 – ½ credit courses) in the previous semester and must maintain passing a minimum of 2.5 credit hours each week during the sport season. Athletic eligibility will be processed each week of the athletic seasons to ensure that all student-athletes are meeting the minimum academic requirements.

Student Athletes who are struggling with academics may be referred to their counselor or an intervention team to regain the minimum requirements for eligibility. Parents who need assistance or have concerns should contact the Assistant Athletic Director, Mr. Brandon Rogers.

CONTESTS

It is ZBTHS District 126's philosophy to try and conduct as many contests on regularly scheduled dates as possible. This means athletes must dress properly. With our proximity to Lake Michigan, our spring temperatures are particularly cold. It is highly recommended that athletes dress in layers and peel off layers as temperatures heat up. However, playing sites and/or dates may be altered due to weather, field conditions, or other circumstances. Some sports, such as baseball and softball, require that contest sites be altered in the event one school cannot get their fields playable. Coaches will notify athletes via team communication outlets. You may also go to the on-line website <http://www.zionbenton.rschoollteams.com> for the most up-to-date information regarding cancellations, reschedules or site changes.

TRANSPORTATION

Student-athletes are required to ride the bus to and from all athletic contests. The **ONLY** exception to this would be if the Athletic Office receives an email or phone call from a student's parent or legal guardian. Under NO circumstances will a student be able to drive themselves to or from an away contest or to go home with anyone but their parent or legal guardian after a contest. Student/Athletes who need to drive themselves to an event for an emergency situation must contact the AD 48 hours in advance for special consideration. Note that this will only be approved under unavoidable circumstances.

ROLES AND CONFLICT RESOLUTION FOR PLAYERS, PARENTS AND COACHES

While competing with PRIDE will be our goal and expectation, it is understood that there may be occasional conflicts between players, coaches and/or parents. For us to successfully compete, it is of critical importance for each group to understand their roles and respect the rights and authority of other groups. Below are listed some major roles and responsibilities expected from each group:

Players

1. To play the game because you want to.
2. To be academically eligible to play.
3. To take care of themselves (physically, mentally, etc.) and communicate to the coach issues that will affect their ability to compete.
4. To be committed to the team (being at all practices, games, by being positive, etc.)
5. To help their teams compete by doing what's best for the team.

Coaches

1. To make games and practices safe and educational.
2. To establish the strategies of the team.
3. To determine positioning and playing time of players. Playing time is explainable. It is not negotiable.
4. To establish and communicate expectations for all players (team rules, provide information about off-season opportunities, etc.)
5. To communicate game and practice schedules.
6. To model positive behaviors.
7. Communicate with players and/or parents when an issue or concern arises.

Parents

1. To monitor your child to ensure their experience is safe and educational.
2. To positively support your child as they learn to compete (which means learning how to handle success and failure in the form of playing time, team contests, etc.)
3. To model positive behaviors and respect officials, coaches, and all athletes.
4. To immediately communicate schedule conflicts once they become known.
5. Know, re-enforce and monitor our athletic code and all team rules.

CONFLICT RESOLUTION PROCEDURE

1. The Athlete should talk with the Coach.
2. The parent(s) (and athlete) should set up an appointment and then meet with the coach with whom the conflict exists.
3. The parent(s) (and athlete) should set up an appointment and then meet with the Varsity coach. (if applicable)
4. The parent(s) (and athlete) should set up an appointment and then meet with the Athletic Director.

However, should a Parent or Athlete engage in conduct or actions prohibited under Board Policy 8:30, then the provisions under Enforcement shall be utilized to address such conduct or actions. A copy of Board Policy 8:30 may be found on the District's website at www.zb126.org under the heading "Our District – Board Policies."

AWARDS

The North Suburban Conference (NSC) recognizes only Varsity athletics for the purpose of awards. All-Conference selections in team sports and medals in individual sports are awarded according to NSC sport-specific guidelines. NSC All-Academic awards are awarded to juniors and seniors who have earned varsity letters and have earned a 3.5 cumulative GPA. School awards are given at the end of each season at a mandatory athlete awards night. Only athletes who have completed their sport in good standing can earn school awards. The following is a list of possible awards:

1. **Numerals** Awarded to freshman athletes who have competed on a freshman squad or in a sport that has no distinct freshman level, or on a team that is below the Varsity level.
2. **5" Sophomore Letter** Awarded to sophomore athletes who have competed predominantly on a sophomore team or on an equivalent level (*i.e.*, JV).
3. **JV Letter** Awarded to junior or senior athletes who have competed predominantly on a JV team, have already earned a sophomore letter in a sport but are not at the varsity level, or have been on a varsity squad but have not played enough to earn a varsity letter.
4. **Varsity Letter** Awarded to athletes who have contributed enough at the varsity level to earn a varsity letter.
5. **Pins** Awarded to athletes who earned a Sophomore, JV or Varsity letter.

