

**WEST CARROLL
COMMUNITY UNIT SCHOOL
DISTRICT #314**



**EXTRA-CURRICULAR
HANDBOOK
2016 - 2017**

ADOPTED BY THE WCSD BOARD OF EDUCATION **4/20/2016**

Table of Contents

Activities	3
Scholastic Requirements	3
Middle School.....	3
High School	4
Age Qualifications for Middle School & High School Activities.....	4
WCSD Athletic Paperwork	4
Middle School Level.....	4
High School Level	4
Uniform/Equipment policy	4
Busing policy	5
Club/Class Officer Requirement	5
Student Conduct.....	5
Prohibited Student Conduct	5
Student Violations.....	6
IHSA Consent to Random Steroid Testing	6
Consequences for Engaging in Prohibited Conduct.....	6
Interscholastic Activities.....	6
Clubs and other performing activities.....	7
Notice to Parents	7
Extra-Curricular Specific Rules	7
Procedure for Squad Reduction	7
District Philosophy Regarding Commitment to Winning and Playing Time.....	8
Participation in Extra-Curricular Activities: Attendance and Discipline	8
Athlete Dismissal	8
Sportsmanship.....	8
Coaches/Advisors Role.....	8
Students Role	9
Fans Role	9
Parent/Coach/Sponsor Communication Plan	9
Communication you should expect from your child’s coach/sponsor:.....	10
Communication coaches/sponsors expect from parents:	10
Appropriate concerns to discuss with coaches/sponsors:	10
Issues not appropriate to discuss with coaches/sponsors:	10
If you have a concern to discuss with a coach/sponsor, the procedure you should follow is:	10
What a parent can do if the meeting with the coach/sponsor did not provide a satisfactory resolution:	11
Spectator Conduct at School Events	11
Statement of Non-Discrimination	11
IHSA Guidelines	12
Concussion Information Sheet	14
What can happen if my child keeps on playing with a concussion or returns too soon?.....	14
If you think your child has suffered a concussion	15

West Carroll District 314 believes that the district's extracurricular offerings provide a valuable addition to the core academic curriculum. Therefore, students are encouraged to participate in our extracurricular offerings to enrich their experience in the West Carroll Schools. Involvement in extracurricular activities is offered as a **privilege** to students.

For West Carroll students, the following are some of the benefits of involvement in extracurricular activities:

1. The opportunity to be in a leadership role
2. The chance to face adversity and effectively deal with it
3. The opportunity to exhibit sportsmanship even in the midst of trying circumstances
4. The chance to demonstrate one's talents in a forum much different from the classroom
5. The opportunity to forge relationships and be a part of a team effort towards achieving shared goals
6. The chance to encounter challenges that require diligent work and stretch one's limits
7. The opportunity to improve one's physical health and wellness

Activities

Students participating (or ultimately desiring to participate) in the following activities will be required to adhere to the guidelines established in this code book:

Drama Club	FCCLA	Interact Club	National Honor Society	Scholastic Bowl
Science Club	Servant Leadership	Spanish Club	Spring Play	Student Council
Track	Cheerleading	Football	Baseball	Volleyball
Golf	Basketball	Wrestling	Softball	Cross Country

Music and FFA activities that do not include the whole group but instead are selected or are auditioned for will be considered extra-curricular activities.

Scholastic Requirements

Eligibility will be figured weekly and will be calculated every Tuesday. If an extra-curricular participant is deemed ineligible due to grades, then competition will be missed for 7 days, Tuesday through Tuesday. Students who are academically-ineligible for the week are required to attend games and practices but will not be able to compete in games. On a case-by-case basis, the head coach or activity leader will determine the extent of the ineligible student's practice participation. Discretionary measures may or may not include practice with the team, traveling with the team, and using practice time as study time.

Ineligible students will not travel with the team for games that require an early dismissal from school.

Once competition has begun during a season, if a student is academically ineligible four times, he or she will be removed from the team.

Please Note: A student who is removed from one team for academic ineligibility may not join a different squad during the same sports season.

Middle School

In order to participate in extracurricular offerings, students must maintain a passing grade (D- or better) in all subjects including exploratory classes.

