

Appendix C - Athletic Handbook

DeKalb District 428 Extracurricular Handbook



*A guide for parents and students in
DeKalb High School
Huntley Middle School
Clinton Rosette Middle School*

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Introduction to the DeKalb District 428 Extracurricular Handbook

District 428 considers extracurricular activities to be very important components of the comprehensive high school program. This handbook contains valuable information regarding your participation in extracurricular activities at District 428. We kindly ask that you and your parents review this handbook carefully. As part of any extracurricular team, you become a representative of District 428. As such, you are expected to behave in an appropriate manner. The success of our extracurricular programs depends on the quality of the people participating within them. In order to succeed in extracurricular activities, good sportsmanship and positive behavior is required. The administrators and staff welcome you to the DeKalb District 428 Extracurricular Program. If we can assist you in any way, please contact us.

Philosophy

Extracurricular activities can make a material difference to the development of young adults. The purpose of extracurricular activities is to provide an atmosphere in which every willing participant can actively develop their extracurricular talents to the best of their abilities. Extracurricular activities is a process that can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime.

This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. These qualities are highly valued by institutions of higher learning as well as employers. Extracurricular activities are an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of extracurricular activities to lifetime achievement is well recognized.

Objectives and Outcomes of Participation

As a result of their participation, the student will be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Extracurricular Code of Conduct including, academic standards, substance use, and appropriate behavior.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport or activity
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in the extracurricular activity

DeKalb High School Extracurricular Code of Conduct

I. Purpose

Participation in student extracurricular activities is considered an extension of, although separate from, the regular school day. While the regular curricular program is a right afforded each student, participation in the co-curricular program is a privilege, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation. The Extracurricular Code of Conduct is established for young people taking part in these programs.

By electing to participate in an extracurricular program, the student is choosing to extend their school day, as well as the expectations for appropriate behavior and conduct. **The code of conduct is in effect, at all places, 24 hours per day, and 365 days a year.** Annually, students participating in extracurricular activities will be required to sign a form agreeing to adhere to this code of conduct. (Updated 9/30/13)

II. Minimal Expectations

Attendance is mandatory by parent/guardian(s) and student, once annually, at a school sponsored parent/student meeting prior to participation in extracurricular activities. Parents are

expected to attend all seasonal meetings that specific athletic or activity coaches or sponsors may schedule to discuss expectations of specific programs. Failure of parent/guardian(s) and student to attend a mandatory meeting may result in the student's suspension from the activity until satisfied. Contracts within those programs must be agreed to before participation can occur.

If a violation occurs within attendance and/or academic eligibility, the coach or sponsor will determine the appropriate disciplinary action. In all cases, all relevant IHSA rules will apply. The requirement to be passing at least five (5) classes weekly is monitored by a weekly, automatic teacher verification system.

Attendance and academic eligibility	<p>A. Daily attendance at school, team/activity practices, and contests. Students attending a vacation during the season must give the coach written notice of the day(s) that will be missed. This notice must be given at least <u>two weeks in advance</u>. A family emergency for immediate family members does not apply. See school handbook for specific policy. Students, who quit or are removed from a team before the season is over, may not participate in preseason conditioning for another sport until the previous season has ended.</p> <p>B. Students must be passing 5 classes to continue participation in school-sponsored activities. A student who is not receiving passing grades in 5 classes on a weekly basis will be suspended from participation in contests in all school-sponsored activities for the subsequent seven (7) calendar days. Students in such situations may be expected to participate in practices. A student must pass 5 classes at the end of one semester to be eligible to participate in any school-sponsored activity in the subsequent semester. Students must be passing <u>all classes</u> at the <u>middle school</u> level with the same timeline as stated above.</p>
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Category 1: Consequences pertain to all violations other than those listed in Categories 2, 3, or the IHSA by-laws which are, but not limited to, adherence to all other written rules set forth by the coach or sponsor, District 428 Extracurricular Handbook, and in the Illinois High School Association By-Laws and conduct unbecoming of a District 428 representative, including adherence to the School and Extracurricular Handbook, and demonstrating respect for persons and property.

