

OKAW VALLEY C. U. S. D. #302



HOME OF THE TIMBERWOLVES

**EXTRACURRICULAR HANDBOOK
2010-2011**

THE SPORTSMAN'S CREED

The Player

- He lives clean and plays hard. He plays for the love of the game.
- He wins without boasting. He loses without excuses, and he never quits.
- He respects officials and accepts their decisions without question.
- He never forgets that he represents his school.

The Coach

- He inspires in his athletes a love for the game and the desire to win.
- He teaches them it is better to lose fairly than to win unfairly.
- He leads players and spectators to respect officials by setting a good example.

The Official

- He knows the rules.
- He is fair and firm in all decisions. He calls them as he sees them.
- He treats players and coaches with courtesy and demands the same treatment for himself.
- He knows the game is for the athletes, and lets them have the spotlight.

The Spectator

- He never boos a player or official.
- He appreciates a good play, no matter who makes it.
- He knows the school gets the blame or the praise for his conduct.
- He recognizes the need for more sportsmanship and fewer "poor sports".

PROCLAMATION OF UNDERSTANDING

Each participant shall receive and the participant and parent(s)/guardian(s) shall sign for receiving a copy of this Extracurricular Handbook prior to participation in the school's program of extracurricular activities. ***The student and parent(s)/guardian(s) signature indicates responsibility for reviewing the contents and abiding by the rules contained in the handbook.*** Amendments may be added periodically to this extracurricular handbook by the administration with Board approval. The extracurricular staff and administration will take appropriate action for any situation or incident not specifically covered in this handbook.

Adopted April 22, 2010 by the Board of Education.

Okaw Valley Schools insure equal educational opportunities are offered to students, regardless of race, color, national origin, age, sex, religion, or handicap.

OKAW VALLEY COMMUNITY UNIT SCHOOL DISTRICT #302

EXTRACURRICULAR PHILOSOPHY

The Okaw Valley CUSD #302 believes that participation in a dynamic program of extracurricular activities is important to the educational development of the student. Research indicates that a student involved in extracurricular activities has a greater chance for success as an adult. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

The Okaw Valley Schools extracurricular programs provide a variety of experiences which contribute to a good character and a positive attitude. Extracurricular activities function as a supplement to the academic curriculum. Extracurricular activities provide the opportunity for lessons in sportsmanship, teamwork, and competition, and they contribute to pride in one's school. They offer opportunities to serve the school, to assist in the development of fellowship and good will, to promote self-realization and all-around growth, and to encourage good citizenship

Participation in extracurricular activities is a privilege extended to the student body by the Board of Education. Participation is a privilege that carries with it responsibility to the school, the activity, the community, and the students themselves. Extracurricular activities add to our school spirit and help all students - spectators and participants - develop pride in their school. Thus, students who wish to participate are subject to the rules and standards and their related consequences.

Students participating in extracurricular activities must adhere to all rules as stipulated in the Extracurricular Code of Conduct and the Okaw Valley C. U. S. D. #302 Student-Parent Handbooks. However, rights to education granted in the Student-Parent Handbooks do not apply to extracurricular activities, rules, or consequences. Extracurricular participation is a privilege, not a right.

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EXTRACURRICULAR ACTIVITIES

Extracurricular activities are those activities which are organized and sponsored by the school district, but do not include graded courses, or classes or activities for which academic credit is received, or such special events as may be approved by the administration.

For the 2010-2011 school year, participation in the following extracurricular clubs, organizations, sports, and activities will be offered to the students of Okaw Valley C. U. S. D. #302. For specifics on participation/membership in any competitive activity, club or organization, please contact the coach/sponsor.

Okaw Valley High School

Athletic Programs

Football Co-Op	9 – 12 (boys)
Basketball	9 – 12 (boys & girls)
Track	9 – 12 (boys & girls)
Baseball	9 – 12 (boys)
Softball	9 – 12 (girls)
Volleyball	9 – 12 (girls)
Golf Co-Op	9 – 12 (boys & girls)
Cheerleading	9-12

School Organizations

Bass Fishing: Bass fishing is an IHSA activity that is open to all high school students. The students compete in various events as they learn and hone the skills of bass fishing.

Drama Club: Any high school student who wishes to learn about theater is eligible to join the drama club. The drama club will stage performances to both small and large groups.

FCCLA: FCCLA is one of the largest vocational student organizations in the U.S. Established in 1945, it encourages personal growth and leadership development in teens through home economics education. Any student, through the 12th grade, who is taking or has taken a course in Home Economics and/or Home Economics Related Occupations can become a member.

FFA: Students currently or previously enrolled in any of the Agriculture Education courses may become a member of the FFA at Okaw Valley High School.

Girls Varsity Club: The Okaw Valley Girls Varsity Club is an organization with

membership from those who have lettered in a girls' varsity sport at Okaw Valley High School.

Letterman's Club: The Okaw Valley Letterman's Club is an organization with membership from those who have lettered in a boys' varsity sport at Okaw Valley High School.

National Honor Society: The National Honor Society is made up of sophomores, juniors and seniors who have maintained an overall grade point average of 3.4 or better on a 4.0 scale and sophomores who have maintained an overall grade point average of 3.7 or better on a 4.0 scale. Members are chosen by a faculty committee who rate the eligible students on the four traits of scholarship, character, leadership and service.

