

Evergreen Park Community High School

Athletic Policy Student Handbook

Joining an Athletic Team

- Students must have passed 3 subjects the previous term.
- Students must complete and turn in the parent permission slip.
- Students may not be on the Dean's Loss of Privilege list (L.O.P) due to non-attendance related referrals.
- Students must have a current sports physical exam on file in the Athletic Office.
- Athletic fees will be charged as follows: $25 first season of participation, $25 second season of participation, $0 third season of participation with a family cap of $75.
- Athletic Boosters - Starting Fall 2026, all parents must sign up to work concessions at one event each season that their child competes in. Failure to work one event will result in a $25 charge at the end of the season. This $25 fee goes to the athletic boosters, not EPCHS.

Equipment

- Students are responsible for all equipment issued to them.
- Lost or damaged equipment must be paid for in the Athletic office or you may be placed on the Loss of Privilege list until fee is paid or equipment is turned in.
- All equipment or fees for lost equipment must be turned in prior to awards night.

Letters & Awards - Buildable Certificates

- Freshman-Sophomore Year - student-athletes receive an "e" on their certificate for participation in all non-varsity sports. Underclassmen that participate in a varsity sport and meet the specified requirements will receive an "E" on their certificate.
- Junior-Senior Year (Varsity) - student-athletes receive a Varsity Letter "E" on their certificate for participation in a varsity sport provided the athlete is in good standing with their head coach. Good standing means great attendance, academically eligible, no Loss of Privilege, finishes season, etc.

***For all individual sports (Bowling, Cross Country, Golf, Swim, Track, Wrestling) you must compete in more than 50% of the Varsity contests and be entered in the first level of the state series for their respective sport to earn an varsity "E". If a student-athlete does not meet this requirement, he/she will receive an "e" for that season. All athletes need five varsity "E"'s to be recognized on the 5 Sport Recognition Wall.

Additional awards added to the certificates

- A Four Year Award will be given to athletes that have dedicated four years to a particular program in good standing.
- Sportsmanship Award - All sports teams will present a Sportsmanship award at each level of competition.
- A Most Valuable Player (MVP), Mustang & Coaches Award as designated by the head coach are awarded for each varsity sport. Lower level teams award a JV Coaches Award.
- Recognition such as All-Conference, All-Area, All-State, State Qualifier, etc. are also added to the certificates.

Student-Athletes

***Additionally, our student-athletes strive to earn both the **IHSA Scholastic Achievement** and the **SSC All Academic Award**. Those varsity athletes with a cumulative g.p.a. above 3.5 after their 5th or 7th semester are eligible for these honors. Our varsity teams strive to earn the **IHSA Team Academic Award** given to those teams whose combined g.p.a. is above 3.0.

Loss of Privilege

- Any student who accumulates three TMS assignments or out-of-school suspensions or combination of both will lose privileges to participate on an athletic team for up to 4 weeks effective immediately.
- While under the loss of privilege category, the student is required to attend practices & games, but is ineligible to participate in competition until loss of privilege has been lifted. If the student's behavior is detrimental to the proper functioning of the team, the coach has the authority to remove he/she from team activities as well. Upon completion of the loss of privilege time, the student must attend a meeting with the Athletic Director & Dean – reinstatement is not automatic.

IHSA Eligibility

- Weekly state eligibility will be taken.
- All students must be passing three of their four classes to be eligible or they will sit out one week until the grades improve.
- Any athlete ineligible for four weeks of their respective season due to IHSA requirements will be released from their team to work on their academics. The athlete is not eligible for recognition at awards night.