High School

In order to participate in extracurricular offerings, students must be passing at least 7 classes out of the 8 classes that will comprise a full-time schedule. In accordance with IHSA guidelines, students attending the alternative school need to be passing all their classes in order to be eligible to participate. The calculation of eligibility will be made based on a cumulative semester average. Students will need to have passed 7 out of 8 classes during the previous semester in order to be eligible.

Age Qualifications for Middle School & High School Activities

For all seventh-grade athletic activities a student shall be eligible through age fourteen (14). If a student in a seventh grade athletic activity becomes fifteen (15) at any time after the beginning date of practice for an activity he/she is not eligible to participate in that activity.

Other than activities designated as seventh grade activities as noted above, a student shall be eligible through age fifteen (15). If a student becomes sixteen (16) after beginning date of practice in an activity he/she is not eligible to participate in that activity.

No student is eligible to participate at the same academic grade level for two different school years in the same sport.

Participation in one interscholastic contest in a sport constitutes one season of eligibility in that sport.

Age eligibility is specified by the IHSA and certain conference sports. A high school student shall be eligible through age 19 unless the student shall become 20 during a sport season in which event eligibility shall terminate on the first day of such season.

WCSD Athletic Paperwork

In order to participate in West Carroll extra-curricular activities, students must submit the following forms to their Athletic Director:

Middle School Level

1. West Carroll School District Athletic Consent Form
2. West Carroll School District Athletic Rider Permission Slip
3. Current Physical Form (IHSA Physical Form is preferred)

High School Level

1. West Carroll School District Athletic Consent Form
2. West Carroll School District Athletic Rider Permission Slip
3. IHSA Parent and Student Agreement/Acknowledgement form for Performance-Enhancing Substances Testing Policy
4. IHSA Concussion Information Sheet
5. Current Physical Form (IHSA Physical Form is preferred)

Uniform/Equipment policy

In order to be issued a uniform(s)/equipment for a sport a student must have all uniform(s)/equipment turned in from the previous sport they participated in.

Busing policy

West Carroll students are required to ride school-provided bus transportation back to school from “away” extracurricular events, unless their parents have signed the “bus release form” (located on the back of the consent form). If the form is signed, students are allowed to ride home from contests with grandparents and parents of teammates who have been identified on the release form. If the policy is violated by an extra-curricular participant they will be mandated to ride the bus home the remainder of the season.

Club/Class Officer Requirement

To encourage participation in leadership roles, a West Carroll student may only hold one office in a club or class per year, excluding the National Honor Society.

Student Conduct

West Carroll extracurricular participants will be held to a high standard of behavior. These students are the “face” of our district; accordingly, it is their example that will determine the reputation of our district. Certain conduct is prohibited, and students are expected to refrain from the conduct described below throughout their West Carroll athletic careers.

It is the hope of West Carroll District 314 employees that students have access to the help of West Carroll District 314 when addressing their problems. Therefore, if a student comes forward to a West Carroll employee to identify a problem (e.g. substance abuse) and look for help in reaching a productive solution, that student will not be given a violation. However, the student may not invoke this privilege once he or she has already been caught in violation of West Carroll policy, whether by a West Carroll employee, an officer, and any other means. Please note that this privilege cannot be used more than three times in a sixth-twelfth grade career by a student.

These policies are in force year round and for a student’s entire career in the West Carroll School District, and any student violations of the code of conduct are cumulative. A student entering West Carroll High School as freshmen will begin with a “clean slate,” both academically and with regards to “prohibited conduct.” In other words, middle school conduct will not carry over to high school. As it concerns school policy, a student’s high school career begins the day of middle school graduation.

Prohibited Student Conduct

No West Carroll athlete/participant is to be using, buying, selling, delivering, or in possession (this includes car, locker, on self) of:

- A. Illegal drugs which include any type of mood altering drugs
- B. Legal drugs taken inappropriately
- C. Tobacco
- D. Alcohol
- E. Any look-alike drugs
- F. Possession of drug paraphernalia
- G. Weapons
- H. Steroids or other performance-enhancing drugs

In addition, no West Carroll athlete/participant is to be involved in conduct unbecoming of the type of young man/woman who will represent West Carroll District 314 in a public forum. This conduct includes but is not limited to sexual assault, theft, battery, arson, gang activity, vandalism, behavior problems at school, inappropriate cell phone usage, etc. For lesser infractions, it is up to the discretion of the administrative

panel - comprised of the principal, assistant principal and athletic director - to determine the level of consequences.