S. A. D. D.: Students Against Disastrous Decisions is an organization devoted to the promotion of total elimination of drinking and driving. Any student may join this organization.

Scholastic Bowl: Scholastic Bowl is an extra-curricular organization whose main purpose is to challenge the minds of students in all areas of academic endeavor.

Science Club: This is open to any student interested in promoting and learning more about the area of science. Guest speakers and trips will be the resources of this club.

Spanish Club: The Spanish Club is an organization made up of students interested in furthering their knowledge of cultures other than their own.

Student Council: The Student Council is an organization elected by students to represent them in a common form of student participation. Student Council members seek to assume and discharge responsibilities, to promote team work between themselves and faculty, and develop faith and respect within their fellow students.

Okaw Valley Middle School

Sports

Basketball	7 & 8 boys
Basketball	7, & 8 girls
Track	6, 7, & 8 (boys & girls)
Baseball	6, 7, & 8 (boys)
Volleyball	6, 7 & 8 (girls)
Cheerleading	7 & 8

Activities

Class Officers	Grades 6, 7 & 8
Scholastic Bowl	Grades 6, 7 & 8

Eco Team	Grades 6, 7 & 8
Student Council	Grades 6, 7 & 8
FFA	Grade 8

EXTRACURRICULAR CODE

Preamble:

Participation in extracurricular activities in Okaw Valley C.U.S.D. #302 is a privilege extended to the student body by the Board of Education. This Code of Conduct is an attempt to state expectations and help influence positive behavior of those students representing the Okaw Valley Schools and to combat the presence and use of drugs, alcohol and tobacco by Okaw Valley students. Students who participate in certain extracurricular activities, as identified by the Board of Education, serve as role models for other students and may instill high standards of conduct, composure and integrity in other students in the Okaw Valley Schools. In addition, the student leaders and participants in specified extracurricular activities represent Okaw Valley Schools and depict its character. Accordingly, the students who participate in the extracurricular activities of the Okaw Valley Schools are expected to conform their conduct at all times throughout the school calendar year to the highest standards of propriety.

Application:

This policy applies to Okaw Valley students in Grades 6 through 12 participating in those extracurricular activities which the Board of Education, the Administration, Faculty, students and members of the community recognize to be positions of leadership within the Okaw Valley Schools.

The Student Code of Conduct shall be enforced by the Administration during the school calendar year only; provided, however, that the Policy will be applied outside the calendar year starting on the earliest practice date approved by the Illinois High School Association and extending through the last student attendance day of the school year or the final dates of the activity, whichever is later. During that time for those participants, the Code of Conduct shall be in full force.

- The Code of Conduct shall be enforced throughout the school calendar year, without regard to the length or duration of a particular extracurricular or athletic activity.
- The Code of Conduct shall be enforced after school hours, on weekends and during vacations, excluding summer vacation, except as follows.
- The Code shall apply during the summer vacation months if and only if the sport or extracurricular organization in question conducts an activity during those months and then only from the beginning of a series of such activities until the end of the series of activities.

- The Extracurricular Code rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale.

Definitions:

Gross Disobedience or Misconduct is any conduct, behavior or activity, as defined by the Board of Education in its policies, which causes or may reasonably cause school authorities to forecast substantial injury or disruption or material interference with school activities or the rights of other students or school personnel. The Board of Education hereby finds that if students subject to this Code engage in misconduct while off campus, outside of school hours, a direct relationship exists between the conduct and the school's educational function, as the student is a school leader and a role model for other students.

Other Conduct is any conduct, behavior or activity which does not meet the ideals for good character, citizenship, leadership or sportsmanship, including, but not limited to, conduct for which an arrest has been made by law enforcement officials or conduct which violates training rules.

Suspension is the exclusion of a student from an activity for a period of time determined by the Board of Education or appropriate school personnel.

Standard of Conduct:

Any student who is a member of a team and/or organization is prohibited from engaging in gross disobedience or misconduct during the entire school calendar year, either on or off school grounds at any time. Students participating in activities that officially begin prior to or extend after the school calendar year (i.e. IHSA/IESA opening and closing dates) will adhere to this Code beginning with the opening date of the activity through the final dates (when appropriate) of that activity. If the extracurricular sport/organization conducts an activity during the summer vacation, the Code shall apply from the beginning of such series of activities until the end of the series of activities.

Gross disobedience or misconduct shall include, but is not limited to, the types of conduct designated in the Board of Education's Student Discipline Policy which is incorporated into this Policy (See Student-Parent Handbook).

Application of Discipline:

If the suspended student is participating in an activity at the time of the suspension and the penalty will not be fulfilled by the end of that activity's season, the remainder of the penalty will be applied to another activity as designated by the Principal and/or Athletic Director, Superintendent, or Board of Education, as appropriate. A student, with principal permission, may elect to participate in a sport or activity in which he/she has not previously participated, in

order to serve the suspension. The student must successfully complete the season of the sport or activity.

Students participating in cooperative extra-curricular activities with another school district will be subject to the team rules and the home school "Code of Conduct".

