



# FREMONT MIDDLE SCHOOL ATHLETICS

## ATHLETIC HANDBOOK

[Middle School Athletic Web Page](#)

<https://www.iesa.org/>

If you have any questions, please contact the Fremont Athletic Director, Mrs. Poglayen ([apoglayen@fsd79.org](mailto:apoglayen@fsd79.org))

## ***Athletic Physical Exam***

- All students who will be participating in any interscholastic sport are required to have an annual sports physical exam by a licensed physician. The sports physical exam is good for 395 days from the date of the exam and must be on file in the Nurse's Office. Please have the physician complete the Fremont Middle School Examination form and return it to the Nurse's Office or Athletic Director before the beginning of the athletic activity.
- Participation in interscholastic sports has certain inherent risks. A sports physical exam is essential for the health and safety of student-athletes. If students have any special health needs, parents should notify the Nurse's Office at 847-566-9384, ext. 1293.
- **Students will not be allowed to try out, practice or participate in any extracurricular activities without a valid physical on file. No Exceptions!**

Sport Physical Exam Forms are given by physician offices. Physicals can also be done at certain CVS, Walgreen clinics, etc.

# ***Student-Athlete Concussions and Head Injuries***

(Reference: Board Policy 7:305)

Student-athletes participating in interscholastic sports must comply with the Illinois Youth Sports Concussion Safety Act and all protocols, policies, and by-laws of the Illinois High School Association (IHSA) before participating in any athletic activity, including practice or competition.

A student removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including, without limitation, the School District's return-to-play and return-to-learn protocols.

Students and parents/guardians must review the Student-Athlete Concussion Information Sheet and sign the acknowledgment within the Google Form registration prior to participating in athletic activities within FSD79. They are also required to comply with FSD79 procedures to maintain participation in athletic activities.

## **Additional Resources:**

- Heads Up [Student-Athlete](#) & [Parent](#) Information Sheets
- [Youth Sports](#) & [Schools IHSA Video about Concussions](#)
- Illinois Department of Public Health: [Concussions](#)

# **Sportsmanship and Appropriate Behavior**

***“Victory without honor is a loss”***

***IESA***

Fremont Middle School is committed to promoting sportsmanship. We are representatives of our school, and as such, we directly reflect on our school. The way we all present ourselves on the bus, in the locker room, on the court or field, in the stands or on the sidelines, and before and after the contest, sends messages to everyone around us.

## **Sportsmanship, Ethics, and Integrity**

Good sportsmanship is viewed by the Patriots Middle School Conference as a commitment to fair play, ethical behavior, and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines.

Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

## **Expectations of Spirit Groups**

- Stimulate desired crowd response using only positive cheers, signs, and praise without antagonizing or demeaning opponents.
- Treat opposing spirit groups and fans with respect.
- Recognize outstanding performances on either side of the playing field or court.
- Know the rules and strategies of the contest in order to cheer at the proper times.
- Maintain enthusiasm and composure, serving as a role model.

Anyone who violates any of the aforementioned rules may be asked to leave the building.

Co-curricular participation should enhance, not interfere with, the academic programs of member schools and the academic commitments of the students and should be conducted according to the principles outlined in the Sportsmanship Mission Statement and the Constitution of the PMSC.

# **Expectations/Responsibilities of Coaches**

- Develop and implement a selection process, where applicable, that is fair and as objective as possible.
- Arrange for regularly scheduled practice and game sessions. Structure practices to foster skill learning and development for all team members.
- Communicate regularly with students, parents, faculty, other coaches, and building administration.
- Assist in gathering fee payments and physicals. Account for all uniforms, supplies, and equipment used during the school year.
- Participate in coaches' meetings, to be held as needed.
- Keep up with current methods and strategies in your sport.
- Maintain an appropriate, professional relationship with student-athletes.
- Create a positive social and emotional environment.
- Be a good role model. Establish and model good sportsmanship, fair play, and proper conduct.
- Show respect to players, officials, and other coaches.
- Establish player safety and welfare as the highest priority.
- Provide proper supervision of students at all times.
- Be on time and prepared for all practices, games, and meetings

# **Athletic Eligibility**

- Each student-athlete must have a sports physical on file with the nurse each year to try out, practice, or participate in intramural athletics.
- Each student-athlete must attend school for a full day to participate in practices or athletic contests. Exceptions may be made for medical appointments or a family emergency by contacting the school administration in advance of the absence.
- Disciplinary procedures for student-athletes receiving the following:
  - A major detention - No after-school activities on the day the detention is being served; ineligible for one game.
  - An in-school suspension - ineligibility for a minimum of three games.
  - Two or more in-school suspensions or one out-of-school suspension-participation will be prohibited for the remainder of the season.
- Student-athletes are expected to attend all games and practices. Each coach will address unexcused absences. Consequences may include loss of playing time and game suspensions, with multiple absences potentially leading to suspension from the team.
- To be considered for extracurricular eligibility, students must maintain above a 2 average in Academic and Habits of Success in each course. Student-athletes will participate in a grade check according to the schedule provided by the Athletic Director. The Athletic Director will work directly with any student-athlete regarding poor academic performance and/or any additional concerns that may impact their athletics, such as absences.