Please Note: West Carroll students are expected to separate themselves from the behaviors outlined above. In other words, students are instructed to stay away from places in which prohibited conduct is occurring or will occur.

Please Note: A student under suspension for conduct outlined above is still expected to be in attendance at all practices and games.

Student Violations

Violations of this code of conduct may be reported by any staff member or administrator in the West Carroll School District provided the report is based upon actual witnessing of the violation by the reporter. The student is considered in violation if said student admits his or her violation to any staff member or administrator, or if reported by their parents/guardians to any staff member or administrator. A violation of the code may also be determined by a report of a law enforcement officer, court officer, or news media.

IHSA Consent to Random Steroid Testing

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. All West Carroll high school students will have to sign the IHSA consent form before they can practice.

Consequences for Engaging in Prohibited Conduct

Interscholastic Activities

Infraction 1: Student will be unable to participate in an amount of games/activities equal to 50% of the regular-season game schedule (completed by rounding if necessary). Should the violation occur after school has let out for summer vacation or should it occur at any other time when the student is not an active participant in a qualified activity, the suspension will commence on the Monday of the first week that competition begins in the next interscholastic activity in which he/she is involved in. Suspensions not fulfilled will carry forward into post-season competition.

Note: If the student begins a school-recognized treatment program and is progressing to the satisfaction of the school-endorsed counselor or the student completes fifty (50) clock hours of community/school service the penalty is reduced to 25% of the regular-season game schedule (completed by rounding if necessary and one tournament day equals one contest). An unfinished penalty will carry over to the next sports' season, and a student must complete that season in good standing in order to have successfully served his or her penalty.

Infraction 2: Student will be unable to participate in West Carroll extracurricular offerings for 1 calendar year. Should the violation occur after school has let out for summer vacation or should it occur at any other time when the student is not an active participant in a qualified activity, the suspension will commence on the Monday of the first week that competition begins in the next interscholastic activity in which he/she is involved in.

Note: If the student completes 50 clock hours of community/school service, the penalty is reduced to 6 calendar months.

Infraction 3: The student is no longer allowed to participate in West Carroll extra-curricular offerings.

Please Note: The process for dealing with Extra-curricular code violations will be the same as that of a regular school suspension. If a student accrues more than one offense the penalties will run consecutively.

Clubs and other performing activities

Infraction 1: Student will be unable to participate in all rehearsals, practices and/or performances for a period of one month. Should the violation occur after school has let out for summer vacation or should it occur at any other time when the student is not an active participant in a qualified activity, the suspension will commence on the first day of participation.

Note: If the student begins a school-recognized treatment program and is progressing to the satisfaction of the school-endorsed counselor, the penalty is reduced to two weeks.

Infraction 2: Student will be unable to participate in rehearsals, practices and/or performances for 1 calendar year. Should the violation occur after school has let out for summer vacation or should it occur at any other time when the student is not an active participant in a qualified activity, the suspension will commence on the first day of participation.

Note: If the student completes 50 clock hours of community/school service, the penalty is reduced to 6 calendar months.

Infraction 3: The student is no longer allowed to participate in West Carroll extra-curricular offerings.

Notice to Parents

The notice to the parents shall include:

- A. A statement of the reasons for the suspension, including any school rule which has been violated.
- B. The dates and duration of the suspension.
- C. A statement of the parents' right to request a review of the suspension with the Superintendent.
- D. A statement that the failure to request such a review within five (5) days after of the notice, or eight (8) days after the date of the mailing, whichever is earlier, shall be deemed a waiver of the right to review hearing with the Superintendent. A review will be at the regular monthly school board meeting.
- E. Notification of the right to be represented at the suspension review hearing by an attorney or other representative.
- F. A copy of the suspension review hearing procedures

Extra-Curricular Specific Rules

Individual activity rules and policies will be made, handed out, and enforced by the respective head coaches/sponsors.

Procedure for Squad Reduction

The number of athletes that dress for games will be limited by the following factors: (1) keeping with IHSA guidelines, (2) the coaches' plan for maximizing our program's potential, (3) the number of uniforms, and (4) busing limitations. In addition, squad reductions will take place in volleyball and basketball. The tryout process will be made at the discretion of the coaching staff.

