

ARCOLA JUNIOR/SENIOR HIGH SCHOOL HANDBOOK FOR ATHLETIC ACTIVITIES 2011-2012 School Year

We believe that participation in athletic competition should be a part of the total experience for all youths that attend Arcola schools.

We believe that participation in a sound athletic activity contributes to the development of health and happiness, physical skill, emotional maturity, social competence, and moral values.

We believe that the spirit of play and the will to win are valuable to the development of a healthy mind.

We believe that competition is a wholesome equalizer because individuals are judged for what they can do, not on the basis of the social, ethnic, or economic group to which their families belong.

We believe that participation in athletic competition is a privilege and that participants must accept the responsibilities that go with that privilege.

We believe our program participants should maintain high standards of conduct both in and out of school.

Please note that the stipulations of this handbook are in effect 24 hours per day, 7 days per week, 365 days per year.

ACTIVITIES OFFERED AT AHS SUBJECT TO THE HANDBOOK

Football, girls' volleyball, boys' golf, girls' golf, boys' basketball, girls' basketball, baseball, softball, boys' track, girls' track, football cheerleaders, basketball cheerleaders, dance team, and Scholastic Bowl All of the programs listed, participate in full interscholastic schedules, both conference and non-conference. They are also eligible for competition in the state-sponsored tournament at the conclusion of the regular season.

PLAYER/PARENT MEETING

The purpose of the player/parent meeting is to promote cooperation and better understanding of the philosophies, rules, goals, and objectives of each athletic program. It is mandatory that a parent/guardian and the program participant attend a pre-season meeting. All parents and participants will receive a copy of the Arcola Jr/Sr High School Handbook for Athletic Activities at this meeting. The handbook must be reviewed and signed yearly by a parent/guardian and the participant.

ATHLETIC TEAMS

Students will be eligible to participate in an activity according to participation requirements approved by the IHSA, the Arcola CUSD #306 Board of Education,

Administration, coaches and sponsors.

STUDENTS PARTICIPATING IN MULTIPLE EXTRA-CURRICULAR ACTIVITIES

Although students are not prohibited from participating in more than one extra-curricular activity, conflicts may arise. When conflicts occur, the following rules will be followed.

1. Students must choose their favored activity and that activity will take precedence in regards to practices and games.
2. Once the favored activity is selected, the player, coaches and AD and parents/guardian if requested, will meet to commit in writing an agreement detailing the upcoming season.
3. In developing this “agreement” the following will be taken into consideration:
 - a. In season practices/games have precedence over out of season practices/games/open gyms.
 - b. Games/meets have precedence over practices/open gyms
 - c. State/Conference events have precedence over non-conference events.

IHSA ACADEMIC ELIGIBILITY REQUIREMENTS

In accordance with Section 10-20.30 of the School Code, and in conjunction with Section 3.0000 of the IHSA Handbook, and school district rules, the Board has determined eligibility requirements to be as follows:

I. Weekly Eligibility

- a. Students shall not be failing more than two (2) classes *and shall be passing work in at least twenty (20) credit hours of high school work per week.* (IHSA rule 4.021)
- b. Any student who fails to meet the minimum requirements established in Paragraph A, Section I of this policy, shall be suspended from further participation in any school sponsored, school supported, or extra-curricular activity for one calendar week.
- c. **The weekly eligibility grade is determined by the semester average grade.**

II. Semester Eligibility

- a. Students shall not be failing more than two (2) classes and be on track for graduation as determined by the final semester grades submitted by the classroom teachers. **Determination for being on track for graduation will begin after the 1st semester of the high school career.**
- b. Any student who fails to meet the minimum requirements established in Paragraph A, Section II of this policy, shall be suspended from

further participation in any school sponsored, school supported, or extra-curricular activity for the ensuing semester.

- c. Each coach will review rules and standards to which all team members must adhere.
- d. Students trying out for cheerleading must be academically eligible at the time tryouts are held.

IHSA BY-LAW 3.020 SCHOLASTIC STANDING

3:021 They (students) shall be doing passing work in at least twenty (20) credit hours of high school work per week.

3:022 They (students) shall, unless they are entering high school for the first time, have credit on the school records for twenty (20) credit hours of high school work for the previous semester. Such work shall have been completed in the semester for which credit is granted or in a recognized summer school program which has been approved by the Board of Education and for which graduation credit is received.

