



HOMEWOOD-FLOSSMOOR HIGH SCHOOL
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Participation Philosophy

At H-F the goals of the interscholastic athletics program are to provide participation opportunities when facilities and staffing can sustain those opportunities and to promote both positive sportsmanship and the value of competition. H-F strives to promote the development of team and individual skill, while providing an exemplary overall experience that fosters an emotional, physical and intellectual foundation for growth and well-being. Spirit, loyalty, confidence, self-esteem and enjoyment of the sport are noticeable components of a positive experience.

Team Selection

H-F recognizes that safety, facility availability, sport culture, competition opportunities and coaching staff size as well as the specific nature of some sports may require team/roster size limitations be imposed on some sports in order to conduct a safe and educationally viable program. When team/roster size limitations occur, a competitive tryout will be conducted to determine the make-up of the team. Each level of a program will be responsible to establish and to announce guidelines for their own team's try-out procedures to the prospective squad members prior to the try-out period. Coaches will evaluate student-athletes using a pre-approved rubric throughout the tryout process. The results of the tryout will be announced in a timely manner, and student-athletes have the right to request their individual tryout rubric. Various SWSC rules may affect selection to teams. Because the necessity to restrict team/roster sizes in any sport may vary from year to year, students and parents may contact the Head Coach in any program to receive current information on team/roster sizes and the selection process in advance of tryouts.

Freshman Level

It is the goal of the coaching staffs at the Freshman level to provide an opportunity for student-athletes to participate in each contest provided they are exhibiting positive behaviors (on and off the field/court) in addition to putting forth daily effort. An emphasis on fundamentals will be stressed, while at the same time implementing program beliefs and philosophy. Playing time is not a right, rather a privilege. Student-athletes EARN the privilege to play increasing amounts of time. At the discretion of the coach, student-athletes who have not attended practice consistently or whose efforts in practice do not enhance the team dynamic may not receive playing time.

Sophomore/JV

At the Sophomore/JV level, once again student-athletes EARN the privilege to play in each contest. Skill development is more specifically linked to playing time at this level since one objective of participation at these levels is to prepare the student-athletes for the Varsity level. Team membership includes the opportunity to learn and improve in the sport through attendance and participation in practice, but does not guarantee more than limited game time.

Varsity

Varsity membership is based on overall conditioning (both in strength and fitness), ability, attitude, consistent effort, knowledge of fundamentals, and commitment to the program. Again, student-athletes EARN the privilege to make the team and play. The best student-athletes, at the coach's discretion, play as much as required in an attempt to achieve competitive excellence and win the contest.

At the discretion of the level coach, student-athletes who have not attended practice consistently or whose effort in practice do not enhance the *team* may not receive playing time. At all levels, an important outcome of participation for H-F student-athletes should be the enjoyment of team membership and a positive relationship with teammates and coaches.

Attendance at practice

1. Attendance at every practice is essential and excused/unexcused absences will be noted. If a coach is unable to resolve the nature of an absence through discussion with a student-athlete, the Athletic Director will be asked to assist in determining the status of the absence.
2. Consequences for an unexcused absence may include reduced or no playing time in a subsequent contest. Recurring unexcused absences will require a conference between student-athlete and coach with the result to be an appropriate consequence for the unexcused absence and a commitment by the student-athlete for future appropriate practice attendance. Dismissal from a team may also occur under these circumstances.
3. Student-athletes who experience academic conflicts or require additional contact with a teacher may honor those commitments or seek assistance without disciplinary penalty. The student-athlete is obligated to reach a member of his/her coaching staff (preferably the Head Coach) in advance when unable to attend practice for academic reasons. Coaches will use their prerogative to determine the impact on playing time of these absences. Recurring absences for academic reasons may result in a recommendation the student-athlete not continue with his/her sport in order to meet the demands of the school's academic program.

List of H-F Athletic Offerings

*Indicates team/roster size limitations and or team cuts may be imposed.

Fall

BOYS' CROSS COUNTRY
BOYS' GOLF*
BOYS' SOCCER*
FIELD HOCKEY*
FOOTBALL
GIRLS' CROSS COUNTRY
GIRLS' GOLF*
GIRLS' SWIMMING AND DIVING
GIRLS' TENNIS*
GIRLS' VOLLEYBALL*
CO-ED SIDELINE CHEERLEADING*
DANCE*

Winter

BOYS' BASKETBALL*
GIRLS' BASKETBALL*
CO-ED COMPETITIVE CHEERLEADING*
GIRLS' GYMNASTICS*
ICE HOCKEY*
DANCE*
BOYS' SWIMMING AND DIVING
WRESTLING

Spring

BADMINTON*
BOYS' BASEBALL*
BOYS' GYMNASTICS*
BOYS' TENNIS*
BOYS' TRACK AND FIELD
BOYS' VOLLEYBALL*
BOYS' WATER POLO
GIRLS SOFTBALL*
GIRLS SOCCER*
GIRLS TRACK AND FIELD
GIRLS WATER POLO*
LACROSSE*