First Offense	<p>A. Refer the student to the appropriate personnel for counseling. If an external intervention program is available that is relevant to the situation, participation in this program may be considered when assigning the penalty;</p>
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	<p>B. Issue a warning letter and place it on file;</p> <p>C. Place the student on probation in the sport or activity;</p> <p>D. Place the student on suspension in the sport or activity; or,</p> <p>E. Other actions the administrator(s) responsible for extracurricular activities may take for a violation of the Code of Conduct are as follows:</p> <p>a. Refer the student to the appropriate personnel for counseling. If an external intervention program is available that is relevant to the situation, participation in this program may be considered when assigning the penalty.</p> <p>b. Issue a warning letter and place it on file.</p> <p>c. Place the student on probation in the sport or activity.</p> <p>d. Place the student on suspension in the sport or activity.</p>
Second Offense	<p>A. Additional consequences may be used from the first offense.</p> <p>B. Subsequent, repeated, or severe violations of items considered Category 1 of the Extracurricular Code or the Student Discipline Code may result in the student being suspended from the activity for the current season or longer.</p>
Third and Subsequent Offenses	<p>A. A third violation could be suspension from all extracurricular activities. This suspension could range from one year to the remainder of their high school attendance.</p>

Category 2: Consequences pertain to the possession, use, or being under the influence of tobacco, nicotine products, e-cigarettes, performance enhancing substances, any illegal or controlled substance including alcohol, unlawful drugs, prescription drugs, "look-alike drugs," or any other substance not prescribed for the student and intended to be used or distributed—additionally, refrain from **presence** at gatherings of students where the student knows or reasonably should know that any of the substances identified in this section are present.

First Offense	<p>A. The minimum penalty for the first violation for use or possession of tobacco, alcohol, or other illegal substances will be suspension from 20% of the contest/activity schedule. For the first offense only, if a student undergoes a substance abuse evaluation with recommended treatment at a recognized treatment facility, and follows through with the recommendations, the 20% penalty may be reduced to a 10% penalty. It will be the responsibility of the parents and</p>
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	<p>student to contact a facility regarding the evaluation and follow through with paperwork documenting that the evaluation took place.</p> <p>B. At any time, the student may voluntarily admit a personal code violation prior to school officials' knowledge or investigation. In these cases, the student may continue uninterrupted eligibility when it is verified that enrollment in and continuing participation is taking place in a school recognized substance abuse program. The voluntary admission will be counted as one code offense. Voluntary admission may be used by a student one time during high school. The purpose of this provision is to allow the student to seek help. All evaluations and treatments will be at parent/student expense.</p>
Second Offense	<p>A. Will be suspension from all extracurricular activities for one calendar year.</p> <p>B. If you host a party where alcohol or drugs are served, you will receive a one year suspension from all extracurricular activities and be considered an automatic second violation if this is a first violation.</p>
Third Offense	<p>A. Will be suspension from all extracurricular activities for the remainder of their high school attendance.</p>

Category 3: Consequences pertain to "hazing" or "initiation" activities which are subject to consequences noted within the District 428 Discipline Code as well as in the Extracurricular Code and any student who is suspended from school for **criminal action** or becomes involved with the police for criminal action is subject to extracurricular disciplinary penalties.

First Offense	<p>A. Will be a suspension of 20% of the season.</p>
Second Offense	<p>A. Will be suspension from all extracurricular activities for one calendar year.</p>
Third Offense	<p>A. Will be suspension from all extracurricular activities for the remainder of their high school attendance.</p>

III. Procedures for Breach of Code

1. If a student receives an out of school suspension from school, the athlete will not be allowed to participate in extracurricular activities throughout the duration of the suspension.
2. A student who has been suspended for the remainder of their high school career may qualify for a reduction to a 1 year sit-out period if they have not committed any infractions against the code of conduct for 1 full year since their previous code violation. This practice would only be allowed once during a student's high school year. The

student must schedule a meeting with the appropriate administrator for a review before a decision is given. Example: a freshman commits 3 violations, maintains good standing throughout their entire sophomore year while sitting out from athletics or activities, they may request a review to be reinstated their junior year.