If a student has a 1 in Academic and/or Habits of Success, the following steps will take place, per our Parent/Student Handbook:

- Step 1: Warning and signed parent notification
- Step 2: Removal from the team for 1 week (Thursday to Wednesday)
- Step 3: Removal from the team for the remainder of the season and signed parent notification

**Teacher professional judgment is utilized to determine if a student is progressing in both Habits of Success and Academic standards but is still at the beginning level for a given subject.**

- The use of weapons, drugs, alcohol, or tobacco by any student-athlete will result in immediate removal from the team/squad.
- Since Fremont student-athletes represent their school and their community on and off the playing field, at home and away, they are to display good sportsmanship and exemplary citizenship.
- Student-athletes are responsible for any equipment issued to them while participating in athletics. Failure to return the equipment in acceptable condition will result in the replacement of damaged or lost articles by the students.

- Failure to comply with any of the above-stated rules may result in athletic ineligibility or dismissal from the squad/team.
- The coach may, at any time deemed necessary, remove a student-athlete from the squad/team for disciplinary reasons within the team setting. The coaches must inform the administration of any situation that may be detrimental to the school or athletic program.

## ***Expectations of Student Participants***

- Treat teammates with respect.
- Treat opponents with respect: shake hands before and after contests.
- Respect the judgment of contest officials, abide by the rules of the contest, and display no behavior that could incite fans.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
- Live up to high standards of sportsmanship established by coaches.

## **Expectations of Parents, Students, Fans , and Audience**

- Realize that being a spectator is a privilege. To observe a contest and support school activities is not a license to act or behave verbally with disrespect.
- Respect decisions made by contest officials.
- Be an exemplary role model by positively supporting teams, including the content of cheers and signs.
- Respect fans, coaches, directors and participants.

## **Transportation**

The school provides bus transportation to and from all away athletic contests. Students are expected to ride the bus to all away games unless other arrangements are made between the coach and parents before the contest. If a student does not ride the bus back to school, a written note from the parent must be provided as early as possible to avoid communication problems. Parents may take their athlete home from a game if the coach has been notified by the parents. Students receiving a ride with another parent must provide written permission to the coaches.

## **Uniforms**

Student-athletes may modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. The modification of the athletic or team uniform may include but is not limited to, the wearing of a hijab, an undershirt, leggings, or athletic pants. All school-provided uniforms **MUST** be returned in a timely manner after the conclusion of the season. Failure to return or damage any school-issued uniforms may result in replacement fees.

## **PATRIOT MIDDLE SCHOOL CONFERENCE**

The following schools are participants of the Patriot Middle School Conference for athletic and academic competition:

Aptakisic Junior High School, Buffalo Grove

Daniel Wright Junior High School, Lincolnshire

Fremont Middle School, Mundelein

Twin Groves Junior High School, Buffalo Grove

West Oak Junior High School, Mundelein

Woodlawn Junior High School, Long Grove

- The Patriot Middle School Conference is governed by a constitution and bylaws. The purpose of the bylaws and constitution is to define the governing body of the Patriot Middle School Conference, its mission, and its operational procedures and policies.
- The PMSC will serve its mentor schools by providing leadership in the organization of interscholastic, co-curricular activities and sports, which enrich middle school experiences and promote educational goals.

# ***Athletics Facilities Directory***

## **Aptakisic Junior High**

1231 Weiland Road, Buffalo Grove • 847-353-5500

Take Milwaukee Avenue south to Aptakisic Road. Turn right and continue west to Weiland Road. Turn left on Weiland to school.

Soccer games are played at Willow Stream Park on Old Checker Road in Buffalo Grove.

Milwaukee Avenue to Aptakisic Road. Turn right and continue to Buffalo Grove Road. Turn left on Buffalo Grove Road to Old Checker Road. Turn right and travel to the park.

Cross-country meets are held at Veteran's Park, across the street from the school.

## **Fremont Middle School**

28871 Fremont Center Road, Mundelein • 847-566-9384

From Route 83, go north to Gilmer Road. Turn left on Gilmer. Pass Route 176 to Fremont Center Road, and turn right on Fremont Center Road; the school on the right side.

## **Stevenson High School**

1 Stevenson Dr., Lincolnshire • 847-634-4000

On Rt. 22, west of Milwaukee Ave. on the north side of the street.

## **Twin Groves Middle School**

2600 N. Buffalo Grove Rd., Buffalo Grove • 847-821-8946

Take Rt. 22 west to the corner of Buffalo Grove Road and Rt. 22.