Z-B Letterman jackets can be purchased at Brogan's in Gurnee. Proper positioning of cloth awards would be as follows:

Numerals: over left pocket

Soph letter: over right pocket

Varsity letter: on left chest

JV or other

Varsity letters: on right chest

INJURIES

ZBTHS District 126 is fortunate to have three certified **Athletic Trainers** on staff. All District 126 athletes have access to our trainer after school for the evaluation, treatment and rehabilitation of injuries. We encourage athletes with injuries to see our trainers as soon as possible. Athletes should notify their coach of the injury and get permission to miss practice time. Do know that our trainers could require a severely injured athlete to go to a doctor for further evaluation and seek written clearance from the doctor before a return to athletic participation is allowed. Athletes with pre-existing medical conditions or injuries must notify our trainer at 847-731-9433 ASAP! Injured athletes, who have potential insurance claims, must report to the Athletic or Principal's Office immediately for processing.

STEROIDS AND OTHER SUPPLEMENTS

As steroids are becoming a national issue, ZBTHS District 126 is committed to the mantra of "Zee-Bee PRIDE". Steroid use is seen by many as a shortcut to success. We take the stance that there are no shortcuts to obtain TRUE athletic excellence. Steroid use is cheating, dangerous, against IHSA rules and against the law. To battle the potential allure of steroids, we must be educated as to all of the effects on the body.

The following facts have been reproduced from the National Clearinghouse for Alcohol and Drug Information.

Anabolic steroids are:

- Synthetic substances related to the male sex hormones (androgens). They promote growth of skeletal muscle (anabolic effect) and the development of male sexual characteristics (androgenic effects), and also have other effects. (The term "anabolic steroids" will be used throughout this bulletin because of its familiarity, although the proper term for these compounds is "anabolic/androgenic" steroids.)
- Used by doctors to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty and some types of impotence, and also to treat body wasting in patients with AIDS and other diseases.
- Legally available in the United States only by prescription. Anabolic steroid abusers obtain drugs that have been made in clandestine laboratories (sometimes with poor quality control standards), smuggled from other countries, or diverted illegally from U.S. pharmacies.

Anabolic steroid abuse is:

- Increasing among adolescents, and most rapidly among females. The 1999 Monitoring the Future study, A NIDA-funded survey of drug abuse among middle school and high school students across the United States, recorded that 2.7 percent of 8th-graders, 2.7 percent of 10th-graders, and 2.9 percent of 12th-graders reported having taken anabolic steroids at least once in their lives. These figures represent increases since 1991 of approximately 50 percent among 8th- and 10th-graders and 38 percent among 12th-graders.
- Motivated in most cases by a desire to build muscles and improve sports performance. Some individuals are motivated by erroneous perceptions of their own bodies (that is, a mistaken belief that they look underweight or obese) and others by a desire to prevent recurrence of physical or sexual attacks they have experienced.

Health consequences associated with anabolic steroid abuse include:

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- *In girls and women*, development of more masculine characteristics, such as decreased body fat and breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- *In adolescents of both sexes*, premature termination of the adolescent growth spurt, so that for the rest of their lives, abusers remain shorter than they would have been without the drugs.
- *In males and females of all ages*, potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse-particularly in high doses-promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, and property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take anabolic steroids.
- *In injectors*, infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

Contact the National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 or Web site:<http://www.health.org/>

For free NIDA publications. For faxed drug abuse information in Spanish and English, call NIDA's INFOFAX line at 1-888-NIH-NIDA or, for those with impaired hearing, 1-888-TTY-NIDA.

More information can be accessed through www.zb126.org under the Athletics Home Page.

Other Performance Enhancement Substances:

The IHSA recently banned any “coach, administrator, school employee or booster club member from selling, distributing or promoting the use of anabolic steroids or performance-enhancing dietary supplements to students.” Researchers are just now beginning to conduct scientific studies on the effects of these items. A few serious side effects have already been identified. There is a real potential for other side effects to be identified in the future. Similar to the 1980's, scientific knowledge of steroids was initially limited, but we know now the wide devastation it can cause on the body.

The Athletic Department encourages kids to stay away from

1. Energy Drinks
2. Abuse of caffeinated drinks
3. Dietary Supplements
4. Diet Pill

Zee-Bee Athletics recommends the following regiment for our athletes to help achieve full athletic potential.

1. Proper Training
 - Weight Training
 - Cardiovascular Training
2. Proper Rest
3. Proper Hydration
4. Proper Diet – for detailed information visit the following websites: www.kidshealth.org or www.ncaa.org (Academics and athletes – personal welfare)
 - **Poor pre-game snack choices:** Chips, doughnuts, burgers, ice cream, fried meats, chocolate, French fries, pizza, candy, high caffeinated drinks
 - **Alternative pre-game snack choices:** Bagel, dried fruit, fresh fruit, muffin, trail mix, fig bars, raw veggies, low-fat cookies, cereal, popcorn, graham crackers, granola bar, juice box, raisin bread, pretzels, peanut butter crackers, cheese sticks, nuts

It is your body; you have only been given one. Make sure you know the effects of everything you are using.