Quitting a Team or Coach Removal

- You cannot quit a team or be removed from a team & join another team during the same season after the first contest has been played.
- If an athlete quits a team or has been removed from a team after the first contest has been played, he/she cannot go out for another sport until the conclusion of the next sport/season unless released. Parent /Guardian will be notified by Head Coach and/or the Athletic department.
- For an athlete to be released Coaches & the Athletic Director will make a ruling.
- *Example: student quits or is removed from a team in the spring (after the first contest has been played), this student is not eligible to participate in another sport until the winter season of the following year.*
- Reasons Athlete will not be released to participate in a sport the following season:
    - 3 or more unexcused absences
    - Lack of commitment to team & program
    - Manipulation of rules/policies
    - Jobs/Babysitting/Vacation
    - Continual coach/athlete or athlete/athlete conflicts
    - Playing time
    - Being placed on the LOP list multiple times

Injured During the Season

- If you are injured in any way during a practice or game you must report that injury immediately to your coach.
- If your injury requires medical attention, a signed release from your doctor & parent is required *before* you can practice or participate in a contest.
- If you become injured during the season & want to remain part of the team, you must attend practices & help at games. This is to be worked out with the coach. If you do not fulfill these requirements, you will be dropped from the team roster & will not be eligible for any awards.

Student Attendance Requirements & Absences from Practices/Contests

- *Miss Practice Unexcused*: Minimally not starting in the next game or competition.
- *Miss Practice Excused*: No consequence - Illness, family emergency, special circumstances school approved.
- *Miss Game Unexcused*: Sit out next game or competition.
- *Miss Game Excused*: No consequence - Illness, family emergency, special circumstances school approved.
- Prom Weekend: Prom is now on a Sunday night so there will be practice and/or games on the Saturday before for all teams and individuals. Any absence will be treated with the above policies. The Monday after prom may also have games/playoff games scheduled.
    - Any absence will be treated with the above policies.
    - For a student to be able to participate in practice or athletic events they must attend school for ½ of the day (actual time of school day contact hours). The following is the time cut off for the three different bell schedules EP currently has. Students can fulfill the ½ day requirement before or after the following times.
        - 12 pm-Regular school day
        - 11 am- Fridays
        - 10 am- School Improvement days

      This does not include an athlete who is out of building due to a ***documented*** absence or school field trip.

Locker Rooms

- Each student will be assigned a locker & that number will be recorded by his or her coach.
- All male & female athletic lockers MUST have a green school lock on lockers. Green athletic locks must be purchased through the PPS. All other locks will be removed.
- Students are not to deface or mark locker room walls, signs, etc.
- No towels are to be kept in lockers. Towels are to be placed in the container or piled outside of the locker room.
- Any student caught or videotaped propping a door in the locker room or hall will receive a warning detention & a suspension from playing time.

Games

- You must attend all games required by your coach.
- If you are a member of the team & do not show up for the game, this will be unexcused & you may be suspended from future contests.
- When going on an away trip, you **must** go & come home on the bus. Exception, if parents/or guardians are present, they can request in writing to the coach to take you home. (This applies only to your child, not other teammates.)

Practices

- You must attend practice at the time designated by your coach.
- If you are in school you must attend practice unless excused by your coach.
- Three unexcused absences and you may be dropped from the team.
- To be excused for being tardy to practice, you should give the coach a pass from the teacher or club sponsor whom you were working with.

IHSA Unsportsmanlike Conduct Policy

- "*UNSPORTSMANLIKE CONDUCT"* will include: fighting, verbal abuse/dissent directed toward an official or opponent, racial or ethnic slurs, profanity/obscene gestures, flagrant/violent fouls, taunting, trashtalking, baiting, cheating, throwing/abusing equipment, physical intimidation or abuse of an official or opponent, and unauthorized leaving the team bench area.
- When a player is ejected from a contest they may not play the rest of that contest. In addition, the ejected player may not play in the next interscholastic contest at that level of competition, whether held the same day or subsequent day, and all other interscholastic contests at any level in the interim. If an athlete is ejected from the last contest of a season, he/she may not play in the first contest of the next interscholastic sport/activity in which the player participates. *The coach who was in charge of the player who was ejected must report the ejection directly to the A.D. *immediately*.
- A full written description of the incident, utilizing the IHSA Special Report Form, must be mailed by the official to the principal of the ejected player and the IHSA within 48 hours of the incident.
- During a suspension for unsportsmanlike conduct, players may not attend contests or travel with the team to and from contests for which they have been suspended.

