

RICH TOWNSHIP

ATHLETICS & ACTIVITIES

HANDBOOK

2020-2021



Introduction

Rich Township High School District 227 has an outstanding history and tradition in interscholastic athletics and competitive activities throughout the state of Illinois. Our students are provided with excellent facilities, equipment, coaches, and opportunities. We are excited that you have chosen to take advantage of those opportunities.

This handbook will provide you with important information about the athletic and activity programs in our district. When you become a member of a team in Rich Township High School District 227, there are numerous expectations you will need to meet. Many of them are explained in this handbook, so please read it carefully. This handbook also will answer questions you may have regarding athletic/activities policies and procedures within District 227.

We welcome your participation in District 227 athletics and activities and extend to you our assistance and best wishes for a successful experience.

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Role of District Personnel

High School District 227 Board of Education

The Board of Education is responsible directly to the taxpayers of the district and is the policy-making body for its high schools.

Superintendent of Schools

The executive function is delegated to the Superintendent of Schools who is charged with the responsibility for efficiently executing the policies adopted by the Board of Education.

Director of Athletics, Activities, and Transportation

The Director helps implement athletic policies as established by the Board of Education and Superintendent.

Principal

The high school principal is the administrative head of interscholastic activities as well as all other activities of the school. As a member of the Illinois High School Association, the principal is the administrative head of the school and is directly responsible to the Illinois High School Association and to the Superintendent of Schools for conduct of the school's athletic activities.

Division Leader for Athletics, Health and Wellness

The division leader is assigned to administer the programs. It is the division leader's responsibility to ensure that the programs are conducted within the rules and regulations of the Illinois High School Association, the Southland Athletic Conference, and High School District 227.

Athletic/Activity Principles

The program will:

1. Be a well-coordinated part of the school curriculum.
2. Justify the use of tax funds and school facilities because of the educational aims achieved.
3. Be conducted by school authorities in full compliance with the provisions of Title IX.
4. Provide opportunities for many students to participate in a variety of activities throughout the year.
5. Foster training in conduct, game ethics, and sportsmanship for participants.
6. Encourage respect for conference and state rules and policies under which the school program is conducted.

Affiliation

District 227 schools are members of and abide by the by-laws of the Illinois High School Association and the Southland Athletic Conference. The Southland Athletic Conference is organized as shown below.

Bloom Township

Thornridge

Crete-Monee

Thornton

Kankakee

Thornwood

Rich Township

Athletics

Each District 227 school offers a comprehensive sports program in accordance with the highest tradition of athletic competition and in proper perspective to the overall educational program of the District.

Shown below is a complete list of sports that are offered each season. District 227 students may participate in no more than one sport per season. Most fall sports begin in mid-August and run through October. Winter sports begin the first week in November and continue through February. Except for indoor track, spring sports start around the beginning of March and continue through May. Indoor track starts approximately February 1st. Tryout dates for all sports are posted on each school's athletic website (il.8to18.com).

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Football	Boys Basketball	Baseball
Boys Cross Country	Girls Basketball	Girls Soccer
Girls Cross Country	Wrestling	Softball
Boys Golf	Boys Bowling	Boys Tennis
Girls Volleyball	Girls Bowling	Boys Volleyball
Girls Tennis	Winter Cheer	Boys Track
Fall Cheer	Winter Poms	Girls Track
Fall Poms		

Competitive Offerings

Band & Majorettes*	Scholastic Bowl*
Business Professionals of America	SECME
Chess*	Choir*
Computer Club	Special Olympics
Mathletes	Speech Team*
MER	Mock Trial

**IHSA Sanctioned Activities*

Non-competitive Offerings

African-American Culture Club	Gamers
AP Club	Key Club
Art Club	LGBTQ/GSA
Brother-to-Brother	Student Council
Choir	Snowball
D.I.V.A.S.	Technical Theatre
Drama/Musical Theatre	Pep Squad
Class Officers	Yearbook
Future Leaders of the World	

Requirements for IHSA Participation

In order to be able to participate in practices or contests, each athlete must have satisfied the following:

1. A valid physical must be on file with the school nurse. Physicals are valid for 13 months.
2. A signed parent permission form must on file with the Athletic Office through 8to18.
3. Each athlete and at least one parent must attend a “Meet the Team Meeting” during or prior to their season of participation. These meetings are scheduled individually by each head coach for their respective programs.
4. Each athlete must meet both IHSA eligibility requirements and District 227 eligibility requirements in order to participate.

