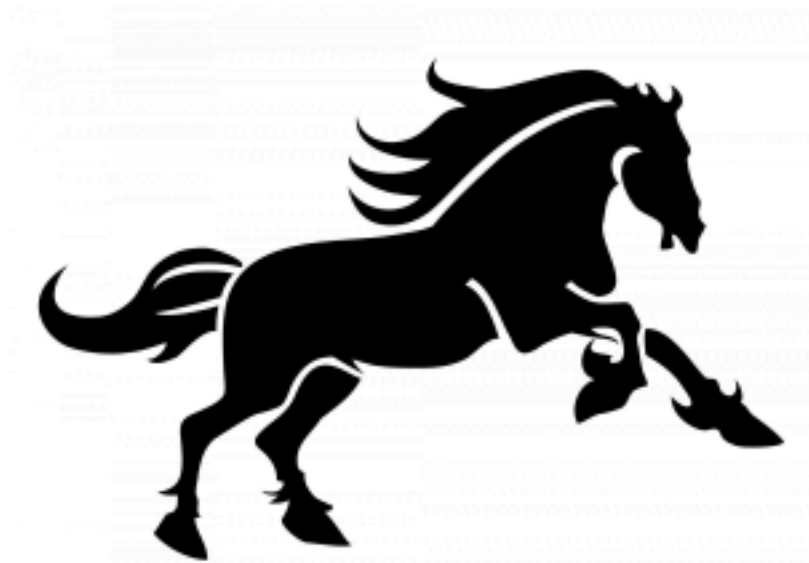


2025-2026

Homer 33C

Athletic Handbook

Homer Junior High Sports	
Baseball (7 th & 8 th)	Softball (7 th & 8 th)
Golf (5 th – 8 th)	Cross Country (5 th – 8 th)
Speech(5 th – 8 th)	Cheerleading (6 th – 8 th)
Volleyball (6 th – 8 th)	Basketball (6 th – 8 th)
Scholastic Bowl (5 th – 8 th)	Wrestling (5 th – 8 th)
Track (7 th – 8 th)	Bowling (5 th – 8 th)
Chess (5th-8th)	Soccer (7th & 8th)



Message from the Board of Education

Statement of purpose:

“Children are living messages we send to a time we will not see.” The Board of Education has the responsibility for providing learning opportunities that motivate children to develop all of their talents to their fullest potential including accepting and responding effectively to change, pursuing knowledge beyond the classroom, and attaining the necessary skills to be productive citizens of their community and society. The Board of Education supports a Child Centered Education that will prepare the children of the District for the future by utilizing increased community involvement and developing technology through a reciprocal partnership with family, business and the community.

Homer 33C Athletic Program Mission Statement and Philosophy

The mission of the athletic program in the Homer 33C School District is to promote physical, mental, social, emotional, and moral well-being of the student athlete.

The Homer 33C School District athletic programs are an extension of our educational program. The athletic program allows the student athlete a learning experience to compete with a given set of rules and regulations. The parameters that are established by the coaches, administrators, and the sport itself reflect the same parameters that the student athlete will confront when they reach adulthood and the world of work.

Through voluntary participation, the student athlete gives time, energy, and loyalty to the program. They also accept the training rules and regulations, and responsibilities, which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations and make the sacrifices that are necessary to be an integral part of the team.

The athletic program is an interscholastic competitive and learning program assisting in the fulfillment of the District mission statement. Interscholastic competition is a privilege afforded the student athlete who commits to excellence. Interscholastic competition provides an arena for athletes to focus on building character, dedication, discipline, and team play to accomplish the ultimate goal of obtaining a state championship.

Parent/Coach Relationship

As parents, when your child becomes involved in our program(s), you have a right to

understand what expectations are placed on your child. This begins with clear communication from the coach.

Communication you should expect from your child's coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e., fees, special equipment, off-season conditioning
5. Procedure should your child be injured during participation

Communication coaches expect from parents

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

As your child becomes involved in the programs and Homer Junior High they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches

1. The treatment of your child mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

Issues NOT appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other students/athletes

There are situations that may require a conference between the coach and the parent. These conferences are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach the following procedure should be followed

1. Call/email to set up an appointment
2. If the coach cannot be reached, call/email the Athletic Director
3. Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature do not promote resolution. Please wait at least 24 hours prior to contacting the coach as these can be emotional times for both parent and coach.

