

# *Lincoln-Way Central High School*

## *Athletic Handbook*



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# **Lincoln-Way Central High School Athletic Handbook**

## **Introduction**

The purpose of the handbook is to make available information regarding athletics at Lincoln-Way Central High School to all student athletes who participate in our program. Therefore, we ask that you and your parent and/or guardian review the handbook carefully and keep it throughout your participation as a student athlete.

When you are a part of an athletic team, you are a representative of Lincoln-Way Central High School. You are expected to demonstrate appropriate behavior during all athletic events. We need quality people and athletes to have a quality athletic program. Quality student athletes display good sportsmanship at all times.

The staff and administration welcome you to the Lincoln-Way Central Athletic Program. We desire to assist you in any way necessary. Good luck and enjoy your athletic experience at Lincoln-Way Central High School.

### **Superintendent**

Dr. R. Scott Tingley

### **Lincoln-Way Central High School**

Dr. Steve Provis, Principal

Mr. Matthew Lyke, Athletic Director

Mr. Jason Helbling, Assistant Athletic Director

Mrs. Missy McGrath, Athletic Secretary

## **The Lincoln-Way Central High School Athletic Philosophy**

Interscholastic sports at Lincoln-Way Central High School form part of a diverse co-curricular program. The activities are regarded as vital parts of the total educational offerings of our school. The sound development of the physical capacities of youth complements and enhances the intellectual, emotional and social development of every young man and woman. In addition, these opportunities are useful tools in the achievement of the goals of a comprehensive education.

Lincoln-Way Central's dedication to excellence extends to our competitive athletic programs. In this endeavor, the Interscholastic Athletic Program serves as one of the extensions of the classroom, attempting to provide experiential learning opportunities and enhancing the learning that occurs within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their work ethic, sense of commitment, and social and athletic skills.

We encourage student participation in the athletic program and would like to involve as many students as possible in an educationally sound and successful competitive, interscholastic experience. High school athletics is a competitive experience; therefore not all who try out will make the team. Ultimately, the participation level of individuals is a staff decision.

## **Objectives of Participation**

To be considered an educational experience, athletics must have specific and worthwhile objectives. These objectives include:

- Physical fitness and skills
- Mental alertness
- Positive moral qualities
- Constructive social abilities
- Emotional maturity

All objectives and principles in athletics must be primarily concerned with the welfare and educational development of the student athlete. The principles which are to be achieved from the interscholastic athletic program are to provide students with the opportunity to:

- Develop physically, mentally, emotionally, and socially.
- Develop such concepts as loyalty, cooperation, fair play, dedication, and self-discipline through team play.
- Develop special skills appropriate for each sport and the student's physical ability
- Develop self-motivation, excellence, responsibility, and academic development.
- Develop worthy use of leisure time in later life, either as a participant or spectator.
- Develop wholesome attitudes toward competition and sportsmanship.

In addition, the athletic program should accomplish the following:

- Generate community and school pride.
- Achieve initial goals outlined in the athletic message.
- Provide guidance to student athletes to enable these individuals to make appropriate educational or career choices.

## **Interscholastic**

Taking part in an interscholastic athletic program offered at Lincoln-Way Central High School is a privilege. The participants will have many worthwhile experiences and associations. The interscholastic athletic program is designed to challenge the student whose capabilities, abilities, and interests in athletics are above those required in the regular physical education classes and the intramural program.

The purpose of the program is to promote the physical, mental, social, emotional, and moral well being of the participants. Furthermore, athletics are positive force in preparing our youth for an enriching and vital role in American life.

## **The Lincoln-Way Code of Conduct**

Lincoln-Way High School District 210 (“Lincoln-Way”) proudly encourages and supports students who elect to represent the school in extracurricular and/or co-curricular activities. We believe in the valuable results of mental, social and physical development of the student’s body. Students who participate in extracurricular and/or co-curricular activities represent Lincoln-Way year round. As such, participation is a privilege, not a right and all student representatives of Lincoln-Way activities must adhere to the following rules and regulations, seven days a week, twelve months a year and whether or not school is in session as a condition of participation.