Online Registration

Online registration is used for all athletics, competitive & non-competitive activities. The following are instructions on how to complete online registration.

Enter the following URL directly into the search bar in your

<https://il.8to18.com/RichTownship>

- Click on “Begin Registration”
 - “Select Activity”
- Choose the sport your child will be trying for/participating in.
 - “Select Participant”
- Add a New Participant (or choose your child once created)
 - **All information on this page is for the student, i.e. cell phone, email**
 - “Roster Details”
 - You may be asked for t shirt size
 - Height and Weight will be used for rosters
 - “Primary Parent/Guardian Information”
 - Fill out the Parent information on the next page.
- Physical Form
 - If you need a form to take to the doctor you may print it here.
 - **Remember your athlete must have a current physical in order to begin tryouts/practice.**
- Legal Form
 - At this time by clicking on the boxes, you are agreeing and consenting to all information provided.
 - You may click on the form to read or print. Please note that when there is a parent/guardian and student check box- they must both be checked to move forward.
 - **Please DO NOT turn in any forms filled out.**
- Summary
 - At this time you can see what you have registered for.
- Click on “Finish” to complete your registrations

Eligibility Guidelines and Procedures for Athletics and Competitive Activities

Students involved in athletics and competitive activities are subject to Illinois High School Association eligibility rules along with the Rich Township 2.0 GPA eligibility rules.

IHSA Eligibility Guidelines

- Eligibility is checked weekly
- Students with near failing or failing grades are listed by course
- Student passing fewer than 25 credit hours (may include physical education) are listed as ineligible for the following week.
- Student are ineligible to play until they are passing 25 credit hours (including PE)
- All students must pass a minimum of 25 credit hours at semester to be eligible to compete during the next semester.
- “Near failing” students may participate in the sport or competitive activity as long as they are passing the requisite number of credit hours.

**25 credit hours = 5 classes*

Rich Township Guidelines

Participation in co-curricular activities is dependent upon course selection and successful progress in those courses. In order to be eligible to participate in any school-sponsored or school-supported athletic or extracurricular activity, a student must have earned a 2.0 grade point average.

Incoming Freshmen will be eligible to participate in athletics and/or activities the first quarter during their Freshman year if they meet the Illinois High School Association guidelines. Transfer students must meet the 2.0 eligibility requirements.

Students achieving less than 2.0 would have the possibility of becoming eligible at the quarter midterm if they meet both of the following conditions:

1. Attend 3 tutorial sessions for one hour each week; and
2. Achieve a 2.0 average on their midterm grade report.

NCAA Guidelines for Initial Eligibility

Students interested in participating in college athletics at the NCAA Division I or II level, must meet the NCAA freshmen eligibility standards. Initial eligibility is determined by NCAA from three factors: core completion, test scores, and grade-point average. Detailed information regarding freshmen eligibility criteria is available on the NCAA Eligibility Center website.

The primary responsibility of a high school in relationship to a freshman athlete's certification is to ensure that the school's list of approved core courses is accurate and up to date. Only courses in the areas on English, mathematics science, social studies and world language can be considered for core course approval.

Student athletes interested in pursuing athletic opportunities in college should discuss their interest with parents, Coaches, and counselors. Prospective student-athletes must register with the NCAA Eligibility Center and meet academic eligibility standards as determined by the NCAA. Registration with the NCAA Eligibility Center must be completed by the student and parent; the school may not complete the registration process on behalf of the student. Complete details are available at www.ncaaa.org or www.eligibilitycenter.org.

HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Code of Conduct

Rich Township expects its student-athletes to adhere to a high standard of conduct both in school and in the community, 365 days a year. Student-athletes that violate acceptable norms of conduct will be subject to progressive discipline. Unacceptable violations by student-athletes may be subject to dismissal from a team with the approval of the Division Leader for Athletics, Health and Wellness.

NOTE: Each coach may set forth additional policies and procedures that will be followed in their program regarding: tardiness, unexcused absences, and insubordination, with approval from the Division Leader for Athletics, Health & Wellness.

School discipline measures shall be taken for incidents other than tardiness, absences, and insubordination.