Early Dismissals

- It is the philosophy of the Athletic Department to approve early dismissals only when absolutely necessary.
- On days when the athletes have early dismissals the athletes must not leave their classes prior to the approved dismissal time.
- Athletes are expected to make up any work missed due to an early dismissal.
- Athletes must report directly to the locker rooms after stopping at their lockers and board the bus as a team as soon as everyone is dressed.
- Early dismissals are a privilege and not a right. Any athlete not following the above guidelines or any athlete leaving the school building will be suspended from team competition indefinitely.

Personal Wellness Center (PWC)

- The PWC will be made available before and after school for qualified students.
- All students using the PWC are under the guidelines and direction of the certified staff member acting as the supervisor. For minor violations of conduct, students will receive a warning and on a second offense lose their privilege to use the PWC. After a student loses his/her privileges to use the weight room, they must have written permission from the Athletic Director before returning to the PWC.
- The PWC is a co-ed facility and all students must be dressed appropriately. You may not bring personal belongings into the PWC at any time.

CONDUCT CODE FOR PARTICIPANTS IN EXTRACURRICULAR ACTIVITIES (Board Policy 7:240)

The Administration, in cooperation with the Handbook Committee, shall develop a conduct code for all participants in extracurricular activities consistent with Board of Education policy and the rules adopted by any association in which the School District maintains a membership. The conduct code shall: (1) require participants in extracurricular activities to conduct themselves as good citizens and exemplars of their school at all times, including after school, on days when school is not in session, and whether on and off school property, and (2) notify participants that failure to abide by it could result in removal from the activity. The conduct code shall be reviewed by the Administration periodically at their discretion and presented to the Board.

All coaches and sponsors of extracurricular activities shall annually review the rules of conduct with participants and provide participants with a copy. In addition, coaches and sponsors of interscholastic athletic programs shall provide instruction on steroid abuse prevention to students participating in these programs.

Performance Enhancing Drug Testing

State law requires the Illinois High School Association (IHSA) to prohibit a student from participating in an athletic competition sponsored or sanctioned by IHSA unless the student has agreed, (a) not to use any performance-enhancing substances on IHSA's current banned drug list, and (b) to submit to random testing for these substances in the student's body if the student is in high school. In addition, the student's parent/guardian must sign a statement for IHSA containing specific acknowledgments including that the student, if in high school, may be subject to random performance-enhancing substance testing and that violating the laws regulating the use of performance-enhancing substances are a crime.

IHSA, with oversight from the Illinois Department of Public Health, administers a performance- enhancing substance testing program under which high school participants in athletic competition sponsored or sanctioned by IHSA are tested at multiple times throughout the athletic season for the presence in their bodies of performance-enhancing substances on the IHSA's banned drug list.

Student Athlete Concussions and Head Injuries (See Board Policy 7:305)

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/.

EXTRACURRICULAR ACTIVITIES CODE

The primary purpose of the Evergreen Park Community High School Extracurricular program is to:

1. Foster the development of wholesome attitudes and leadership qualities.
2. Create and maintain loyalty both to the school and team.
3. Improve physical and mental conditioning and playing skills.
4. Encourage respect for rules and authority.
5. Establish the ideals for good sportsmanship.

It is our philosophy that: It is a privilege to participate in extracurricular activities and that with privileges come responsibilities. Those who accept the privilege of participating in extracurricular activities are expected to uphold the extracurricular code for the entire school year. Consequences will be given to those who do not uphold the code.

Student conduct is closely observed in many areas of life. It is essential that his/her behavior be above reproach. Therefore, we will not tolerate the following types of behavior.

- Insubordination
- Possession of or use of alcohol, tobacco, drugs or other substance
- Attendance at a party where alcohol is being served to minors
- Intimidation
- Fighting and/or possession of weapons
- Intentional damage of or theft of school property or the property of others
- Verbal abuse or profane gestures
- Repeated misbehavior
- Acts which directly or indirectly jeopardize the health, safety, and welfare of school personnel or other students.
- Violations of school rules and regulations which could generally be regarded as being unbecoming of a student participating in extra-curricular activities as determined by the coach, club/activity sponsor, athletic director, or other school officials.