The following requirements, procedures and consequences relate to participation and eligibility in extracurricular and/or co-curricular activities only and do not preclude the imposition of sanctions up to and including suspension and/or expulsion from school as outlined in the student discipline code where appropriate.

### **Code of Conduct Prerequisite Requirements**

Any student who intends to participate and/or actively participate in any extracurricular and/or co-curricular activity on behalf of Lincoln-Way must:

1. Submit a signed permission form by the student’s parent and/or guardian consenting to participating in an extracurricular and/or co-curricular activity, prior to the student’s first extracurricular and/or co-curricular activity of the school year.
2. Agree to abide by all rules and regulations of the Illinois High School Association and all rules and policies contained in the Lincoln-Way Parent-Student Handbook.
3. Attend a Code of Conduct seminar with a parent and/or guardian prior to the student’s first extracurricular and/or co-curricular contest/activity.
4. Sign a Code of Conduct contract.

Attendance at school is required for a half a day or more to be eligible to participate in that day’s extracurricular and/or co-curricular activity. An absence on the last day of the school week will not preclude participation in a weekend activity. Emergencies and pre-arranged absences will not be considered absences.

### **Code of Conduct Procedure**

Procedures to follow related to Code of Conduct issues:

1. An investigation will be initiated.
2. Prior to the decision to impose any penalty, the student-offender will be informed of the alleged violation and afforded an opportunity to make any statement on his/her behalf.
3. If a Code of Conduct violation has been determined:
  - Contact parents and/or guardian to set a meeting date with the student, parent and school officials to discuss the Code of Conduct violation.
  - School Officials/Parents and/ or Guardians may opt to do a phone conference in lieu of a face-to-face meeting.
  - This meeting must occur within 24 hours of a determination of the violation, when practicable, or the next school day following the determination of the violation.
  - If the parent and/or guardian is unable to meet within this time frame, the penalty will be imposed pending a later-scheduled meeting.

4. A follow-up letter will be sent to the student and parents and/or guardians regarding violation/consequences, and notifying them of their right of a review of the penalty with the school building principal.
5. The right to review does not postpone the penalty imposition. The decision of the school building principal shall be final and is not subject to further review.
6. Penalties imposed pursuant to this Code of Conduct relate to the student's eligibility to participate in Lincoln-Way extracurricular and/or co-curricular activities only and does not preclude the imposition of penalties for violations of Lincoln-Way Parent-Student Handbook rules and policies where appropriate. Penalties imposed for rule violations conducted in the course of co-curricular activity shall not be in the form of grade punishment.
7. Where a penalty is imposed, the student-offender will be removed from a leadership position (i.e. officer of the Student Council, leadership with any school-sponsored club or activity, any class officer position, and any leadership on any athletic team) in any extracurricular and/or co-curricular for the duration of the season/activity.

## **Prohibited Conduct**

No Lincoln-Way student participating in any extracurricular and/or co-curricular activity shall:

1. Possess, use, distribute or sell, or attempt to possess, use, distribute or sell, drugs, any substance represented to be a drug, controlled substances, drug paraphernalia, alcohol, tobacco and/or tobacco products.
2. Knowingly remain in the immediate presence of any person who is illegally using, possessing, distributing or selling drugs, any substance represented to be a drug, controlled substance, cannabis, drug paraphernalia, or alcohol, unless the student could not leave the person's presence without endangering himself/herself or others.
3. Commit and/or attempt to commit, and/or knowingly remain within the presence of one who commits and/or attempts to commit the offense of hazing, theft, assault, vandalism, illegal use of a weapon, or any other offense, which may be punishable by a court of law.
4. Use inappropriate, vulgar, lewd, indecent and/or derogatory language while representing the school at an extracurricular or co-curricular event.
5. Misuse school buildings, facilities and/or equipment.
6. Commit acts, which would bring disrepute to the extracurricular program in which the student is a participant.
7. Fail to abide by any other Lincoln-Way rule and/or policy as identified in the Lincoln-Way Parent-Student Handbook and/or the rules and regulations of the Illinois High School Association.