Due to the serious nature of this rule, the penalty shall range from a minimum of one game/contest suspension in the season or succeeding season to a maximum of permanent denial of participation. The player must also follow the district return to team protocol.

Definitions:

- **Theft**- stealing, borrowing without permission, or taking of personal property that belongs to another person, school, team or organization.
- **Vandalism**- willful or malicious breaking, destruction, or defacement of public or private property.
- **Insubordination** - actions that show or express a lack of high regard or reverence for others, including your fellow students, opponents, and especially those who have earned a position of honor, including teachers, coaches, officials, administrators, parents, and adults. This includes the use of unacceptable language (cursing) in addressing others. **Profanity will not be tolerated!**
- **Hazing**- any action that humiliates, degrades, abuses, or endangers another person, regardless of that person's willingness to participate. These actions may include initiation rituals into a team or club.
- **Sexual Harassment/Sexting**- actions, comments, threats, verbalization, coercion, jokes, teasing, or intimidation that are of sexual nature.
- **Mob Action**- the knowing or reckless use of force or violence disturbing any event by 2 or more persons acting together.

Athletic & Competitive Activity Policies & Procedures for District 227

One purpose of the athletic and competitive activity program is to provide students wholesome competition on an interscholastic level. A necessary corollary to this purpose is the development in students of a sense of dedication and the establishment of high standards of conduct and attitude. Because participants represent their school, they are expected to represent high of morality and conduct. Because student conduct is expected to be exemplary the year round, these policies and procedures will be enforced throughout the entire calendar year. In order to participate in the athletic and competitive activity program, the student and his/her parents shall be required to attend a mandatory pre-season meeting at which parents and the student will be informed about training and participation rules and the function of the Athletic/Activity Board. Failure to attend can restrict participation.

The below are consequences which may apply to students for misconduct:

Unexcused Absences from Practice

- 1st offense: Does not participate in one (1) competitive contest (exception football – one half).
- 2nd offense: Does not participate in two (2) competitive contests (exception football – one game).
- 3rd offense: Suspended from team pending parent-player conference.
- 4th offense: Dismissed from team.

Unexcused Absences from Competition

- 1st offense: Suspended from team pending parent-player conference; does not participate in two (2) competitive contests.
- 2nd offense: Dismissed from team.

Insubordination during Practice or Competition

- 1st offense: Suspended from team pending parent-player conference; does not participate in one (1) competitive contest.
- 2nd offense: Dismissed from team.

Use of Tobacco, Drugs, or Alcohol (in or out of school)

- 1st offense: Required enrollment in District 227 substance abuse program (if applicable); suspended from team pending parent-player conference; does not participate in two (2) competitive contests.
- 2nd offense: Dismissed from team.

Use of Performance-Enhancing or Supplemental Drugs

A student, who is found using performance-enhancing drug or supplements without prior submission of a doctor's written permission, along with parent or guardian permission to the Athletic Director, shall be restricted from participating in athletics.

1. They shall be subject to disciplinary procedures including but not limited to, suspensions or expulsion in accordance with District 227 administrative regulations.
2. The superintendent or designee shall ensure that Rich Township High School does not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

In-School Suspension

Does not practice; does not participate in competitive contest on full In-School Suspension day.

Out of School Suspension

- 1st Offense: Suspended from the team for the length of the suspension; Follow Return to Team Protocol.
- 2nd Offense: Dismissed from team.

Note: Students and coaches should be aware that students on OSS are not allowed to be on campus or attend any school functions.

Anti-Social Behavior (e.g. hazing, theft, mob action, sexual harassment, sexting)

Dismissed from the team.

Arrest

May be suspended from Athletics pending due process. If found guilty, student-athlete may be suspended up to one calendar year from date of arrest.

Return to Team Protocol

Players who have been suspended due to a violation of the Code of Conduct, which includes, but is not limited to, theft, vandalism, disrespect, hazing, sexual harassment, shall be subject to a protocol before they are allowed to return to play.

STEP 1: A conference is held between the student-athlete, the student's parent/guardian, and the Division Leader of Athletics, Health, & Wellness.

STEP 2: A contract is drafted to ensure that steps are in place to deter the behavior from happening again.

Attendance

A student-athlete shall not participate in athletics (game or practice) on the day he/she has been absent from school for more than 3 periods without just reason.