Suspension and Due Process:

Prior to the imposition of discipline for violation of this Code, a student shall be afforded due process, including notice of the alleged violation and an opportunity to offer an explanation of the facts. Any student alleged to have violated this Code shall be afforded all of the rights and privileges allowed to a student subject to suspension, including the right to a review as delineated in the section of the Student Handbook entitled "Due Process".

EXTRACURRICULAR CONFLICT

A student is responsible for informing his/her sponsors/coaches of possible conflicts when the student is involved in multiple activities. If a student is scheduled to participate in two school activities whose times overlap or conflict, the teachers, coaches, or sponsors involved should cooperate so that the students may participate in both events.

If this is not possible, the following priority guidelines will determine in which event they should participate.

1. A class related activity where a student earns a grade (example: field trip, science project fair, or choir performance, etc.) will take precedence over an extracurricular practice or performance.
2. A regional qualifier that could lead to state or national levels take precedence over a performance, competition, or game.
3. A performance, contest or game takes precedence over a practice or rehearsal, and will take precedence over cheerleading participation in the event of a championship game or if failure to participate would result in forfeiture of a game.
4. If two competitions or performances or two practices or rehearsals are in conflict, the student may choose either without penalty as long as they inform both teachers (coaches, sponsors) of their choice a day in advance. Failure to inform the teacher (coach, sponsor) in writing, in a timely manner may result in the student suffering the normal consequence for failure to show up.
5. If there are continual schedule conflicts between two activities, either sponsor (teacher, coach) may ask the student to choose between the activities with the advice and consent of the principal.

EXTRACURRICULAR ELIGIBILITY

Middle School:

The Illinois Elementary School Association (IESA) governs middle school guidelines for extracurricular activities. Okaw Valley C. U. S. D. # 302 abides by these guidelines and has established additional rules for the safety and welfare of its extracurricular participants.

Attendance

Students must attend IESA member schools and may represent in competition only the school in which they are enrolled.

Scholastic Standing

1. IESA member schools are required to check students' grades on a weekly basis to determine if participants are eligible to participate in interscholastic activities. OVMS students must be performing passing work on an accumulative basis.
 - All contestants/participants shall be in grades six through eight and shall not have exceeded eighth grade standing.
 - Weekly checks will determine eligibility for the following Monday through Saturday. For example, if grades are checked on Friday and a student is determined to be ineligible, the student will be ineligible starting the following Monday morning. The student can still participate on Saturday, prior to Monday morning. The following Friday, the process is repeated and if it is determined that the student is passing all subjects, the student then becomes eligible again the following Monday morning. However, the student remains ineligible on the Saturday prior to the Monday morning of gaining eligibility because of the previous week's failure to meet grade requirements. Ineligible athletes will be required to attend Homework Help sessions until the period of ineligibility is over and may not attend home or away games as a team member.
 - Grades shall be cumulative for the grading period (quarter). Ex.: When a grade check is made during the sixth week, the grade check is an accumulation of all grades earned for weeks one through six.
 - At the end of the first week of the new grading period, the weekly grade check will no longer cover weeks one through nine, but instead, will cover the accumulative grades of this new grading period. In this case, only one week would be checked in week ten. During week sixteen, for instance, the weekly grade check would account for accumulative grades earned from weeks ten through sixteen.

2. Middle School Teams are regulated by the IESA and all athletes must meet certain

requirements to be eligible.

- physical
- insurance coverage or insurance waiver
- paid \$30 athletic fee
- follow IESA guidelines
- meet eligibility requirements
- follow Extracurricular Code
- purchase required equipment/uniform when necessary

3. Each sport has a minimum number of athletes needed for participation. Each sport also has a maximum number of athletes able to participate.

<u>Minimum Participation</u>	<u>Maximum Participation (IESA Tournament)</u>
Baseball 12 or less	18
Basketball 9 or less	15
Volleyball 9 or less	15

4. Sixth, Seventh, and Eighth Grade students must meet the following participation guidelines:

- All 6th, 7th, and 8th grade students who participate on the middle school teams must abide by all IESA rules and regulations.
- The middle school basketball and volleyball programs consist of three grade level teams. The practice of moving lower grade level players to higher grade level teams is prohibited unless necessitated by academic ineligibility on the part of grade level participants or due to inadequate student participation (not enough players on any one team).
- Students may participate in either or both grade levels of the IESA state tournaments for which they are qualified. Eighth graders are never permitted to play on seventh grade teams.
- Students who participate on a school squad in basketball shall be limited to a maximum of 80 quarters in any one season, exclusive of the IESA tournament series.
- Students who participate on a school squad in basketball shall be limited to a maximum of four quarters per day (8 quarters when competing in a regular season tournament at the same grade level).
- Participation in a quarter shall mean that a student actually competes (regardless of the length of time) in a quarter of a game.
- No basketball team representing a member school shall, in any one season and exclusive of the IESA series, participate in more than: (a) 18 games and no tournaments; (b) 16 games and 1 tournament; (c) 14 games and 2 tournaments.

High School:

The Illinois High School Association (IHSA) governs high school guidelines for extracurricular activities (See IESA Athletic Eligibility Rules, page 22). Okaw Valley High School abides by these guidelines and has established additional rules for the safety and welfare of its extracurricular participants.