3. All school-assigned disciplinary consequences (I.E. detention, AISA, Saturday, etc.) will supersede extracurricular practices and contests.
4. All extracurricular suspensions will be rounded up/higher to the next full contest.
5. If an alleged violation occurs in any category, the building administrator(s) responsible for extracurricular activities may confer with relevant coaches or sponsors and other needed staff, to determine whether the violation occurred, the appropriate disciplinary action, if any, and/or assistance or intervention opportunity. The coach or sponsor of the activity in question serves to provide information only. In cases where the student participates in more than one sport or activity, respective sponsors or coaches may be consulted. Both the parent/guardian and student will be invited to call for a meeting to respond to the reported violation and the imposed disciplinary action.
6. Suspension may carry over from one season to the next or from one sport/activity to another, including in the same season.
 - a. If the violation occurs out of season, suspension shall begin with the next season in which the student participates for that school year.
 - b. If a school suspension results from a violation of the Extracurricular Code, penalties will not run concurrently. An extracurricular suspension may run longer than the school suspension.
 - c. During an out of school suspension, the student may not participate in any sports or activities, home or away.
 - d. Students are still expected to be at all practices or meetings to develop necessary skills for full participation at the end of the penalty
 - e. A student must complete the season in which he/she serves their suspension. They must finish the season in good standing with the program and athletics/activities department.
7. When a student is involved in a general school disciplinary incident that requires action, a single decision will be made by the appropriate school authority. A violation at a particular point in time can potentially impact any/all extracurricular activities for the current and/or next season. The consequences will be applied to any of the extracurricular activities in which the student is involved.
8. In certain circumstances, due to time constraints, a violation of the Extracurricular Code by a student may result in immediate action.
9. A student involved in a Code of Conduct Violation will be ineligible for any postseason school, conference or state recognition or award if they are still serving their suspension.
10. The steps involved to appeal disciplinary action after the building administrator responsible for extracurricular activities has made his/her decision in such cases would be meeting with:
 - a. Principal
 - b. Superintendent (or designee)
 - c. Board of Education

Illinois High School Association Sportsmanship By-Laws

Many of these By-Laws apply to NCJC as well.

<p>Illinois High School Association Sportsmanship By-law 2.042 IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.</p>	<p><u>Spectators</u> could be banned from all or a portion of home and away contests for behavior issues. This will be determined by a building administrator or their designee.</p>
<p>Illinois High School Association Sportsmanship By-law 6.011 Any player 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 IHSA or the school may assess.</p>	<p><u>Participants</u> with 2 ejections shall be ineligible the next 3 contests, a third violation will be a one year suspension.</p>
<p>Illinois High School Association Sportsmanship By-law 6.012 Any coach 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 IHSA or the school may assess.</p>	<p><u>Coaches</u> with 2 ejections shall be ineligible the next 3 contests, a third violation will be a one year suspension.</p>

Expectations of extracurricular sponsors/coaches

The coaches will maintain a role of coach as professional and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
- Maintaining open and honest communication with students, parents, and other coaches.
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
- Supporting and collaborating with coaches in other Extracurricular programs.
- Modeling and teaching skills necessary to succeed.
- Supporting student academic expectations, responsibilities, and achievements.
- Developing the knowledge and understanding of District 428 policies and procedures as it applies to extracurricular activities.
- Promoting and enforcing the extracurricular code of conduct.

The coaches will be positive role models in personal management, appearance, ethics, and behavior by:

- Connecting extracurricular experiences with life experiences.

- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Becoming an integral part of, and developing rapport with, the District 428 community including administration, coaches, parents, and students.
- Modeling good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for students.
- Understanding their leadership style and its impact on students.
- Considering important commitments of students outside their extracurricular activity.

PLAYER PLACEMENT – When a student tries out for an extracurricular team, he/she will normally be placed on the squad for his/her year in school. Frequently, athletes show abilities that make them better suited for a higher level team. Placement of athletes on squads in individual sports is not normally a problem because of head-to-head competition between athletes. Team sports become a judgment on the part of the coach. Before the move is actually made, the Extracurricular Director or Assistant Extracurricular Director should be consulted.