## **Consequences**

In General. Failure to abide by any provision contained in this Code of Conduct may result in temporary suspension from the activity; disqualification from the activity for the remainder of the season and/or the school year; temporary suspension and/or disqualification from any and/or all extracurricular and/or co-curricular activities; or permanent disqualification from participating in any Lincoln-Way extracurricular and/or co-curricular student activity programs for the remainder of the student's high school career.

**Students involved in clubs and/or activities that do not compete or perform will be subject to consequences set forth in the by-laws of their club/activity.**

### Tobacco, Drug, Alcohol, or Other Prohibited Substances

- a. **First Offense**  
Suspension from extracurricular and/or co-curricular activities for the equivalent of one complete season. To complete the terms of the suspension, the student-offender may be disqualified from more

than one activity and may cover more than one school year. In lieu of suspension for one complete season, the student will be suspended from the activity for not less than 20% of the IHSA season limitations for athletic contests (Sec 5.00 IHSA Sports Season By-Laws) and/or scheduled performances and/or scheduled activity contests, if the student and parent or guardian attend an educational substance abuse program approved by the school district. Written proof of scheduled appointment dates at the program is required before the student will be deemed eligible to resume participation in the student activity. Failure to complete the program as scheduled may result in further discipline. During the time of contest/performance suspension, the student will be required to attend and participate in all practices. The student will not be allowed to dress or be at a contest/performance as a member of the team until the length of the suspension has been satisfied.

**b. Second Offense**

Suspension from extracurricular and/or co-curricular activities for the equivalent of one complete season. To complete the terms of the suspension, the student-offender may be disqualified from more than one activity and may cover more than one school year. In lieu of suspension for one complete season, the student will be suspended from the activity for not less than 50% of the IHSA season limitations for athletic contests (Sec 5.00 IHSA Sports Season By-Laws) and/or scheduled performances and/or scheduled activity contests if the student and parent or guardian attend an educational substance abuse program approved by the school district. Written proof of scheduled appointment dates at the program and attendance at a meeting with a Lincoln-Way student counselor and/or school administrator are required before the student will be deemed eligible to resume participation in the student activity. Failure to complete the program as scheduled may result in further discipline. During the time of contest/performance suspension, the student will be required to attend and participate in all practices. The student will not be allowed to dress or be at a contest/performance as a member of the team until the length of the suspension has been satisfied.

**c. Third Offense**

*Permanent suspension from participating in activities for the remainder of the student's high school career. It is recommended that a meeting be held between the student, the student's parent or guardian, and a Lincoln-Way counselor/administrator to discuss outside resources where the student can obtain professional help or counseling.*

## **Voluntary Admission**

A voluntary admission shall occur when a parent and/or student initiates communication and admission with a certified employee of the school district before the student is arrested, detained, confronted, or apprehended by any law enforcement personnel, school personnel, other governmental personnel or a private citizen, or before a school investigation has begun. This communication and admission must occur before the student returns to school or school related function/activity. Under this circumstance, a voluntary admission will count as a first or second offense and the student will not be subject to consequences of suspension. If the offense involves drugs, alcohol, or other prohibited substances, the student will be required to attend an educational substance abuse program that has been approved by the school district. The purpose of this provision is to allow a student to seek help. A student may NOT use voluntary admission if the school already knows the rule infraction. Voluntary admission may be used by the student only one time during the student's high school career and cannot be used on a third offense.

The Code of Conduct will be in continuous effect from the date that it is signed until the student graduates, subject to any revisions imposed by Lincoln-Way.

## **Parent Night**

Parents and/or guardians are expected to attend the pre-season parent meeting where the team policies and procedures are discussed. Student athletes and parents should review the Code of Conduct contract that is processed during the school registration through Skyward. Furthermore, it is a great opportunity for parents and/or guardians to get acquainted with the athletic program.

## **Physical Examination and Registration**

Each student athlete and parent and/or guardian must complete a state required authorization form prior to the first day of tryouts/practice of the athlete's specific sport. In addition, a parent and/or guardian must complete the register their student athlete at [lwc.8to18.com](http://lwc.8to18.com).

Your physical examination is valid for one calendar year from the date of the exam according to the Illinois High School Association (IHSAA). A suggestion would be to mark the date in your calendar to remember when the physical exam is needed; otherwise, the student athlete may become ineligible.