These additional guidelines and rules are established and are consistent with the Little Okaw Valley Conference rules, the advised legal guidelines for Illinois high schools, and with Okaw Valley CUSD #302 Board of Education Policy.

Attendance:

Students must attend IHSA member schools and may represent in competition only the school in which they are enrolled.

Cheerleading:

The High School cheerleading squad will have tryouts each spring for the following school year. The tryouts will be conducted by 3-4 judges whose scores will determine which students make the squad. Only one of the judges may be affiliated with Okaw Valley High School. After the completion of tryouts, up to 12 participants with the highest scores will make the team and up to 2 participants may serve as alternates.

Scholastic Standing:

IHSA member schools are required to check students' grades on a weekly basis to determine if participants are eligible to participate in interscholastic activities.

- Okaw Valley students must be performing passing work on an accumulative basis.
- All contestants/participants shall be in grades nine through twelve.
- Weekly checks will determine eligibility for the following Monday through Saturday (See eligibility criteria in the student-parent handbook.). For example, if grades are checked on Friday and a student is determined to be ineligible, the student will be ineligible starting the following Monday morning. The student can still participate on Saturday, prior to Monday morning. The following Friday, the process is repeated and if it is determined that the student is passing all subjects, the student then becomes eligible again the following Monday morning. However, the student remains ineligible on the Saturday prior to the Monday morning of gaining eligibility because of the previous week's failure to meet grade requirements.
- Grades shall be cumulative for the semester. Ex.: When a grade check is made during the eighteenth week, the grade is an accumulation of all grades earned for weeks one through eighteen.
- At the end of the first week of the new semester, the weekly grade check will no longer cover weeks one through eighteen, but instead, will cover the accumulated grades of this new grading period. In this case, only one week could be checked in week nineteen. During week twenty-five, for instance, the weekly grade check would account for

- accumulative grades earned from weeks nineteen through twenty-five.
- If a student fails more than 1 class in a semester, he/she will not be eligible for any extracurricular activities the following semester. (This rule applies for fall to spring semester and spring to fall semester.)

Grade Checks and Ineligibility All Levels:

Students' grades will be reported to the athletic director and/or principal before 12:00 p.m. on Monday, or the first day of the academic week. The grades should reflect any work completed from Monday through Friday at 3:00 p.m. or the previous week.

Ineligibility Notification:

Each coach/sponsor of a middle school, or high school extracurricular activity is responsible for knowing and informing students, individually and in a confidential manner, of their ineligibility. Parent(s)/guardian(s) will be notified by mail of their child(ren)'s ineligibility. Parent's may request e-mail notification of ineligibility by contacting the school office.

Ineligible athletes will be required to attend Homework Help sessions until the period of ineligibility is over and may not attend home or away games as a member of the team.

Removal from Team/Activity:

Athletic Teams: After four (4) consecutive weeks' OR five (5) cumulative weeks of ineligibility, a student will be removed from the team.

Clubs and Organizations: After three (3) consecutive OR seven (7) cumulative weeks of ineligibility, a student may not participate again until the grade becomes eligible. Students are allowed to start over at the beginning of the next semester.

GENERAL RULES: MIDDLE SCHOOL AND HIGH SCHOOL

Athletic Participation:

Participants in extra-curricular athletic activities and their parents must attend a pre-season meeting at which the Extra-Curricular Code of Conduct will be explained. Students must turn in the following items prior to participation.

- Extracurricular Code signed by student and parent(s)/guardian(s)
- signed medical information form
- insurance coverage or insurance waiver

- physical examination form signed by a physician, advanced practice nurse, or a physician assistant
- extracurricular fee of \$30 (max limit per family: \$60)

Club/Organization Participation:

Students involved in club or organizational activities must turn in the following items prior to participation:

- Extracurricular Code signed by student and parent(s)/guardian(s)
- signed medical information form
- student driving information form (if applicable)

Attendance Requirements:

In order to participate on a particular day, a student must follow these attendance guidelines:

- Students must attend school the half-day immediately preceding the extracurricular activity or contest. Non-attendance day activities which begin at noon or later are exempt. Non-attendance day activities begin with the departure of the bus from school.
- Anticipated absences will not generally exclude the student from participation in extracurricular activities. The anticipated absence from school must be an excused absence such as a doctor/dental appointment, death in the immediate family, funeral, etc. Participation will be at the discretion of the building principal.
- Student participants in extracurricular activities are required to be in school on school days following an athletic contest or activity. Illnesses are an exception. However, if a pattern of absence or excessive tardiness develops on days following contests/events, the coach/sponsor may require the participant to sit out all or a portion of the next contest/event.
- Un-excused absences will exclude the student from participation in extracurricular activities.

Care and Return of Equipment/Materials:

Students are responsible for the care and return of all extracurricular equipment and/or fund raiser materials issued by Okaw Valley CUSD #302.

- Students must turn in all materials requested by coach/sponsor.
- Students must pay for any lost or stolen equipment/materials.