SQUAD SELECTION AND RETENTION

1. Whenever possible, a no-cut policy will exist in activities where it is feasible and safe to do so.
2. If a coach chooses to cut the squad, the following criteria exist.
 - a. Size of practice area and ratio of coaching staff.
 - b. Tryouts may be conducted by the coaching staff or designees.
3. The selection of team members should be based upon:
 - a. Overall talent and ability
 - b. Character and personality of the individual
 - c. Work habits and loyalty to the program
 - d. Positions needed on the team
 - e. Other needs of the team
4. An athlete cannot compete in the next season until all equipment/uniforms from their previous sport have been returned and/or replacement fee paid.

DISMISSAL

If a student is dismissed from an extracurricular group, the student shall be given the reasons for the dismissal and their parents shall be contacted within 24 hours. In addition, the administrator(s) responsible for the extracurricular group shall also be notified within 24 hours.

Expectations of Parents

The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in an appropriate and timely manner including those of physical and emotional well-being on behalf of their student.
- Following the appropriate chain of communication:
 1. Head Coach/Assistant Coach
 2. Extracurricular Director
 3. Principal
 4. Superintendent
- Attending parent meetings and reading information disseminated by the coaches.

The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
- Understanding the game is for students and not for the adults.
- Recognizing that student participation in extracurricular activities is a privilege.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or the sidelines.
- Expecting consistent student attendance at practices and games.

The parents will create a positive and supportive environment to promote their student/athlete's well-being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well-being of their student ahead of any personal desire to win.
- Expecting their student to play in a safe and healthy environment.
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.
- Supporting the student athlete code of conduct.

Expectations of Student Athletes

The student athletes of Community School District 428 will be committed to the school Extracurricular program on and off-season by:

- Playing for the name on the front of the jersey not on the back.
- Following the rules set by the coaches and the school.
- Participating enthusiastically, knowing and accepting their role on the team.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in extracurricular activities is a privilege.
- Setting challenging and realistic goals.
- Developing a positive attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport.

The student athletes of Community School District 428 will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:

- Developing a team attitude.
- Being coachable and open to constructive feedback.
- Sharing appropriate individual and team concerns with the coaching staff.

The student athletes of Community School District 428 will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.

- Supporting other sports, activities, and school organizations.
- Playing with dignity and grace, regardless of winning or losing.

The student athletes of Community School District 428 will develop and maintain mental and physical (health) behaviors by:

- Being alcohol and drug free.
- Practicing self-discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.
- Meeting the standards of the student athlete code.

Parent / Coach 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 student-athletes. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season conditioning.
- Procedures should your child be injured during practice or contest.
- Discipline that results in the denial of your child's participation.

Communication Coaches Expect From Parents

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

As your children become involved in the programs at District 428, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

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

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

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play Calling
- 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 of concern.

If You Have a Concern to Discuss with a Coach, the Procedure You Should Follow:

- Call the school to set up an appointment with the coach.
- If the coach cannot be reached, call the Extracurricular Director..
- Please do not attempt to confront a coach before or after a contest or practice.

These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours before contacting a coach.

The Next Step

What can a Parent do if the meeting with the Coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Extracurricular Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

Extracurricular Fee

The District 428 Extracurricular participation fee for an individual is \$100 per sport at the high school, \$75 at the middle school. The fee must be paid prior to the student-athlete's first contest of that season. A student athlete participating in his/her third sport of the year shall have the third sport fee waived. Students on the reduced lunch program will have their fee reduced by half. Students on the free lunch program will have their fee waived. Please contact the DHS Extracurricular office or Middle School offices if you have questions. The cost of activities is \$35 at the high school and middle schools. The extracurricular fee will be refunded to the family if a student decides to drop the extracurricular activity before the first extracurricular event/competition.