## **Sportsmanship Code**

In order to maintain the highest principles of sportsmanship and ethics of competition, Lincoln-Way High School shall adopt the following policy:

1. If possible, when the host school band performs at a conference football or basketball game, the school song of both the host school and the visiting school shall be played prior to the beginning of the national anthem.
2. There shall be no display of derogatory or unsportsmanlike banners or signs at the contest site. (Breakthrough signs, homecoming signs and floats shall also be non-derogatory.)
3. All host schools shall encourage their fans to extend both participant teams common foul-line courtesy.
4. The use of mechanical noisemakers, such as horns, sirens, cowbells or band instruments shall not be allowed indoors.
5. In all football contests, if the goal posts are to be decorated, one goal post shall be decorated with the colors of the host school and the other goal post shall be decorated with the colors of the visiting school.
6. Students and fans of all home schools of the conference are encouraged to participate only in those acts, which will tend to promote cooperation and friendship among the students and schools.

The I.H.S.A. has specific guidelines and by-laws for improving sportsmanship and dealing with violations. Please review the following information:

**I.H.S.A. 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 I.H.S.A. or the school may assess.

**I.H.S.A. Sportsmanship By-Law 6.012** – Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at the level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the I.H.S.A. or the school may assess.

**I.H.S.A. Sportsmanship By-Law 2.042** – I.H.S.A. 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 I.H.S.A. Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

### **Expectations of student athlete**

- Follow the rules of the school, athletic code, and team.
- Be a true student athlete, always focusing on academics and school pride.
- Stay drug, alcohol, and tobacco free.
- Make and keep a season long commitment to your team.
- Set realistic and challenging goals.
- Be a leader and a positive role model.

### **Behavior expectations of the student athlete**

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and community.
- Treat opponents the way you would like to be treated. Never direct remarks at opponents in a taunting manner.
- Respect the integrity and judgment of game officials. Respect the job and position of the officials. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

### **Expectations of parent/guardian**

- Encourage your son/daughter to follow all school, athletic code, and team rules.
- Be positive.
- Be supportive.
- Communicate respectfully and openly with the coaching staff.
- Encourage commitment.

### **Behavior expectations of the spectator**

- Remember that school athletics are learning experiences for students and the programs are part of the educational process. Adolescents learn proper behavior from watching adults.
- A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches, and other spectators.
- Show respect for the opposing players, coaches, other spectators, and officials. Respect their roles even if you disagree with their judgment.

### **Tobacco Policy**

Lincoln-Way High School facilities and grounds are a tobacco free environment. The use of any tobacco product is prohibited. Thank you in advance for your cooperation.

### **Hat Policy**

Lincoln-Way High School indoor facilities enforce a No-Hat Policy. Individuals will be asked to remove their hat before entering the facility. Thank you in advance for your cooperation.

## **IHSA Code of Conduct**

[www.IHSA.org](http://www.IHSA.org)

Student athletes, coaches, spectators, parents and /or guardians, and fans will:

- 1) Support and value of academics and the educational process.
- 2) Advocate, model, and promote the development of good character to include:
  - Trustworthiness
  - Respect
  - Responsibility
  - Fairness
  - Caring
  - Citizenship
- 3) Respect peers, coaches, officials, opponents and other associated with the event.
- 4) Promote fair play and uphold the spirit of the rules in the activity.
- 5) Model appropriate behavior at all times.

## **Line of Communication Procedure**

1. Communication between player and coach to resolve problems or conflicts.
2. Communication between parent and coach to resolve problems or conflicts.
3. Communication between athletic directors, parent, and coach to resolve problems or conflicts.
4. Communication between principal, athletic director, and parent to resolve problems or conflicts.

Please do not confront a member of the coaching staff before, during, or after a practice/contest. Contact the coach to schedule a meeting.

## **Scholastic Eligibility**

Student athletes will be required to have their grades checked weekly. If at any time they are not passing 25 credit hours, student athletes will be ineligible for interscholastic competition until they are passing 25 credit hours. For all students 25 credit hours is equal to passing any five subjects.