Just reason shall be anything beyond the control of the student, with the exception of illness. Doctor/dental appointments and other RTHS activities absences are just reason; however, confirmation notes will be required by the coach of that sport.

An athlete who leaves school early due to an illness is considered too ill to participate in athletics. An athlete who arrives at school late because of sickness must arrive before 11:30 am to be granted permission to compete.

Students must comply with the minimum attendance requirements in all classes to remain eligible.

Equipment/Uniforms

Students are responsible for all items they are issued. A complete record of all items issued will be kept for each athlete.

Lost or damaged items must be paid for at the replacement cost. Athletes will not be issued equipment for subsequent sports and will not receive awards until equipment/uniform records have been cleared. Fees will be assessed to student record and diplomas will be held until fees are paid.

It is expected that athletes will take PRIDE in their equipment and wear it only at authorized contests and practices unless otherwise approved by the coach.

Transportation

All extracurricular students are required to use transportation (bus or van) provided by the school to and from all off-campus contests and practices. Only team members and school personnel will be permitted to ride on High School District 227 vehicles. Students may not participate in away contests or practices if they drive themselves to an event or if they use alternative transportation without permission from the Division Leader of Athletics, Health and Wellness.

Participants are expected to ride buses or vans back to the schools. Bus or van drivers are not permitted to stop to allow students to leave buses or vans because they might be closer to home. In extenuating circumstances, parents may need to drive their own children home from contests. Parents must communicate this need to coaches prior to transporting their son/daughter home. Under no circumstances are students allowed to ride with anyone other than parents to or from contests.

All personnel using High School District 227 transportation are expected to observe the following:

1. Enter and exit buses through the front doors.
2. Do not board buses until coaches are there to supervise.
3. No food consumption on buses.
4. No abusive language.
5. Appropriate conduct is expected.

Return to Play Protocol

Background: With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

Policy: In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Additional Concussion Resources:

CDC – Heads Up: Concussions in HS Sports - http://www.cdc.gov/concussion/HeadsUp/high_school.html

CDC – Coaches Concussion Fact Sheet –

http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

CDC – Parent Concussion Fact Sheet –

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf

Athletic Injuries and Treatment

Training Room

The athletic training room is a health care facility. It is open for treatment after school and before practices and contests. Each training room is staffed by athletic trainers who are certified by the National Athletic Trainer's Association. Athletic trainers will administer treatment to athletes that have been injured as a result of their participation in interscholastic athletics.

Athletes should report for treatment and injury check prior to practices and contests. They also should report after practices and contest for follow-up treatment. Athletic trainers will notify the appropriate coaches that athletes have reported.

Athletes are expected to use the facility only when they require treatment, care, or preventive assistance. Proper behavior is expected. Athletes may not remove equipment from the training room without permission from the athletic trainers.

Referrals to Physicians

Athletic trainers may make medical referrals to appropriate physicians if conditions indicate such need. Medical referral forms will be given to athletes when needed for further medical assistance is warranted. These forms allow athletic trainers to communicate information regarding suspected injuries and symptoms to physicians. It also allows physicians to communicate specific diagnosis, restrictions, treatment, and rehabilitation instructions to the athletic trainers. If an athlete sees a physician without a referral from the athletic trainer, a note from the physician is required before the athletic trainers can proceed with treatment or rehabilitation.

Reporting of Injuries

It is the athlete's responsibility to report to the athletic trainers and coaches all injuries associated with athletic participation within 48 hours. When the athletic trainers learn of such injuries, the appropriate coaches will be notified. Similarly, when coaches learn of such injuries, they will notify the athletic trainers.

If injuries are discovered after the athlete returns home, the athletes should go to their own physician and report that visit to the athletic trainer and coaches as soon as possible.

Emergency Procedures

Athletic trainers will notify parents or guardians in case of emergencies. If parents or guardians cannot be reached, the athletic trainers will contact the alternate name on 8to18. The athletic trainers shall follow directions of designated adults with respect to securing additional health care and related transportation services for athletes.

If the designated adults cannot be reached, the athletic trainers will call the paramedics, if necessary. If, in the judgment of the athletic trainers, injuries are limb or life-threatening, the paramedics will be called first, then the parents or guardians will be notified.

Coaches, athletes, parents, and athletic trainers are encouraged to communicate on all phases of injuries.