Athletic Code

- 1. Practices:** All students are expected to attend all practices and/or meetings unless arrangements are made in advance with their coach. Consequences for an unexcused absence from practice is the responsibility of the supervisor of each particular activity.
- 2. Student Athlete Concussions and Head Injuries:** Homer 33C has adopted a Student Athlete Concussions and Head Injuries Policy 7:305. The policy complies with concussion protocols of the Illinois High School Association requiring that students who exhibit signs, symptoms or behaviors consistent with a concussion in a practice or game should be removed from participation or competition at that time. Additional information regarding concussions will be distributed to all students who participate in Homer 33C student athletic activities and a Head Injury Policy Agreement, signed by the student and parent/guardian, is required in order for students to participate.
- 3. Conduct:** It is the obligation of all students or representatives of Homer Junior High in all interscholastic competition to practice and promote the highest principles of sportsmanship and ethics of competition.

Student-athletes who receive an out-of-school suspension will be excluded from all practices and contests, during the time period of suspension. Individual programs may choose to enforce additional penalties for student misbehavior. Exclusion will begin with the after school period on the day of the suspension.

A. Tobacco/electronic cigarettes/vaping - Smoking, Chewing, or Possession of:

First Offense: The student will be held out of ten percent of athletic season contests. The athlete may continue to practice with the team. Mandatory enrollment in a district tobacco awareness program is required. Recommended counseling programs will be made

available to the athlete and parent by the athletic department. If the student does not enroll and attend the classes, eligibility will be withdrawn and the athlete will be dismissed from the team. The student athlete will not be permitted on another team at Homer Jr. High until classes are completed.

Second Offense: The student athlete will be held out of fifty percent of athletic season contests. Mandatory drug assessment at an authorized agency is required. The athlete or parent will be responsible for any costs incurred for drug assessment.

Third Offense: Loss of athletic eligibility will be enforced for no less than the remainder of the school year.

B. Drugs or Alcohol – Use or Possession of:

First Offense: The student athlete will be held out of twenty-five percent of athletic season contests. Mandatory enrollment in an alcohol and/or drug abuse program will be required. The athlete must complete a school-approved substance abuse assessment and follow the recommendations of the Student Assistance Team. Any contests missed during the suspension count toward the 25% of the season.

**** Note:** If any of the 10% or 25% of the contests in a season cannot be fulfilled, they will be served in the next sport the student participates in, even if this means the following season.

Second Offense: Loss of athletic eligibility for no less than the remainder of the school year will occur.

Third Offense: Loss of eligibility for the remainder of the student's athletic career at Homer Jr. High School 33C.

4. Curfew: Activity participants are expected to abide by the state law on curfew.

5. Appearance: All participants are expected to dress in a manner that will reflect favorably on the school at all times. Clothes should be neat and clean at all times. Individual coaches may enforce additional standards of appearance and/or behavior. 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 in 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.

5. Equipment: Any equipment issued to a participant is the responsibility of that participant. This equipment shall be returned at the end of the season. Students will be assessed a damage/loss fee for equipment that is damaged or lost.

6. Extra-Curricular Policies: Participants must follow the Extra-Curricular Policy established by the Board of Education.

7. Eligibility: Participants must meet the eligibility requirements as established by the I.E.S.A. This includes:

A. Students must maintain a passing average for each class per grading period. B. An "F" in any subject in the current school year quarter will cause a student to be ineligible for a **one-week** period.

C. Ineligible students will be reviewed at the end of the suspension week, and a passing grade will allow reinstatement. Grades will be checked by our administration on a weekly basis.

D. Student eligibility for participation in interscholastic athletic events will be determined on a weekly basis. The academic week for Homer 33C is Monday through Sunday. Students who are determined ineligible on the last day of the academic week will be ineligible through the subsequent academic week. The period of ineligibility will be extended in the event there are less than three school days in the suspension week of days of non-attendance (holidays and student absences).