ACADEMIC ELIGIBILITY REQUIREMENTS/ IESA BY-LAW 2.040 **SCHOLASTIC STANDING**

2.041 All contestants shall be in grades five through eight and shall not have passed eighth-grade standing.

2.042 A student shall be doing passing work as determined by the local school district in all school subjects and the school shall certify compliance with this By-Law. Use of a player, contestant, or participant shall be deemed such certification.

2.043 For all IESA activities, athletic as well as non-athletic, passing work shall be checked weekly to govern eligibility for the following Monday through Saturday. Students must be passing each subject each week to be eligible. For fall sports, the first eligibility check shall be made following the first full week of attendance at the beginning of the school year. During the succeeding weeks of the school year, the eligibility check shall begin the week prior to the first contest in an activity.

2.044 The eligibility check shall be the same day each week unless school is not in session; then it must be taken on the last day of student attendance that week.

2.045 Grades shall be accumulative for the school's grading period. **(Grade determination will be based on the current quarter status of the student. Eligibility will be governed by the current quarter grade status unless the student has failed in the preceding quarter. If a student is failing at the end of a quarter they are ineligible and will remain ineligible into the next quarter until they establish a passing grade for the present quarter.)**

RULES AND REGULATIONS

1. All Athletic program participants must be covered by school insurance or a signed insurance waiver stating they have comparable insurance.

2. All Athletic program participants must have a physical as required by the IHSA.
3. All program participants and their parent/guardian must sign this handbook yearly before participation will be allowed.
4. Any program participant who is absent from school the last three (3) class periods of the day will not be permitted to practice or participate in the athletic contest. Also, they will not be allowed to make the trip on the bus. EXCEPTION: Dentist or doctor appointment, funeral or other excuse subject to the approval of the principal and/or athletic director.
5. Program participants needing to miss a practice are required to consult with the coach/sponsor prior to the absence unless it is an emergency.
6. Program participants are responsible for equipment and must pay the replacement cost of the equipment that is lost or damaged.
7. The coach's/sponsor's offices and training rooms are "off limits" to students unless they have been given permission by the coach/sponsor.
8. Program participants may lift weights/utilize gymnasiums only if a staff supervisor or coach/sponsor is present in the weight rooms/gymnasiums.
9. All program participants are to wear school-issued equipment. The school-issued equipment may not be worn outside the IHSA-Sanctioned activity without the permission of the coach/sponsor.
10. When enroute to and from a scheduled IHSA-Sanctioned contest, and in the presence of the public, program participants not attired in team uniforms should dress to the standards set by the respective coaches/sponsors.
11. Locker rooms should be left in an orderly fashion. Soda pop/All-Sport, etc. should not leave the locker room except if the student is leaving the building.
12. When school is closed or dismissed early due to inclement weather, IHSA-Sanctioned activities and cheerleading and dance team practices shall not be held with the exception of Tournament play.
- 13 Program participants not eligible to participate may not be dismissed early for any IHSA-Sanctioned activity.
14. Program participants quitting a squad for non-medical reasons after the first IHSA-Sanctioned competition may not participate in open gym, open weight room, or start a new IHSA-Sanctioned activity until the previous activity season is completed.
15. Program participants serving a full day of OUT OF SCHOOL SUSPENSION, during the season, will not be allowed to participate during the length of the suspension. If a contest does not occur during that time period, the participant will miss the next contest.
16. All program participants are expected to ride the school-provided transportation to and from the IHSA-Sanctioned activity. EXCEPTION: A note, signed by the parent/guardian, stating that the participant is riding with his/her parent/guardian must be given to the coach/sponsor and the coach/sponsor must give permission.
17. Program participants are required to follow any additional rules and regulations established by the coach/sponsor in that IHSA-Sanctioned activity. These rules are to be distributed at the initial mandatory meeting.

INJURIES

1. In the case of injury, which is not documented, the coach/sponsor may require the program participant to attend practice, but participation is at the discretion of the coach/sponsor.

2. Any school-connected injury shall be immediately reported to the coach/sponsor. The principal and Athletic Director shall be notified as soon as possible.
3. If an individual has any special medical problems and/or treatments that might impact the program participant's ability to compete and/or practice, Arcola High School requires that the proper medical information be placed on file in the **District Nurse's office**.
4. It is the responsibility of the program participant to bring to the **nurse's** office, written release from the doctor if that participant has received a disabling injury or illness. The **nurse** will keep such a release on file.
5. A program participant not participating in Physical Education class due to a physician's note will not participate in practices/contests for the duration of the physician's note.