District Philosophy Regarding Commitment to Winning and Playing Time

In the West Carroll School District, the goal of our extra-curricular teams is to be successful. General program definitions of success are as follow:

1. Compete with integrity
2. Maximize our potential (i.e. Provide our students with the best possible athletic experience and win to the greatest degree possible with our level of talent)
3. Achieve the vision outlined by each respective head coach

We want as many students as possible to participate in WC extra-curricular programs. We value the contributions of all participants, even if they are not on the playing surface. In order to determine who makes the roster and how playing time is dispensed amongst team members, coaches are expected to take the following into account: which players give the program the best chance to be successful (as determined by the criteria established above).

Balancing playing time and commitment to winning:

1. Our ultimate goal is to win at the varsity level; therefore, the best 9th-12th grade players in the program will play at the varsity level
2. Our secondary goal is to use our non-varsity levels of competition to prepare to one day win at the varsity level; therefore, freshman, fresh-soph, JV, and middle school contests will be used to best prepare us to win at the varsity level
3. As long as parameters 1 and 2 are first and foremost being met, we will attempt to compete for conference championships at the fresh-soph level of competition
4. Middle school competition will be conducted with the knowledge that it is of vital importance to get as many students as possible involved and on the court/field/mat

Participation in Extra-Curricular Activities: Attendance and Discipline

1. Must be in attendance by the start of third period (**or 9:30 a.m.**)
2. Participants must remain in school the rest of the day to participate/attend that day's after-school-hours activity unless there is a reason for the student not to be present that has been pre-approved by the administration
3. Students are **not allowed** to participate in after-school or evening activities on the day of their in-school assignment or after-school assignment.

Athlete Dismissal

No athlete who is dismissed from one squad for disciplinary reasons shall be eligible to compete in another sport during that same sport season.

Sportsmanship

Activities in our schools have earned an outstanding reputation in the area of school and community sportsmanship. Our students and fans have always conducted themselves in a commendable manner. Everyone is very proud of this reputation and works hard at upholding it. Please review the following suggestions for future consideration.

Coaches/Advisors Role

A coach/advisor is a representative of our school, activities department, and community. They are often times the most visible representative of our school district and should conduct themselves with this in mind at all times. It is a role filled with responsibility, and coaches will display good sportsmanship by:

WEST CARROLL CUSD #314 EXTRA-CURRICULAR HANDBOOK

1. Exemplifying high moral character, behavior, and leadership
2. Respecting the rights and integrity of each individual student
3. Abide by, and teach, the rules of activities in letter and spirit
4. Teach and model acceptable behavior and conduct of our students while also pointing out conduct that is not acceptable
5. Respecting the integrity and judgment of officials
6. Display modesty in victory and graciousness in defeat
7. Displaying positive actions in public at all times
8. Not use profanity or obscene language or improper actions
9. Follows WCSD policies at all times

Students Role

An activity participant is respected and admired by the student body, the spectators, and the children in the community. It is a role filled with responsibility, and good sportsmanship can be shown by:

1. Living up to the standards of sportsmanship established by your coach/sponsor
2. Understands that participating in activities is a privilege and not a right
3. Learning the rules of the activity and discussing them with parents, fans, and students of all ages so all can have a better appreciation of the activity
4. Remembering that you are representing yourself, your school, family, and community
5. Respecting your opponents and offering encouraging words and refrain from taunting or “trash talking”
6. Respecting the integrity and judgment of officials
7. Win and lose with class and dignity
8. Displaying positive actions in public at all times
9. Following WCSD policies

Fans Role

The spectators at an athletic contest have an extremely important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others see the reputation of your school and community. Fans should always:

1. Compliment student-athletes in their attempts to improve and learn
2. Realize that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious
3. Respect both players and fans of opposing teams
4. Know and understand the rules of the game
5. Respect the decision of an official and admire their willingness to publicly officiate student-athletes, in the best interests of interscholastic sports
6. Cheer good performances, regardless of uniform color and refrain from negative cheering towards either team or officials
7. Remember that controlled substances (alcohol, tobacco, drugs, etc) are prohibited on school grounds and refrain from using them in the vicinity of school grounds where it may be visible by students or other spectators
8. Recognize and compliment the efforts of coaches, officials, league and school administrators for their interest in expanding education

Parent/Coach/Sponsor Communication Plan

Both parenting and coaching/sponsoring are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student-athletes. As parents, when your son or daughter becomes involved in our program, you have a right

to understand what expectations are placed on your student-athlete. This begins with clear communication from the coach/sponsor of your student-athlete's program.