## **Extra-Curricular Activity Attendance**

All students absent from school the day of an activity, unless pre-excused, cannot participate in or attend the extra-curricular activity unless special arrangements are made through the administration. Students must be in attendance at the end of the school day to participate or attend activities unless prior arrangements have been made through the administration.

## **Club / Athletic Transportation**

All students involved in school-sponsored activities, where the district provides transportation, must utilize the district transportation to and from the activities. Exceptions may be made for parents to provide the transportation home from an event if all of the following circumstances are met: a.) The student must provide a parental note to the sponsor or coach at least one day before the event, stating the reason for the request: b.) The student must receive the sponsor or coach's permission to do so; c.) Parents must make personal contact at the

event with the sponsor or coach to verify the student's release after the event; d.) The parents may take their son or daughter only, and may not take other team members or participants with them.

## **Interscholastic Sports**

The following sports are offered at Lincoln-Way Central High School during the year. Students should contact the coach at the appropriate level for information concerning the sport in which they have an interest.

A varsity letter or a junior varsity letter is awarded to varsity team members who meet the requirements set by the athletic office and respective head coach. A sophomore letter is awarded to sophomore team members who complete the season and abide by the rules and regulations of the sport in which they participate. Freshman numbers are awarded to freshman team members who complete the season and abide by the rules and regulations of the sport in which they participate. Student trainers and managers receive certificates and patches acknowledging their involvement in our athletic program.

### **Fall**

Boys' Cross Country  
Girls' Cross Country  
Football  
Boys' Golf  
Girls' Golf  
Boys' Soccer  
Girls' Swimming  
Girls' Tennis  
Girls' Volleyball

### **Winter**

Boys' Basketball  
Girls' Basketball  
Boys' Bowling  
Girls' Bowling  
Cheerleading  
Girls' Gymnastics  
Boys' Swimming  
Wrestling  
Competitive Dance

### **Spring**

Girls' Badminton  
Boys' Baseball  
Boys' Gymnastics (Individual)  
Girls' Soccer  
Girls' Softball  
Boys' Tennis  
Boys' Track  
Girls' Track  
Boys' Volleyball  
Boys' Water Polo  
Girls' Water Polo  
Boys' Lacrosse  
Girls' Lacrosse

## **Athletic Booster Club**

The purpose of the Lincoln-Way Athletic Boosters is to support any activity and further the cause of athletic programs within the Lincoln-Way Community High School District. The goals of the Lincoln-Way Athletic Booster Club are to promote school spirit, raise funds to provide various equipment needs, and promote community involvement within athletics.

The Lincoln-Way Athletic Directors and coaching staff acknowledge the importance and value of the Booster Club's support and encourage all parents to be a part of this organization. For additional information, please call the athletic department of your school or contact [lwathleticbooster@gmail.com](mailto:lwathleticbooster@gmail.com).

## **Lincoln-Way Central Athletic Training Information**

The certified athletic trainer provides first aid for athletes injured during school sponsored athletic events. The athletic trainer also provides preseason conditioning ideas as well as basic rehabilitation for athletes. The athletic trainer will oversee sports related injuries and will communicate with parents/guardians, coaches and physicians regarding all serious injuries.

### *Training Room Rules*

- No student athletes are permitted in the training room unsupervised.
- Supplies are not to be removed.
- The training room is only for those with athletic injuries and/ or for the need for first aid.
- Spikes or cleats are not permitted in the training room.
- No food or drink allowed in the training room.

### *Athletic Injuries*

- Report all injuries to your coach or the athletic trainer when they occur.
- If you have severe swelling, severe pains, or a head injury, see a physician.
- Once you visit a physician and receive a note with a diagnosis or limitations, present the note to the athletic trainer.

## **Equipment**

Coaches are responsible for distributing and collecting all uniforms and other related equipment and are accountable for specific materials given to athletes. Each athlete is responsible for the uniform and any other equipment issued to them. Failure to turn in equipment at the end of the season will result in various consequences.

## **Locker Room**

The coach will distribute a lock to the athlete to use for their assigned locker. Athletes must keep the locker locked at all times. Coaches will supervise the locker room and athletes will pick up and put away any items used. When entering or exiting the locker room, student-athletes will be dressed in appropriately practice attire or uniform.