Changing Activities:

To change extracurricular activities during a semester, the following guidelines must be followed:

- A student who is removed, or who removes him/herself, from an extracurricular activity

- will not be permitted to join any comparable extracurricular activity.
- To gain approval for changing activities, the student must first turn in all equipment, materials, and/or monies owed prior to requesting the change.
 - A student may petition the administration and athletic director to join the second activity.

Dress & Appearance:

Students' hair must be well-groomed. To participate, the following guidelines must be met:

- individual coaches may establish rules governing hair; however the minimum requirement shall be that the length of hair should be short enough, or put up, to avoid injury.
- hair devices must meet IESA and IHSA standards.
- hair paint/glitter is considered unsafe for participation.

The wearing of jewelry and body pierces is strictly prohibited.

- Jewelry and body piercing are strictly prohibited during competitions and practices.
- Tattoos should be covered during extracurricular competitions and practices.

Exclusion from Classes:

Whenever an athlete is excluded from classes, AER/in-school or out-of-school, that athlete is not eligible to practice or play/compete during the time of the exclusion.

Injury/Illness:

A student must report any injury and/or illness to his/her sponsor/coach prior to practice/game, or when injury and/or illness occurs. The coach/sponsor must document this notification as a protection to the student and the school.

When a student is seen by a physician for injury and/or illness and the physician states in writing that the student may not participate in an extracurricular activity, then, the student may not resume participation without a physician's release to participate. A parent/guardian may sign a waiver stating that the student may participate and that the parent(s)/guardian(s) will assume responsibility for any continued injury and/or illness. The school has the right to reject any waiver that is not a physician's release to participate.

Players Not in Uniform:

Any athlete who is not in uniform for a game will be required to attend the game in street clothes and sit in the area assigned by the coach or sponsor. Ineligible athletes may not attend home or away games as a member of the team.

Sportsmanship:

All visiting teams are our guests and should be treated with courtesy and respect. Students should accept all decisions of the officials graciously and strive to win honestly without boasting. Students may be barred from participation in the athletic program if found to be in violation of the principles of good sportsmanship. Spectators will be subject to the district policies regarding conduct on school property and sportsmanship (8:30 and 8:40) at both home and away events. Student spectators are also subject to the school discipline policy.

Unsportsmanlike Behavior:

Any student ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IESA or the school may assess.

Any coach or sponsor ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next interscholastic contest for his/her particular team.

Any spectator who behaves in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event and/or denied admission to school events for up to a year after a School Board hearing.

Examples of unsportsmanlike conduct include:

- using vulgar or obscene language;
- possessing or being under the influence of any alcoholic beverage or illegal substance;
- possessing a weapon;
- fighting or otherwise striking or threatening another person;
- failing to obey the instructions of a security officer or school district employee;
- engaging in any activity which is illegal or disruptive;
- and making inappropriate remarks to officials, coaches, participants, or school personnel.

Transportation:

Only school transportation means will be used unless otherwise approved by the building principal. Any student riding a bus to an event is required to ride that bus from the event unless:

- Middle School coaches may not insist that student participants ride the school-owned vehicle home from events.
- Only high school coach or sponsor is provided with a written permission statement signed by the parent/guardian of the student, that student participant or spectator may ride home from the scheduled destination with the following: parent/guardian, grandparents, parents of other students. At the high school level, the coach/sponsor may insist that

- student participants ride the school-owned vehicle in order to build team spirit, etc.
- The student is a participant in two separate school-sponsored activities that are scheduled at nearly the same time. In this circumstance the building principal has the authority to approve alternate plans for travel to and from the events. Such alternate plans must be in writing and signed by the parent/guardian of the student.

Violating School Rules:

Students who violate school rules are advised that they may receive penalties under the Student-Parent Handbook as well as the Extracurricular Code of Conduct.

GUIDELINES: EXTRACURRICULAR PRACTICES AND CONTESTS

1. Unless specified by the coaches or sponsors, all practices are closed to spectators and or non-designated school personnel
2. Practice/contests may not be held if school has been dismissed early due to adverse weather conditions or building malfunction.
3. If school has been canceled due to weather conditions or building malfunction (water, heating problems, etc.), no extracurricular practices/activities may be held without administrative approval.
4. Students may not be penalized in any way for missing a practice or contest due to adverse weather conditions.
5. All practices shall be scheduled by the athletic director with input from the coaches/sponsors. Practice schedules shall consider the following:
 - weather conditions
 - final or midterm examinations
 - attendance at religious services
 - family holiday celebrations
6. Practices held before school must be completed by 7:55 a. m. Students entering the building for practice are considered to be in attendance for school and may not leave the building without an administrator's authorization and parent(s)/guardian(s) permission.
7. No practices will be held on Sundays or major holidays. These include Labor Day, Veteran's Day, Thanksgiving, Christmas, New Year's Day, and Memorial Day.
8. Practices on non-school days may not start before 7:00 a. m.; all practices must finish prior to 8:00 p. m.

9. Students are required to attend all practice sessions prior to any contest, competition, fund raiser, field trip, etc.
 - Work/employment is not considered an excused absence.
 - Sponsors/coach may excuse a student from practice on a case by case basis; subsequent requests to be excused from practice will need coach and administrator approval.
10. Un-excused absence from a scheduled practice, contest, or meeting will result in the following consequences:
 - First absence: one event suspension.
 - Second absence: suspension from two contests.
 - Third absence: suspension for the remainder of the semester from club/organization or season (sport), whichever is applicable.