ACADEMIC WARNING - NCAA

The National Collegiate Athletic Association (NCAA) has established certain guidelines by which student-athletes may be rendered eligible or ineligible for athletic participation at the collegiate level. These guidelines include:

1. a set curriculum of core courses which must be completed during high school
2. a minimum grade point average to be achieved in these core courses
3. a minimum proficiency level on national college board examinations (ACT/SAT)
4. submission of a student release form to the NCAA Eligibility Center.

Student-athletes **cannot** wait until their senior year to be concerned with these requirements. Grade point averages and core courses begin when a student starts high school as a freshman. The following is a list of approved NCAA classes for (Zion-Benton High School) and the scale of GPA/ACT scores required for scholarships. NCAA has approved these courses for use in establishing the initial-eligibility certification status of student-athletes at ZBTHS. Courses designated with a '=' symbol are courses that may be used only by students with a diagnosed disability. NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course and the highest grade earned in the course will be included in the calculation of the student's core-course grade-point average. *(Note: The courses at New Tech High School have been submitted to the NCAA. Although not officially approved yet, we have been advised that most of New Tech's Core courses will qualify because of the college preparatory nature of the classes).*

Division 1 Academic Requirements

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/DI_ReqsFactSheet.pdf

Division 2 Academic Requirements

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/DII_ReqsFactSheet.pdf

NAIA Requirements



Freshman Eligibility



To be eligible for NAIA competition, a freshman student **must**:

- Be a graduate of an accredited high school or be accepted as a regular student in good standing at the enrolling institution
- Meet **two** of **three** entry-level academic requirements:
 - 1) **Test Score** - Minimum score of:
ACT – 18
SAT - 860 [*Critical Reading and Math sections only*]; or
 - 2) **HS GPA** - Minimum overall high school GPA of **2.000** on 4.000 scale; or
 - 3) **Class Rank** – Top **50%** of high school graduating class



Lake Forest
Lake Zurich
Libertyville
Mundelein
Stevenson
Warren
Waukegan
Zion-Benton

Sportsmanship Mission Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of the North Suburban Conference as well as for the individuals who participate in these programs. People involved in all facets of the interscholastic program are expected to demonstrate respect for others and display good sportsmanship.

One of the goals of the North Suburban Conference for interscholastic competition is to teach important values while enriching the educational experiences of young men and women. Good sportsmanship is one of those values.

Sportsmanship Behavior Expectations

THE COACH:

- Inspires in his/her athletes a love for the game and the desire to win.
- Teaches that it is better to lose fairly than to win unfairly.
- Leads players and spectators to respect officials by setting a good example.
- Is a positive role model for his/her athletes.

THE OFFICIAL:

- Knows the rules.
- Is fair and firm in all decisions. Calls them as he/she sees them.
- Treats players and coaches courteously and demands the same treatment.
- Knows the game is for the athletes, and lets them have the spotlight.

PARTICIPANT EXPECTATIONS:

- Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
- Learn the rules of the game thoroughly and discuss them with parents, fans and fellow students.
- Treat opponents the way you would like to be treated. Taunting will not be accepted.
- Wish opponents good luck before the game and congratulate them in victory or defeat.
- Respect the integrity and judgment of the game officials.
- Obey the rules and regulations set forth, when a guest of any N.S.C. host school.

SPECTATOR EXPECTATIONS:

- High School athletics are learning experiences for students and sometimes mistakes are made. Praise student athletes in their attempt to improve themselves as students, athletes, and individuals.
- A ticket is a privilege to observe the contest, not a license to verbally assault others.
- Learn the rules of the game.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Respect the integrity and judgment of the game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances before and during contests.
- Use only those cheers that support and uplift the teams involved.
- Obey the rules and regulations set forth, when a guest of any N.S.C. host school.

SPIRIT LEADER EXPECTATIONS:

- Understand the seriousness and responsibility of your role and the privilege of representing your school and community.
- Learn the rules of the game.
- Wish opponents good luck before the game and congratulate them in victory or defeat.
- Treat opposing cheerleaders the way you would want to be treated.
- Establish standards of desirable behavior.
- Select positive cheers which support your team without antagonizing the opponent.
- Use discretion in selecting the times to cheer.
- Give encouragement to all players and recognition to outstanding performances.
- Respect the integrity and judgment of game officials.
- Encourage a positive alternative when booing or an inappropriate chant begins.
- Obey the rules and regulations set forth, when a guest of any N.S.C. host school.

A listing of all NSC guidelines (general and sport-specific guidelines) can be viewed at www.d128.org/nsc. All ZB parents and athletes are responsible for knowing and following the guidelines of the North Suburban Conference.

IHSA 2024-25 Handbook

Coaches Contact Information

 **Zee-Bee Coach Contacts**

Zee-Bee Athletics Website (Schedules)

<https://zionbentonzeebeesathletics.com/>