## **Prospective Student Athletes**

Some student athletes have an ambition to participate in athletics at the collegial level. Here are some important tips to help the student-athlete pursue this ambition:

1. Communication with the coach is imperative. Student-athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this important decision.
2. The driving force behind college selection should ultimately be the academic fit. Athletic opportunities are important, yet secondary to the academic fit and opportunities.
3. Coaches and student-athletes should work in conjunction with their counselor to develop a “reality” list of potential college choices.
4. The student-athletes should create a resume that represents their overall high school experience and highlights athletic accomplishments. Coaches and counselors are available to assist if need be. The resume should be reviewed with the coach and counselor.
5. The student-athlete should create a letter of interest to be sent, along with the resume, to the coaches at these respective colleges. This letter should be reviewed with the coach and counselor before finalizing and mailing it.
6. The student-athlete should meet with their post-high school counselor to discuss the process for registering with the NCAA Clearinghouse. The counselor will also share with you key resource material from the NCAA. (NCAA Guide for the College-Bound Student-Athlete).
7. The NCAA home page is [www.ncaa.org](http://www.ncaa.org).

## **Definition of a Core Course**

A core course must:

- ✓ Be an academic course in one or a combination of these areas; English, mathematics, natural/physical science, social science, foreign language, nonsectarian religion or philosophy;
- ✓ Be four-year college preparatory; and
- ✓ Be at or above your high school’s regular academic level (no remedial, special education or compensatory courses).
- ✓ For a course to count toward the requirement above, the course must appear on your high school’s list of approved core courses. You can find your high school’s list by going on to [www.clearinghouse.net](http://www.clearinghouse.net).

## **Athletic Commitment Ceremony – Participation Criteria**

An Athletic Commitment Ceremony hosted by Lincoln-Way Central High School recognizes student athletes that participate in a sport at our school. An athlete that is signing to play a sport that we offer at Lincoln-Way Central High School, but has NOT played on a team at our school in the last year will NOT be recognized.

The only time we make an exception is if the student athlete makes a commitment in a sport that we do not offer at the school. The student athlete must be in good standing at the high school and be approved by the administration.

## **Award Meetings**

Three award programs will be held to coincide with the three sports seasons, fall, winter, and spring. The first 30 minutes will encompass all students-athletes, coaches, parents and community where individual and team awards will be presented, along with any special awards. At the conclusion of this first portion, the individual team meetings will take place in areas throughout the school.

## **Awards**

- **Freshman – Numerals**
- **Sophomore/Junior Varsity (JV) – Letter**
- **Varsity (Junior) – “Red” Letter**
- **Varsity (Senior) – “Black” Letter**

All head coaches are to establish their award criteria for receiving letters. This is to be administered in a consistent and fair manner. The athletic office reserves the right to include the following exceptions to all award criteria:

- Any athlete that was involved in the program for four years should receive a varsity letter as a senior, regardless of the head coach criteria.
- Any student athlete who was involved in the program for three consecutive years and is a senior should receive a varsity letter, regardless of the head coach criteria.

### ***Two Sport Award***

At the spring sports night all student-athletes who received a letter in two sports in the same school year will be recognized.

### ***Four-Year Varsity Award Recipient in the Same Sport***

An individual who has received a varsity letter four years in the same sport will be recognized.

### ***Scholar Athlete Award***

An individual will be recognized for academic achievement – Highest G.P.A. during the athletic season. This will be at the varsity and sophomore level.

### ***Athlete of the Year Award***

Varsity male and female individuals recognized by the head coaches in each sport.

### **Athletic Wall of Fame Criteria**

#### ***Individual***

1. Selected All-Conference, First Team
2. IHSA Regional, Sectional Champion
3. IHSA State Qualifier
4. Selected All-Area by a major newspaper

#### ***Team***

1. Conference Champions
2. IHSA Regional, Sectional, Super-Sectional Champions
3. IHSA State Qualifier

### **Athletic Hall of Fame Criteria**

#### ***Individual***

1. Selected All-State, First Team by a major newspaper or publication
2. An All-State medal winner
3. Received 9 varsity letters in their 4 year high school career
4. Selected All-Conference First Team in 3 different seasons in the same school year
5. Broke a national high school record
6. In addition to above, student must meet criteria to be determined by the administration

#### ***Team***

1. Athletic banners will be provided by the Athletic Booster Club and displayed in the gymnasium for a team that earns an IHSA state trophy.
2. A trophy case will be given to each team that earns first or second place in the state in their respective sport.