PARTICIPATION/TRAINING RULES AND CONSEQUENCES OF VIOLATION

Rules:

1. A display of unsportsmanlike conduct, profanity, and/or fighting toward an official, an opponent, teammate, student, spectator, administrator, or sponsor/coach will not be tolerated at any time. The student shall be ineligible for the next interscholastic contest, with possible suspension from other interscholastic contests.
2. Any student ejected or suspended from a contest/competition for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition. The student will be ineligible for all other interscholastic contests at any level in the interim, in addition to other penalties that the IESA, IHSA, the club/organization, or the School District imposes.
3. **Alcohol, Drug, and Tobacco Policies** - If an athlete/participant is guilty of use, possession, sale, manufacture, delivery, transfer, distribution and/or being under the influence of tobacco, alcohol, unauthorized drugs or hazardous material, he/she will be suspended from the squad/activity as described below.

Suspensions for the designated percent of the contests shall be based on the number of contests scheduled for that season. Suspensions will be rounded up to the next contest in order to satisfy that portion necessary for full compliance of the penalty. A tournament (competition) will constitute one (1) date no matter how many contests/matches/games are played during that tournament. During the suspension, attendance at practice is mandatory, but the athlete will not be allowed to participate in practice.

A student that is participating in an activity at the time of the suspension must complete the season of the sport or activity for the suspension to count. Additionally, if a suspended student is participating in an activity at the time of the suspension and the penalty will not be fulfilled by the end of the activity's season, the remainder of the penalty will be applied to another activity as designated by the Principal and/or Athletic Director, Superintendent, or Board of Education as appropriate. A student, with principal permission, may elect to participate in a sport or activity in which he/she has not previously participated, in order to serve the suspension. The student must successfully complete the season of the sport or activity.

IHSA Steroid Testing Policy

The Illinois High School Association is the governing body for high school sports in the state of Illinois. With this in mind, there is a new policy took effect with the 2008-2009 athletic season of which athletes and their parents/guardians should be aware.

This policy calls for random testing of student-athletes during selected IHSA state series competitions for performance-enhancing substances to determine whether or not athletes are using these drugs . There will be penalties applied to both any student who tests positive and also to the athlete's team, as determined by the Executive Director on a case- by-case basis.

Tobacco

- 1st offense – Suspension from 25% of contests. In an effort to reward honesty, students who report their violation of the training rules to the coach/sponsor or the athletic director/principal within three days of the violation, will lose 15% of the games. In addition, the student must attend counseling with the school counselor.
- 2nd offense – Suspension for one calendar year and mandatory student participation in an assessment program at the student's expense.
- 3rd offense – Permanent suspension from all contests for the remainder of school career.

Drugs/Alcohol

- 1st offense – Suspension from 50% of contests. In an effort to reward honesty, students who report their violation of the training rules to the coach/sponsor or the athletic director/principal within three days of the violation, will lose 30% of the games. In addition, the student must attend counseling with the school counselor.

2nd offense – Suspension for one calendar year and mandatory student participation in an assessment program at the student’s expense.

3rd offense – Permanent suspension from all contests for the remainder of school career.

5. **Violation of Public Law or Other Acts of Misconduct** - Violation of public law, such as theft, arson, assault and battery, destruction of property will result in suspension from the squad/activity. Other conduct in violation of the student discipline code may result in suspension from the squad/activity. The penalty will vary from case-to-case depending on severity. Suspensions will be implemented as described in Rule #4 above.

1st offense – Suspension from up to 50% of the contests. In an effort to reward honesty, students who report their violation of the training rules to the coach/sponsor or the athletic director/principal within three days of the violation, will lose up to 30% of the games. (The suspension will be reduced in proportion to the severity of the violation.) In addition, the student must attend counseling with the school counselor.

2nd offense – Suspension for one calendar year and mandatory student participation in an assessment/counseling/rehabilitation program at the student’s expense.

3rd offense – Permanent suspension from all contests for the remainder of school career.

6. For the purpose of this policy, the following definitions shall apply:

- Drug - Any substance considered illegal or controlled by the Food and Drug Administration.
- Hazardous material - Hazardous material is any material deemed unsafe to persons or property in or on school property or any school function.
- Look-alike drugs - A look alike drug is defined as a substance not containing an illegal drug or controlled substance, but one (a) that a student believes to be, or represents to be, an illegal drug or controlled substance, or (b) about which a student engaged in behavior that would lead a reasonable person to believe that the student expressly or impliedly represented to be an illegal drug or controlled substance.
- Possession - The term “possession” includes having control, custody, or care, currently or in the past, of an object or substance, regardless of whether or not the item is (a) on the student’s person, or (b) contained in another item belonging to, or under the control of, the student, such as in the student’s

clothing, backpack, automobile, or (c) in a school's student locker, desk, or other school property, or (d) any other location on school property or a school-sponsored event.