CONSEQUENCES

Those students who do not follow the code and knowingly violate this code will be disciplined in accordance with the extracurricular code. Offenses accumulate over the course of four years. The following consequences are guidelines which will be followed by the coaches, Athletic Director, Activities Director, and the Administration. If the Administration agrees in determining that the violation or violations committed are sufficiently serious to warrant such, any step may be omitted and any more serious consequence, up to and including permanent removal from athletics/activities, may be imposed. The code does not apply to events, activities, or requirements that are a part of the course expectations or the restorative justice program.

Step 1 - The student shall have a mandatory parent meeting with the administration. The student will be required to meet with the social worker. The student will be required to complete a mandatory restorative justice component (6-10 hours). The restorative justice component must be completed within two weekends from being placed on this step.

Step 2 - The student shall have a mandatory parent meeting with the administration. The student will be required to meet with the social worker. The student shall lose eligibility for the next 2 weeks from their current season and/or the next season they compete in (minimum 2 contests/events, not to exceed 4 contests/events) from their athletic/activity contests/events but must still attend practice. The student can reduce the suspension to 1 week (minimum 1 contest/event, not to exceed 2 contests/events) by completing a restorative justice program that pertains to their violation that is preapproved by the administration prior to the suspension being reduced (10-15 hours). The restorative justice component must be completed within two weekends from being placed on this step.

Step 3 - The student shall have a mandatory parent meeting with the administration.The student shall lose eligibility for the next 4 weeks from their current season and/or the next season they compete in (minimum 4 contests/events, not to exceed 8 contests) from their athletic/activity contests but must still attend practice unless coach decides otherwise. The student can reduce the suspension to 2 weeks (minimum 2 contests, not to exceed 4 contests) by completing a restorative justice program that pertains to their violation that is preapproved by the administration prior to the suspension being reduced (15-20 hours). The restorative justice component must be completed within three weekends from being placed on this step.

Step 4 - The student shall have a mandatory parent meeting with the administration. The student shall lose eligibility for the remainder of the current season and the next extracurricular season (maximum 2 seasons). The student can regain eligibility based on a recommended restorative justice from the administration (15-20 hours). The restorative justice component must be completed within three weekends from being placed on this step.

Step 5 - The student shall have a mandatory parent meeting with the administration. The student shall be permanently suspended from extracurricular activities for the remainder of their high school career. The student may appeal to the administration in writing for reinstatement after 1 calendar year.

The extracurricular activities code begins with the first day for fall IHSA sports/activities and ends with the last day of spring sports/activities for the school year. Serious violation of the extracurricular code may result in immediate and/or permanent suspension from extracurricular participation, practice, and contests per the discretion of the administration. Gross misconduct/disobedience will be at administrative discretion.

PARTIES/DRINKING POLICY

Any student in an extracurricular activity who has a gathering of people at their residence where alcohol or drugs are consumed will be placed on step 4 and be ineligible for a minimum of the remainder of the current season and the next extracurricular season or event. Anyone who is in an extracurricular activity who attends the gathering will be placed on step 1 for the first offense. Future offenses will result in further disciplinary action. Consequences may be reduced if the student seeks and completes a school approved restorative justice program. Possible examples include but are not limited to: alcohol/drug awareness classes, counseling, psychological counseling/therapy, drug testing/screening, community service, restitution. Approval of programs must be given by the Administration. Program fees are the responsibility of the student and their parent/guardian. A written appeal must be received within 10 school days of notification of the proceeding decision.

NCAA

▪ Any athlete interested in participating in Division I or Division II sports should begin the certification process by the end of their junior year. For additional information please contact your counselor or the Athletic Director. Go to NCAA eligibility center http://eligibilitycenter.org.

Parents & Athletes

- The goal of the athletic department is to have every athlete and his/her parents view this presentation and sign off that they understand the policies set forth by the athletic department prior to competing.
- The sign in sheets will be available in your individual team meetings.

In Conclusion

- EPCHS is proud of all of its athletes for their dedication and hard work both on the field and in the classroom.

Good luck this season and GO MUSTANGS!!!

11/5/26