## **National Signing Day – Participation Criteria**

A National Signing Day Ceremony hosted by Lincoln-Way Central High School recognizes student athletes that participate in a sport at our school. An athlete that is signing to play a sport that we offer at Lincoln-Way Central High School, but has NOT played on a team at our school in the last year will NOT be recognized.

The only time we make an exception is if the student athlete makes a commitment in a sport that we do not offer at the school. The student athlete must be in good standing at the high school and be approved by the administration.

## **Locations for Practices/Competitions**

The majority of athletic practices and home competitions are located on site at Lincoln-Way Central High School. However, the following athletic programs for both high schools practice and compete at the following off site facilities:

Boys' Cross Country	Lincoln-Way Central High School
Girls' Cross Country	Lincoln-Way Central High School
Boys' Varsity Golf	Sanctuary Golf Course
Boys' Frosh/Soph Golf	Sanctuary Golf Course
Girls' Varsity Golf	Sanctuary Golf Course
Girls' Frosh/Soph Golf	Sanctuary Golf Course
Boys' and Girls' Bowling	Laraway Lanes

Boys' and Girls' Gymnastics

Lincoln-Way East High School

## **Internet Resources**

Lincoln-Way Central Athletic Department  
[il.8to18.com/lwc](http://il.8to18.com/lwc)

South West Suburban Conference  
[www.athletics2000.org/swsc](http://www.athletics2000.org/swsc)

Lincoln-Way Community High School  
[www.lw210.org](http://www.lw210.org)

Illinois High School Association  
[www.ihsa.org](http://www.ihsa.org)

National Collegiate Athletics Association  
[www.ncaa.org](http://www.ncaa.org)

Athletic Booster Club  
[lwathleticbooster@gmail.com](mailto:lwathleticbooster@gmail.com)

## **South West Suburban Conference Member Schools**

The South West Suburban Conference consists of 16 high schools and serves the southwestern suburban area. The purpose of the SWSC Conference is to provide a governing body for the member schools, a code of principles and a set of operational procedures.

Victor J. Andrew High School  
9001 West 171<sup>st</sup> Street  
Tinley Park, IL 60477

Bolingbrook High School  
365 Raider Way  
Bolingbrook, IL 60440

Bradley-Bourbonnais Community High School  
700 West North Street  
Bradley, IL 60915

Homewood-Flossmoor High School  
999 Kedzie Avenue  
Flossmoor, IL 60422

Lincoln-Way Central High School  
1801 East Lincoln Highway  
New Lenox, IL 60451

Lincoln-Way East High School  
201 Colorado Avenue  
Frankfort, IL 60423

Lincoln-Way West High School  
21701 South Gougar Road  
New Lenox, IL 60451

Lockport Township High School, Central Campus  
1222 South Jefferson Street  
Lockport, IL 60441

Lockport Township High School, East Campus  
1333 East Seventh Street  
Lockport, IL 60441

Amos Alonzo Stagg High School  
8015 111th Street  
Palos Hills, IL 60465

Carl Sandburg High School  
13300 South LaGrange Avenue  
Orland Park, IL 60452

Thornridge High School  
15000 Cottage Grove  
Dolton, IL 60419

Thornton High School  
151<sup>st</sup> and Broadway  
Harvey, IL 60426

Thornwood High School  
17101 South Park Avenue  
South Holland, IL 60473

# Fight Song

## “Lincoln-Way Loyalty”

Lincoln-Way, we're all behind you.  
Charge right down that field!  
Loyal to our sons and daughters,  
We will never yield!

With the red and black to lead us,  
To honor day by day,  
We will pledge our true allegiance  
To the Knights of Lincoln-Way!