7. Any student committing a violation/offense once and then committing any subsequent violation/offense will progress to second and third violation/offense with according punishment.
8. A student who quits an extracurricular activity so as not to serve the punishment cannot participate in any other extracurricular activity until the penalty/ punishment has been served. This also includes payment for lost or stolen items and/or repairs.
9. Any suspension that runs through the end of a season/semester will be considered an expulsion and all recognition and awards will be removed from the student. An expulsion from an extracurricular activity automatically removes all recognition and awards from a student.

Violation of the Extracurricular Code:

Upon any reported violation of this policy, there shall be an independent investigation, and participants will be dealt with in accordance with the Extracurricular Code. A recommendation may be made by the administration for expulsion from all extracurricular activities for the remainder of the school year or the student's high school career, depending on the severity of the infraction.

Investigation/ Administration of Consequences:

- The principal/athletic director shall be responsible for investigation of an alleged violation(s).
- The principal/athletic director will inform the student of the alleged violation and the penalties. Parents will be notified of reported violations that could result in suspension/removal from the team.
- If the principal/athletic director determines that a violation occurred, proper penalties will be imposed.

Due Process/Review:

Prior to the imposition of discipline for violation of this Code, a student shall be afforded due process, including notice of the alleged violation and an opportunity to offer an explanation of the facts. Any student alleged to have violated this Code shall be afforded all of the rights and privileges allowed to a student subject to suspension, including the right to a review as delineated in the section of the Student Handbook entitled "Due Process".

EXTRACURRICULAR RECOGNITION

Middle School:

Awards Banquets:

Awards banquets are held to recognize and honor the participants of the athletic and athletic related programs. The fall awards banquet recognizes Baseball and Girls' Basketball; the spring awards program recognizes Boys' Basketball and Volleyball. (Track is recognized separately at the end of the year school awards program.) Parents and participants are encouraged to attend these events.

System of Awards:

Students out for a sport for the first time at the Middle School level will receive a letter; thereafter, participants will receive a pin indicating the sport. Student's will receive a Certificate for each sport in which they participate.

High School:

Awards Banquets:

Awards banquets are held to recognize and honor the participants of the athletic and athletic related programs. The fall awards program recognizes Football and Volleyball; the spring awards program recognizes Boys' and Girls' Basketball, Softball, Baseball, and Track. Parents and participants are encouraged to attend these events.

System of Awards:

Students who have had the necessary playing time on a varsity team will earn a varsity letter and pin for each sport in which that student is eligible. Thereafter, students will receive a pin/bar for additional letters earned. Only one varsity letter will be given per varsity sport in the student's high school career. Junior Varsity players will receive a wolf head for the first year of participation in a sport.

PARENT(S)/GUARDIAN(S)/COACH RELATIONSHIP

Communication:

Both parenting and coaching 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 the students. As a parent/guardian, you have the right to understand the expectations of your child when he/she becomes involved in an

activity/program. This begins with clear communication from the coach.

Communication you should expect from your child's coach:

- Philosophy
- Expectation of the team and of the team members relative to one's own child.
- A schedule of practices and games, including locations and times.
- Team requirements, i.e., fees, special equipment, off-season conditioning.
- Procedure when a team member is injured.
- Behavior and consequences that could result in non-participation on the team.

Communication the coach expects to hear from parent(s)/guardian(s):

- Notification of scheduling conflicts well in advance.
- Specific concerns in regard to the coach's philosophy and/or expectations.

Discussing Concerns:

As your child becomes involved in programs at Okaw Valley CUSD #302, he/she will experience some of the most rewarding of life's moments. It is important to understand that there also may be times when things do not go the way you and/or your child wish. At these times discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

- The treatment of your child.
- Ways to help your child to improve.
- Concerns about your child's behavior.

Students often do not play as much as parent(s)/guardian(s) expect. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you can see from the list above, certain things should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues inappropriate to discuss with coaches:

- Playing time
- Team strategy/Play calling
- Other student athletes

Scheduling a Conference with the Coach:

There are situations that may require a conference between the coach and the parent(s)/guardian(s). Conferences are encouraged. It is important that both parties have a

clear understanding of the other's position.

When these conferences are necessary, the following procedure should be followed to promote a resolution of the concern:

- Call the school office to schedule an appointment.
- If the coach is not available, please leave a message for the athletic director. He/she will set up the meeting for you.
- Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for the parent, the athlete, and the coach. Meetings of this nature do not promote resolution and are inappropriate when student athletes are present. Sponsors and coaches have been instructed to avoid such confrontations.

Complaint Procedure:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Call the school to schedule an appointment with the athletic director or principal. At this meeting the appropriate next step can be determined.

STUDENT ATHLETE ISSUES

Squad Selections and Retention:

- Students selected as members of an athletic team shall be considered members of the team through completion of the sports regular season unless the athlete is removed for disciplinary reasons, scholastic ineligibility, or mutual agreement between the player and the coach.
- Coaches are responsible for the selection of specific squad members for tournament competition and, at the time and at their discretion, may release those members of the squad not involved in the tournament series.
- All squad members who complete the season may participate in the athletic award ceremonies regardless of whether or not they are award recipients.
- An athlete dropped from a squad for disciplinary reasons, scholastic ineligibility, or mutual agreement or player and coach shall not participate in the athletic award ceremonies or receive an award.