Communication you should expect from your child's coach/sponsor:

1. Philosophy of the coach/sponsor.
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., practices, special equipment, out-of-season conditioning, meetings.
5. Discipline that may result in the denial of your child's participation.

Communication coaches/sponsors expect from parents:

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

As your children become involved in West Carroll extra-curricular activities, 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/sponsor is encouraged.

Appropriate concerns to discuss with coaches/sponsors:

1. The treatment of your child, mentally and physically.
2. Ways to help your child realize his or her potential and understand his or her capabilities in the extra-curricular activity.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing/participating as much as you may hope. Coaches/Sponsors are professionals. They make judgment decisions based on what they believe to be the 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/sponsor. Other things, such as those listed next, must be left to the discretion of the coach/sponsor.

Issues not appropriate to discuss with coaches/sponsors:

1. Playing time.
2. Team strategy and positioning of players.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These 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 or concern.

If you have a concern to discuss with a coach/sponsor, the procedure you should follow is:

1. Call to set up an appointment.
2. West Carroll High School's telephone number is 815-273-7715, or West Carroll Middle School's telephone number is 815-244-2002.
3. If the coach/sponsor cannot be reached, call the athletic director. A meeting will be set up for you.

Please do **not** attempt to confront a coach/sponsor before or after a contest, practice, or meeting. These can be emotional times for both the parent and the coach/sponsor. Meetings of this nature do not promote resolution.

What a parent can do if the meeting with the coach/sponsor did not provide a satisfactory resolution:

Call and set up an appointment with the athletic director to discuss the situation. We hope the information provided within this plan makes both your child's and your experience with West Carroll extra-curricular activities less stressful and more enjoyable.

Spectator Conduct at School Events

Any individual, including an adult, who behaves in an unsportsmanlike or disruptive manner during any school event or meeting (including Board meetings) may be ejected from the event or meeting. The individual is also subject to being denied admission to school events or meetings for up to one calendar year, provided the procedures contained in this policy are followed. Examples of unsportsmanlike or disruptive conduct include, but are not limited to the following: (*West Carroll District 314 Board Policy 8:40*)

1. Using vulgar or obscene language
2. Possessing or being under the influence of any alcoholic beverage or illegal substance
3. Possessing a weapon, or any object that can reasonably be considered, or looks like, a weapon
4. Fighting or otherwise striking or threatening another person
5. Failing to obey the instructions of a security officer or School District employee
6. Engaging in any activity that is illegal or disruptive

Statement of Non-Discrimination

It is the policy of West Carroll School District # 314 not to discriminate on the basis of disability or sex in access to, use of or employment in the School District's programs, services, and activities pursuant to Title IX of the Education Amendments of 1972, the Rehabilitation Act of 1973, and the Americans with Disabilities Act. The School District has designated the Superintendent as their coordinator for implementing these statutes. He can be contacted at 801 South Street, Thomson, Illinois, or by calling 259-2735. Please contact him with any questions or concerns between 8:00 a.m. and 4:00 p.m., Monday – Friday.

This handbook is not intended to create a contractual relationship with the student; rather it is intended to describe the school and its current general practices, procedures, rules, and regulations at the time of publication for appropriate code of conduct. The rules and procedures are subject to change without prior notification.

IHSA Guidelines

In order to participate in activities in which West Carroll is entered into IHSA competition, West Carroll students must meet all IHSA eligibility requirements.

IHSA

Illinois High School Association

(For 2016-2017 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules.

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your Principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules; please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of four (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or

- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. **You cannot be eligible when you transfer until this form is fully executed and on file in the school office.**
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer **after the IHSA sport season has begun**, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 3. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on

WEST CARROLL CUSD #314 EXTRA-CURRICULAR HANDBOOK

your eligibility must be obtained from the IHSA Office.

- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.
- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.
Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - 1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the bylaws.
 - 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high

school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

Concussion Information Sheet

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

- | | |
|--|---|
| <ul style="list-style-type: none"> • 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 • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • 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/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 incoordination
- Answers questions slowly
- Slurred speech
- 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. 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/>