ADDITIONAL RULES AND REGULATIONS

Note: Offense of the following rules and regulations will be of a cumulative nature. These rules will carry over the entire high school career of a program participant. Junior high school students will not carry over to the high school. However, an eighth grade student will assume high school status the day after completion of junior high school. Also, these rules and regulations apply during 24 hours per day, 7 days per week, 365 days per year.

The following are prohibited serious offenses

1. Drug, Alcohol and Tobacco

Except with respect to prescription drugs used by the person for who such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look alike, tobacco or tobacco product or any other substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited. For the purpose of this procedure, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

2. Criminal Offenses (including all offenses which are defined under Illinois or Federal criminal codes as misdemeanors or felonies). A conviction by a court of law is not prerequisite to disciplinary measures under this handbook.
3. Severe and/or repeated acts of bullying.
4. Conduct, which is unsportsmanlike or brings disrepute to Arcola CUSD #306.

Student athletes are cautioned that their presence in circumstances where prohibited activities are occurring shall/may constitute the conclusion that the student athlete was participating in those prohibited activities. Student athletes are advised to

avoid circumstances where they might be so implicated. A student athlete shall immediately leave or make a good faith effort to leave any place where substances prohibited by this handbook are present or are being used, or where other prohibited conduct is occurring, upon the student athlete becoming aware of the presence of prohibited activities, and a failure to do so shall may, for purposes of this handbook, be considered participation in the prohibited conduct by the student athlete. Suspension from the team involves the actual IHSA-Sanctioned competition. Practice may still be required.

CONSEQUENCES

1. The first offense shall result in a 1/3 suspension of the regularly scheduled competitive season at the time of violation. Example: If the first violation occurred during football and nine (9) games were scheduled, the participant would be suspended for three (3) games. If the first violation occurred during track and eighteen (18) meets were scheduled, the participant would be suspended for six (6) meets.) **The suspension is based on playable contest and not necessarily games on the schedule.** Any suspension not completed will carry over to the next competitive season for that participant. The suspension will be based upon the higher level at which the participant practices and participates in and will encompass all IHSA-Sanctioned contests in-between.

Suspensions may carry over into post season play.

For the first offense only, a student who remains violation free for a period of 365 days from the suspension will have a “clean record” and the previous violation will not be considered in further disciplinary actions with regard to this athletic code. This may only happen one time during the student’s time at Arcola High School.

2. The second offense shall result in a 2/3 suspension of the regularly scheduled competitive season at the time of violation. Example: If the first violation occurred during football and nine (9) games were scheduled, the participant would be suspended for six (6) games. If the first violation occurred during track and eighteen (18) meets were scheduled, the participant would be suspended for twelve (12) meets.) **The suspension is based on playable contest and not necessarily games on the schedule.** Any suspension not completed will carry over to the next competitive season for that participant. The suspension will be based upon the higher level at which the participant practices and participates in and will encompass all IHSA-Sanctioned contests in-between. Suspensions may carry over into post season play.

3. A Third (3rd) violation will result in suspension of his/her IHSA-Sanctioned activities for one calendar year.

4. A Fourth (4th) violation will result in termination of his/her IHSA-Sanctioned activities career.

The participant will begin the school year with the violation status he/she has at the present time. Ex: If the student had one (1) violation from the previous handbook, he/she will move to the second (2nd) violation status if and when he/she has another offense. The same will be true of a student/athlete who had a second (2nd) violation from the

previous handbook.

Please note: Any program participant who has served a suspension is not eligible for All-Conference Nomination or for an MVP Award during the season that the suspension occurred.

Alleged violations shall be reported to the High School Principal and/or the Athletic Director and/or administrative level employees of the Arcola School District #306. The High School Principal and the Athletic Director will make a determination whether or not the report of the alleged violation is of a credible nature. In the event that the report of the alleged violation is determined to be of a credible nature the High School Principal and the Athletic Director will conduct an investigation in a timely manner (not to exceed 14 days from the time an administrative level employee is made aware of the alleged violation). Should the investigation reveal that the handbook's stipulations have been violated the High School Principal and the Athletic Director will render a decision consistent with the AHS Athletic Handbook.

When a violation has occurred, a meeting will be scheduled in a timely manner (not to exceed 14 days from the time an administrative level employee is made aware of the alleged violation) of the violation. The Athletic Director, Principal, the program participant, and the parent(s)/guardian(s) of the participant will discuss the nature and circumstances of the violation and the present and future consequences of the violation. The head coach/coaches **will** be invited to this meeting.