Parent/Coach Communication

Both parenting and coaching are extremely difficult. By establishing an understanding of the responsibilities shared by both parent and coach, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your children become involved in a school program, you have a right to understand expectations that are placed on your child. This begins with clear communication from the coach.

Please be assured that communication and discussion of concerns with your child's coach will not result in any penalty whatsoever related to your child's participation as a student-athlete.

The information provide in this handbook is meant to be a resource for parents and students.

Communication a parent should expect from a coach:

1. Philosophy
2. Expectations
3. Practice & contest locations and times
4. Team requirements
5. Procedures to follow should your child become injured
6. Program policies and procedures

Communication coaches expect from parents:

1. Concerns expressed directly to the head coach
2. Notification of any scheduling conflicts well in advance

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve athletically and academically
3. Concern's about your child's behavior

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Procedures to follow if a parent needs to discuss a concern with the Head Coach:

1. Call the Athletic Department to set up an appointment with the Head Coach
2. Please do not attempt to confront a coach before, during, or after a practice or a contest.
3. The phone call should be to set the appointment time.
4. The meeting in person should help create resolution.

Positive team support with positive behavior:

1. Rewards the team
2. Cheer for your team with positive remarks and actions
3. Good sportsmanship is contagious

Unsportsmanlike behavior while attending events will not be tolerated (i.e. engaging the officials/coaches)

1. Verbal warning
2. Removal from event and mandatory meeting with Athletic Director prior to attending next event.
3. Removed from all events for the remainder of the year.

Illegal behavior while attending events will not be tolerated (i.e. mob action, inciting riot, drinking, smoking, illegal drug use)

1. Removed from all events for the remainder of the school year.

Athlete Commitment

I understand that participating in high school athletics and activities is a privilege – not a right and it gives me a special opportunity to develop not only my physical and academic skills, but also character traits that will serve me well in life. I, therefore, commit to strive for the following during the upcoming season:

Sportsmanship – *My behavior represents myself, and my district positively.*

- To compete within the rules of the sport/activity.
- To control anger and frustration and refrain from displays temper and bad language.
- To congratulate opponents in a positive manner regardless of the outcome.
- To live and play with class. Be gracious in victory or defeat.

Competence – *The knowledge and skills I need to train and effectively compete.*

- To develop the skills necessary to participate competently.
- To demonstrate knowledge of the rules.
- To gain an appreciation for the strategies of the sport/activity.
- To abstain from the use or possession of alcohol and other drugs.

Character – *My beliefs, attitudes and skills support moral behavior and represent the positive values of the Rich Township School District.*

- To be dependable in fulfilling obligations and commitments academically and athletically.
- To accept responsibility for personal choices that may lead to consequences without making excuses or blaming others.
- To persevere, give 100% effort even in the face of setbacks.
- To do what is right even when it is unpopular or personally costly.

Civility – *Practicing behaviors that show respect and concern for others – treating them as I would want to be treated.*

- To be compassionate and sensitive to others and to treat them respectfully regardless of individual differences.
- To refrain from put-downs towards other students, coaches/sponsors, officials and teammates.
- To always show respect for others (coaches, officials, captains, etc.) at practices and events.
- To actively support teammates and others.

Parent and Athlete Pledge Form

Student's Pledge:

I have received, read and understand the procedures and expectations of the Rich Township Athletics and Activities Handbook. I understand that I am signing a contract that states for the length of this contract that I will abide by it and be drug free. I pledge to honor all terms of the Rich Township School Code of Conduct and this contract and voluntarily sign this contract sheet.

Parent/Guardian Pledge:

We have received, read and understand the procedures and expectations of the Rich Township Athletics and Activities Handbook. We agree to help our child meet the terms of this contract. We further understand that the insurance coverage provided by Rich Township High School is a secondary coverage and is not intended to cover the total cost of necessary medical treatment.

Athletic/Activity Injury Warning Statement:

Participation by a student in an athletic and/or activity can involve some degree of risk of physical injury or even death. Such physical injury can occur in any type of sports activity, be it a “contact” or “non-contact” sport. Furthermore, many injuries are truly accidental in nature and involve no negligence by anyone, including a student. By voluntarily participating in a school sponsored athletic and/or activity, a student and his/her parent(s)/guardian assume the risks for injuries that occur.