## **West Oak Middle School**

500 Acorn Lane, Mundelein • 847-566-9220

Take Rt. 45 west to Rts. 60/83 until Maple Lane. Turn left and continue to school.

## **Woodlawn Junior High**

6362 Gilmer Road, Long Grove • 847-353-8500

Take Rt. 22 west to Route #83 north to Gilmer Road west to the Intersection at N. Krueger Rd.

## **Daniel Wright Junior High**

1370 Riverwoods Rd., Lincolnshire • 847-295-1560

Route 22 east to Riverwoods Rd. Turn left onto Riverwoods Rd. The school is on the left hand side.



## **Athletic Statement of Philosophy**

The goals of the athletic department of Fremont School District 79 are:

1. To make athletics a part of the total educational process.
2. To encourage broad participation by all students.
3. To foster the development of good sportsmanship and team pride.
4. To instill within the participants a sense of personal discipline and pride.

### **IESA BELIEVES SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY!**

All participants involved with the IESA are responsible for promoting, teaching, enforcing, and recognizing the highest standards of sportsmanship. Students, coaches, administrators, and fans representing IESA member schools are expected to demonstrate the highest level of sportsmanship and respect for others. We all have the opportunity to promote the ideals of sportsmanship so that our student-athletes raise the expectations of our communities and our world. The resources on the right side of this page are designed to assist schools in creating a schoolwide culture of positive sportsmanship and supplementing existing programs. Feel free to use the administrators' message at coach's meetings/pre-season meetings, share and post the Sportsmanship Spotlight newsletter in your school or on your athletic website, or use the codes of conduct to help establish behavioral expectations - everything here is meant to support your school's sportsmanship efforts!

## **Interscholastic Sports – Fall**

### **Girls Basketball**

Grades: 7 & 8

Members: Girls only

Season: August - October

This sport is open to all girls who want to participate in a competitive team sport that teaches basketball skills and strategies, with an emphasis in the value of teamwork.

### **Boys & Girls Soccer**

Grades: 7 & 8

Members: Girls and Boys

Season: August – October

This sport is open to all boys and girls in grades six, seven, and eight who want to develop their soccer skills. A competitive schedule will be played with schools from the area.

### **Cross Country**

Grades: 6, 7, & 8

Members: Girls and Boys

Season: August - October

This sport is open to all boys and girls in grades six, seven and eight who want to develop their running skills. A competitive schedule will be played with schools from the area. The boys and girls run separate races, however, they will practice as one team.

## **Interscholastic Sports – Fall and Winter**

### **Boys Basketball**

Grades: 7 & 8

Members: Boys only

Season: November - January

Boys participating in basketball will develop skills, sportsmanship and team concept. Boys will play a competitive schedule including games and tournaments with schools from the surrounding area.

### **Cheerleading**

Grades: 6, 7 & 8

Members: Girls only

Season: November - February

This sport is open to all girls who enjoy creating school spirit with skills in basic gymnastics, “loud” voice, clarity, and precision of movement. Students will cheer at home basketball games and competitions.

## **Poms**

Grades: 6, 7 & 8      Members: Girls only      Season: November -February

This sport is open to girls who enjoy creating school spirit with skills in precision of movement, dance, and imaginative routines. Students will perform at home basketball games and competitions.

## **Wrestling**

Grades: 5, 6, 7 & 8      Members: Girls and Boys      Season: December-February

This sport will be offered to girls and boys who want to participate in a competitive team sport that teaches basketball skills and strategies, with an emphasis in the value of teamwork.

# **Interscholastic Sports - Spring**

## **Girls Volleyball**

Grades: 7 & 8      Members: Girls only      Season: January - March

This sport is open to all girls interested in improving their volleyball skills and participating in a competitive atmosphere against schools in our area. Emphasis is placed on team play.

## **Scholastic Bowl**

Grades: 6, 7, & 8      Members: Girls and Boys      Season: March - May

Scholastic bowl, also called scholar bowl or academic team, is a test of knowledge played out between two teams using buzzers. Competitive games will be held with schools from the area.

## **Boys Volleyball**

Grades: 7 & 8      Members: Boys only      Season: March - May

This sport is open to all boys interested in improving their volleyball skills. Emphasis is placed on team play. Competitive games will be held with schools from the area.

## **Track and Field**

Grades: 6, 7, & 8      Members: Girls and Boys      Season: March - May

This is a great individual sport for any students interested in running sprints, middle or long

distances, or competing in field events (high jump, long jump, shot put, or discus). Students will have an opportunity to develop skills in various events. There will be track meets scheduled against schools in our area with Stevenson High School hosting a meet at the end of the season.

**Fremont Middle School**

School District #79  
28871 N. Fremont Center Rd.  
Mundelein, IL 60060  
Phone (847) 566-9384  
Fax (847) 566-7805

**Board of Education**

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