E. An accumulation of (6) points from the Homer Junior High School discipline code may cause a student to be ineligible for a period of fourteen (14) days from extra-curricular athletics. This ineligibility period will begin from the date of the consequence.

***INELIGIBILITY MEANS:** Students may try out and practice for sports while they are ineligible. However, they may not actively participate in games; i.e. this includes suiting up or attending team field trips.

8. Attendance: Students/athletes are expected to attend a minimum of one-half ($\frac{1}{2}$) of the school day to be eligible to practice or participate in athletic contests or performances unless the day is shortened for the purposes of faculty meetings or faculty training.

9. Concerns: Parent or athlete complaints and/or concerns follow line and staff design: Coach, Athletic Director, Principal, Superintendent, Board of Education.

- 10. Physical Examination:** No student shall be permitted to try-out unless such student has a physical issued by a licensed physician not more than **13 months** preceding such tryout, practice, or contest. Physicals must be within **13 months** of the sport activity and **MUST** be on file in the Athletic Office.
- 11. Other:** Programs may have other rules and regulations for their particular sport, approved by the Athletic Director that will also govern the students involved in a particular sport/activity.

Athletic Code Guidelines:

- 1. Athletic Code:** The Athletic Department and Board of Education has an established Athletic Code which outlines all requirements of the Homer Junior High athlete presented in this guide.
- 2. Classroom:** School can exist without sports, but IESA sport programs cannot exist without school. Therefore, athletes must attend classes, abide by eligibility rules, and place an equal effort into his/her academic responsibilities
- 3. Program Conduct:** Each member of the team is expected **not** to act in a manner that may embarrass or be detrimental to themselves (and family), the team, or the school. Disrespectful behavior and/or detrimental actions will meet with disciplinary action, suspension, or dismissal. If you are not sure a behavior or action is right or wrong, ask a coach first!
- 4. Communication:** Players are encouraged to communicate with their coach. Players should make their coach aware of any physical and/or emotional abnormality. If a player feels he needs a parent present at this meeting, arrangements will be made to set up a time for such a meeting. The parent(s) and/or coach may also request that the Athletic Director attend this meeting.
- 5. Practice:**
 - A. Practice is essential to the improvement of the team. This is where players develop skills, player-to-player relationships, and earn playing time for their dedication and hard work. Team chemistry starts at practice!

- B. The program determines unexcused/excused practices. Communication is the key here. Practices may be scheduled on school days, immediately after and on Saturdays. Please schedule appointments, vacations, and other commitments away from practice times. If you are going to miss a practice, notify the coach ahead of time. If you are going to be late, communicate the situation to your coach.
- C. Practice equipment is the responsibility of the entire team. Practice is finished when all activities have been completed and all equipment is secured.

6. Travel:

- A. Be on time.
- B. We will travel to and from competitions as a group, unless excused by your respective coach to ride with a custodial parent. Your parent must sign a release permission slip to allow you to travel home with someone else.
- C. Once the bus is underway, we expect players to stay seated, unless instructed to move by a coach.
- D. No food is allowed on the bus unless the coaches and driver have given prior permission.
- E. Cell phones with airpods or earbuds will be allowed on the bus.

- 7. New Students:** Any student who moves into the District after tryouts have been completed and meets the eligibility requirements to participate will be given the opportunity for a tryout conducted by the coaches. If they meet the standards of the team, they can be added to the existing squad if the maximum number for that team has not been exceeded.

- 8. Activity Fee:** Each individual who makes an athletic team at Homer Junior High is required to pay a \$40.00 activity fee. This fee will need to be paid through PushCoin. Parents will get a notification that they have a fee to pay. This fee is due as soon as notification is received. After two weeks, athletes will not be able to participate in competition until his/her fee has been paid. Activity fee charges will not be waived if an athlete quits after 2 weeks from the start of the season.

Concussion Information

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 • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise · · • - Feeling sluggish or slowed down • Drowsiness • Change in sleep patterns	• Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question or comment

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 lack of coordination
- Answers questions slowly
- 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. The Return-to- Play Policy of the IESA and IHSA 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 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.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 1/2025