If a hearing is requested to appeal the decision rendered by the Athletic Director and Principal, the program participant and their parent(s)/guardian(s) must make written notice of this within five (5) calendar days of the decision to the Superintendent who will serve as the hearing officer for the appeal.

It is impossible to list every possible infraction that could occur. Violations occurring which are not listed in this policy, will be handled by the Arcola High School Principal and Athletic Director. The integrity of all IHSA-Sanctioned activities for Arcola High School will be maintained at all times.

ILLINOIS HIGH SCHOOL ASSOCIATION

PERFORMANCE-ENHANCING DRUG TESTING

The information below is designed to answer some of the most frequent questions asked

of the IHSA regarding anabolic steroids, dietary supplements, and drug-testing. Its aim is to provide interested individuals with the necessary and correct information in order to ensure the safety of student-athletes. Individuals with further questions can contact the IHSA electronically at general@ihsa.org.

FAQ'S

Q: What exactly does IHSA By-Law 2.170 address?

A: Approved overwhelmingly by the membership in 2006, By-Law 2.170 prohibits individuals associated with member schools from distributing anabolic steroids or performance-enhancing dietary supplements to student-athletes. It further details what things school personnel can distribute although the ultimate responsibility for taking any kinds of substance is the student-athlete. The by-law also establishes “banned drug classes” that student-athletes should be aware of when they consider taking anything aimed at improving their performance.

Q: How will the association’s testing program be affected by the “Banned Drug Classes”?

A: All tests conducted as a part of the association’s testing program will be for the established banned drug classes.

Q: Can I take creatine?

A: Creatine is a dietary supplement that is sold in many forms by a number of manufacturers. Dietary supplements that are sold over the counter and through the internet are under-regulated by the U.S. FDA. Athletes are advised that the use of dietary supplements is at the user’s own risk.

The list of ingredients and claims made by a manufacturer are not necessarily backed up by reliable, scientific research.

Q: Speaking of supplements, how do I know if one is okay or not?

A: As mentioned earlier, passage of IHSA By-Law 2.170 created a “banned drug classes” that are prohibited from being distributed to student-athletes. That list also provides direction to the association and its performance-enhancing drug-testing program in terms of what substances for which students will be tested. As mentioned earlier, ultimately the use of

supplements is at the student's own risk.

Q: What is the penalty then for taking a substance that is on the IHSA's banned list?

A: **The IHSA's performance-enhancing drug testing program will randomly select students who represent their school in any IHSA athletic state series contest. At this time, the testing program will not extend into the summer months or the regular season. In the event a member school discovers that one of its student-athletes has taken a substance from the association's banned drug classes will be subject to the penalties called for in his/her school's Athletic Policy/Code of Conduct. The penalties associated with the IHSA's performance-enhancing drug testing program pertain to those violations found as a result of the association's post-season testing.**

Q: What will the penalties be for a student who tests positive for a banned substance?

A: **The IHSA Board of Directors has determined that student-athletes who have been found to have violated the association's performance-enhancing drug testing program will be suspended from interscholastic participation for a period of one year from the date of their notification of the violation. Students may petition for reinstatement of their athletic eligibility after 90 days provided they meet the requirements set forth by the Board of Directors. Additionally, member schools will be subject to penalties for a violation of the testing program as determined by the Executive Director on a case by case basis.**

Q: What other resources are available for students, coaches, or parents regarding the dangers of steroids and dietary supplements?

A: **The IHSA has a dedicated page for Sports Medicine Special Topics and can be accessed by going to www.ihsa.org. Over the past three school years, the IHSA has attempted to raise awareness on the use of performance-enhancing drugs by high school student-athletes through a number of educational units and other media. A number of resources are available through the associations SMAC page noted above, including specific information on the performance-enhancing drug testing program. The IHSA has also developed a video detailing the drug testing program that schools can access through the Schools Center on the IHSA website.**

CONCLUSION

The IHSA's Sports Medicine Advisory Committee has studied the issues surrounding anabolic steroid and dietary supplement use and drug testing of student-athletes for a number of years. The committee has taken efforts to raise awareness on these issues and is committed to continuing efforts to provide resources to schools.

Studies have shown that high school students across the nation, including Illinois, are using anabolic steroids and dietary supplements to increase athletic performance at great risk to themselves. And it is because of this concern for the health of student-athletes that the IHSA is considering developing a drug testing program.

During the 2007-08 school term, additional information regarding drug testing, including all testing protocols that would be utilized will be made available to member schools and the public through the IHSA website.

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