Physical Education Exemption

Exemption for Participation in Interscholastic athletics

1. An eleventh or twelfth grade student enrolled in a District 428 school may request exemption from physical education activity if he/she is participating in interscholastic athletics. A decision to exempt a student from physical education shall be made on an individual basis and shall not be automatically renewed. A decision to exempt a student from physical education shall be based upon a submitted P.E. Exempt form (available in the Student Services office) by the student and the student's parent or guardian. Requests will be verified to determine student eligibility for exemptions. A request for exemption from physical education may be approved for one semester only.
2. A student exempted from physical education under the provisions of this policy must maintain a full schedule of classes during the entire period of the exemption. If a student drops from the team or fails to participate, he/she will be required to make up the P.E.

credit. If a student fails to make a team, he/she must immediately sign up for a PE class or join another no-cut team. Please read the waiver form for a complete list of eligibility rules.

Medical Insurance

DeKalb High School provides secondary accident coverage for all student-athletes. Only accidents that occur in school-sponsored and supervised interscholastic sports are covered. This plan of insurance is supplemental only, with the parent's insurance being the primary provider. A deductible may be applied to each claim. For more information, contact the Athletic Office.

DeKalb Extracurricular Trainer – Training Room – Injuries

Mission Statement

Our mission in District 428 is to provide adequate and appropriate care to all students. Our staff is committed to the prevention, recognition, evaluation, immediate care, and rehabilitation of our students.

Extracurricular Training Room Rules

The following rules for the Training Room are for students, student trainers, and visitors of School District 428. Due to the large number of students seen on a daily basis, these rules must be enforced for everyone's safety.

- a. Students, as well as student trainer aides, must have Certified Extracurricular Trainer (ATC) supervision to be in the Training Room.
- b. Students must arrive 15 to 30 minutes before practice to receive treatment and taping.
- c. Only those individuals receiving treatment are allowed in the room – no loitering is allowed.
- d. Vulgar language and horseplay will not be tolerated.
- e. Bare feet, spikes, hats and/or cleats are prohibited.
- f. Shirts must be worn at all times.
- g. Personal items, equipment are to be left in the hallway.
- h. The Training Room Staff (not coaches) will administer all treatments.

Generally, treatment triage will be as follows:

- a. Injuries
- b. Students who have a game
- c. Students who have practice
- d. Students out of season
- e. Administration of modalities and equipment are restricted to the ATC's only.
- f. All equipment issued by the Training Staff is to be returned. Failure to return this equipment will result in a bill sent to the student's parents for reimbursement.
- g. Coolers used by the teams will be picked up by the team members before practice and returned at the end of practice. The coolers should be cleaned out and returned to their proper place on the shelves.
- h. Report all injuries to the Training Room when they occur. Unless it is a medical emergency, it is recommended to consult with the training staff before seeing a physician.

- i. Use only rest, ice, compression and elevation (RICE) to care for the injury if the student is unable to see the trainer immediately.
- j. If the student sees a physician, it is vital for the student to ask for a note stating the diagnosis, and listing any restrictions. This note should be given to the trainer, not your coach.
- k. If a student has seen a physician, that student must have a release from a physician to return to participation. Neither the trainers and coaches, nor the athletic director, can overrule a physician's decision. The trainers are licensed health care providers skilled in determining the best plan of care. This can avoid unnecessary loss of playing time as well as a savings in medical costs.

Contact Us: Athletic Training Room: 815-754-2108

College Signing and Recognition

District 428 athletes will be invited by their coaches and Athletic Office to attend a NLI or recognition event. This recognition is for senior Barb Athletes who will be attending college and continuing playing a sport. These dates will be set by the Athletic Office. The dates are usually, but not always, in November, February, April and May. In order to take part in this ceremony, an athlete must meet the following criteria:

Be a senior athlete.

Received a varsity letter in the sport they are to sign for or be recognized in.

Or,

If the athlete has not received a senior year varsity letter because their sport begins after the NLI date, they must have participated in good standing as a junior in that sport and intend to participate their senior year for DHS in that sport.

Or,

If the athlete has not received a senior year varsity letter because their sport begins after the NLI date and they did not participate nor did they finish their junior year in good standing at DHS, they may participate in a recognition day or NLI signing, but it would follow their senior season participation in that sport.

Or,

Any senior athlete who has received a varsity letter in a DHS sport and is signing a NLI for a sport that DHS does not offer as an interscholastic or club sport.