Changing Sports:

- An athlete removed from, or who removes him/herself from, an athletic team will not be permitted to begin practice in another sport until the season of the initial sport has been completed.
- A season is "completed" after the team has played its final interscholastic contest and all equipment has been appropriately returned or purchased.

- An athlete may be permitted a waiver of this policy only by agreement of the head coaches involved and with final approval by the athletic director.

STATEMENT OF RISK-ATHLETICS

Sports are fun, healthy experiences that anyone may enjoy. Though the concept of sports activities is positive, the risk of injury does exist. All sports pose this health threat, so athletes and parent(s)/guardian(s) must be aware of this possibility.

Throughout the various sports' seasons, athletes are faced with the possibility of injuries to the head, neck, back, knees, and ankles. Cuts, scrapes, and other open wounds may also occur, as well as damage to the soft tissue of the body. Broken bones, dislocations, and other joint problems are injuries that may occur during an athletic career. Injuries such as these may result in not only temporary loss of function (in a rare instance a fatality may occur), but also serious impairment of physical, psychological, and social abilities.

The coaching staff understands the inherent dangers of their sport. While not every accident can be prevented, the coaching staff makes every effort to prevent injuries. By teaching proper skills, techniques, training and conditioning athletes, enforcement of training rules, and execution of safe practices, coaches work to maintain a safe environment for all athletes.

The Statement of Risk is not intended to scare students away from athletics. For the most part, athletics are a healthy, positive experience for students. However, on occasion, injury may occur. Awareness will, we hope, bring about more attention to instruction and warning, resulting in lowering the incidence of injury.

Athletic Training Services:

Okaw Valley School District contracts with DMH Sports Medicine of Decatur, Illinois to provide the services of a certified athletic trainer during home boys and girls varsity basketball games during the regular season. In addition, the athletic trainer makes weekly school visits to see athletes not seen at the usual practice or event coverage. Student athletes playing fall and spring sports may also see the trainer at this time.

DMH Sports Medicine will hold an introductory meeting with parents of athletes describing the services they provide. For additional information regarding the athletic training program, please contact the Athletic Director.

TITLE IX: EQUAL OPPORTUNITY NOTICE, POLICY, AND PROCEDURES

Okaw Valley Community Unit School District #302 is in compliance with federal regulations for Title IX of the Educational Amendment for 1972, prohibiting sexual discrimination in education. To report a complaint regarding these regulations, contact a District Complaint Manager or the District Non-Discrimination Coordinator.

District Complaint Managers:

Eric Bruder, Principal/Athletic Director, Okaw Valley High School, 217/665-3631
Mike Cummings, Principal, Okaw Valley Middle School, 217/756-8521
Paula Duis, Principal, Okaw Valley Elementary School, 217/665-3541
Mike Cummings, Principal, Okaw Valley Intermediate School, 217/756-8544

District Non-Discrimination Coordinator:

Joel Hackney, Superintendent, Okaw Valley C. U. S. D. #302, 217/665-3232

NEXT TIME YOU ATTEND A GAME, REMEMBER. . . .

The Best time to Applaud or Cheer:

- When your team comes onto the playing area.
- For a player who has been replaced in the game.
- When an injured player seems to need encouragement.
- When an opponent or a member of your own team has made an exceptionally good play.

The Best Time to Remain Silent:

- When your team is penalized. The official is closer to the play than you and has expert knowledge of the rules under which the game is played.
- When the opponents are penalized. They are guests and should be treated with respect and courtesy.

The Best Rules to Remember when you are tempted to be critical of an official, player, or coach or are tempted to be sarcastic, abusive, or profane:

- Two wrongs don't make a right.
- The less you say, the less for which you have to apologize.

EXTRACURRICULAR CODE AGREEMENT

Student: _____ **Grade:** _____

School: **OVES** **OVIS** **OVMS** **OVHS**

Check (✓) all extracurricular activities in which you are, or will be, involved this school year:

- | | |
|--|---|
| <input type="checkbox"/> Football | <input type="checkbox"/> National Honor Society |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Student Council |
| <input type="checkbox"/> Track | <input type="checkbox"/> FCCLA |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> FFA |
| <input type="checkbox"/> Softball | <input type="checkbox"/> Girls Varsity Club |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Letterman's Club |
| <input type="checkbox"/> Golf | <input type="checkbox"/> S. A. D. D. |
| <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Science Club |
| <input type="checkbox"/> Scholastic Bowl | <input type="checkbox"/> Spanish Club |
| <input type="checkbox"/> Drama Club | <input type="checkbox"/> _____ |

Participation in the Okaw Valley C. U. S. D. #302 extracurricular program requires the signature of the participant and his/her parent(s)/guardian(s) and the return of this form to the coach/sponsor.

I, by my signature below, give my child, _____, my consent to participate in the above checked extracurricular activities.

I have received, read, and am familiar with the Okaw Valley Schools Extracurricular Code and Extracurricular Handbook. I understand that when participating in an extracurricular activity that I am representing my school and my community. I am aware that I have an additional responsibility as a role leader to the younger children in the community who may be influenced by my actions. Participation in extracurricular activities is a privilege and I agree, by my signature below, to follow the Extracurricular Code.

Student's Signature

Parent(s)/Guardian(s) Signature

Date

Date