EXTRACURRICULAR SPORTS/ACTIVITIES OFFERED AT DEKALB HIGH SCHOOL

The DeKalb High School Extracurricular program consists of 10 interscholastic sports for boys and 11 interscholastic sports for girls. The sport activities are as follows:

BOYS	FALL	WINTER	SPRING
	Football	Basketball	Baseball
	Golf	Swimming	Tennis
	Soccer	Wrestling	Track
	Cheerleading	Cheerleading	
	Cross Country	Bowling	
GIRLS	FALL	WINTER	SPRING
	Tennis	Basketball	Badminton
	Swimming	Bowling	Softball
	Volleyball	Cheerleading	Track
	Pom Poms	Dance	Soccer
	Cheerleading	Gymnastics	
	Golf		
	Cross Country		

These activities may be offered, but not limited to, students at one or all of the middle and high schools.

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|------------------------|------------------------|
| Art Studio | French Club |
| Auditorium Sound/Light | GSA |
| Band | Intramural |
| Pep Band | Junior Class |
| Barb Wire | Kalibre |
| Black Student Union | Math Team |
| Cheerleading | Musical |
| Chess Club | National Honor Society |
| Chorus | New Pennies |
| Color Guard | Orchestra |
| Dance | Pit Orchestra |
| Fall Play | Pom Pom Fall |
| VALU Club | SADD |
| Lit Fest | Scholastic Bowl |
| Graphics Club | Senior Class |
| Shop Club | Spanish Club |
| Bass Fishing | Student Council |
| Broadcasting Club | Voices of Diversity |
| Environmental Club | WYSE |
| FFA | |
| Forensics | |

Booster Clubs

Barb Booster Club

The Barb Booster Club is a group of friends and parents who are interested in interscholastic athletics at the High School and Middle Schools. The booster club supports and encourages the athletic activities of Community School District 428 student-athletes. They also provide moral and financial support to encourage participation in athletic activities for the benefit of all students. They have been responsible for generating funds and improving the athletic experience for our students. Meetings are held at DHS on the third Wednesday of each month.

DeKalb Music Boosters

The mission of the DeKalb Music Boosters, as the primary advocate for the middle school and high school music programs of DeKalb CUSD #428, is to serve and assist the music performance programs and their directors. As Music Boosters, our overall purpose is to bring students an appreciation of making music as a lifelong activity.

Having a child enrolled in any of the music programs that are a part of District 428's music curriculum in middle or high school makes you a DeKalb music booster. You can participate as a music booster in many ways...such as concession sales, event planning, our annual fruit sale, parade support and more. Please attend our monthly meetings, held the first Thursday of the month in the DHS music common area, at 7pm.

Transportation

Students are expected to travel with their team/club when transportation has been provided for them to and from events. If parents/guardians wish to take their child home from an event they must follow the program's policy regarding transportation and communicate with the coach or club sponsor.

Equipment

A student is responsible for each item of equipment that is issued to him/her. **Lost or stolen equipment must be paid for at the replacement cost.** A student will not be allowed to receive awards, participate in a subsequent sport, or receive his/her diploma until the equipment record has been cleared.

Physical Exam

A valid physical examination must be on file in the athletic office on or before the first day of tryouts/practice of the student's specific sport season. Student-athletes will not be allowed to practice or try-out until a valid physical is on file in the athletic office. Per IHSA rules, your physical examination must be performed by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes no more than 365 days prior to participation in any such practice, contest, or activity. We strongly encourage all individuals who plan to participate in interscholastic athletics to complete their physical exam in late June, July, or early August. Completing the exam during these months will avoid any ineligibility issues.

Awards

Each sport or club may or may not have specific expectations for awards. Coaches will communicate these expectations prior to the start of each season.

Wall of Fame Criteria

Individual athletes

All American

All State

IHSA State Medalist

Teams

IHSA Sectional Champions

IHSA State Qualifier

IHSA State Quarterfinals (Football only)

All-American Recognition

District 428 athletes must meet the following requirement:

If the sport is offered by the school, the athlete must have participated at DHS the season they received the award for the sport for which they are recognized for All-American honors.

Internet Resources

IHSA: www.ihsa.org

NCAA: www.ncaa.org