



FROM THE ST. GEORGE SCHOOL HANDBOOK FOR PARENTS AND STUDENTS

SECTION 9.0 EXTRACURRICULAR AND ATHLETIC ACTIVITIES

Mission for Extracurricular and Athletics Activities

The Mission of St. George School is to create, foster, and build an environment that will provide the student with the opportunity to identify and develop their potential through interscholastic extracurricular and athletic activities. Extracurricular and Athletic Activities are an extension of the classroom. St. George School offers interscholastic competitive programs that emphasize self-discipline, responsibility, teamwork, and improvement.

Participation in extracurricular and athletic activities is a PRIVILEGE. Students given the opportunity to participate have a responsibility to favorably represent the school and community. They are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in any extracurricular and athletic activity may be lost in accordance with the terms of this code of conduct.

We would like to make it known to both parents/guardians and students that there is a risk of injury, paralysis, and even death in virtually every activity. The benefits and joys of physical activity are tremendous. By following the rules and regulations of the activity and/or the school, students themselves will greatly aid in the prevention of injury.

9.10 Extracurricular and Athletic Activities Code of Conduct

Requirements for Participation in Athletic Activities

A student must meet all academic eligibility requirements and have the following fully executed documents on file in the school office before being allowed to participate in any athletic activity:

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant. The preferred certificate of physical fitness is the Illinois Elementary School Association's "Pre-Participation Physical Examination Form."
2. A permission slip to participate in the specific athletic activity signed by the student's parent/guardian.
3. Proof the student is covered by medical insurance.
4. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries.

Selection of members or participants in extracurricular and athletic activities is at the discretion of the designated teachers, sponsors, and coaches.

Participation in Multiple Athletics Activities

Due to the fact that many athletic activity seasons overlap, students may participate in multiple sports at the same time. Such instances are the overlapping of the cross country and softball/baseball seasons and girls' basketball with the cheerleading season. Students may participate in both activities at the same time; however, the season that began first will hold precedence if any conflicts occur. Please remember that students must be responsible for maintaining a high level of academic achievement while participating in both athletic activities.

Academic Eligibility

A student's first responsibility is to his or her schoolwork and grades. It is believed that students who do not achieve in accordance with their abilities do not have time to participate in extracurricular activities or sports. It is further believed that students who display a negative attitude, poor conduct, or less than full effort should not be representing the school in extracurricular activities. Therefore, participating in sports or extracurricular activities will be allowed only as long as grade, attitude, conduct, and effort warrant it.

An academic average for each class individually of less than a "C-" or any failing grades indicates that additional effort is needed and does not warrant participation in extracurricular and athletic activities. The Administration reserves the right to suspend or terminate any student participant from extracurricular and athletic activities for unacceptable school behavior.

Ineligibility for participation in extracurricular and athletic activities will be monitored on a weekly basis. The eligibility grade is determined by what grade a student-athlete/extracurricular participant is receiving on each Friday at the end of the school day. The eligibility reports will be processed each Monday morning. Special circumstances may be appealed to the athletic director.

1. A student-athlete/extracurricular participant is ineligible for one FULL week, from Monday to Sunday.
2. A student-athlete/extracurricular participant may not participate in practices during their ineligibility period.
3. If a student-athlete/extracurricular participant becomes ineligible a third time in one season, the student-athlete/extracurricular participant will be removed from the team.
4. Student-Athletes/Extracurricular Participants must maintain acceptable grades in all classes prior to tryouts and/or first practice.

Eligibility for most athletics is also governed by the rules of the Illinois Elementary School Association and/if applicable, these rules will apply in addition to this Athletic Code. In case of a conflict between IESA and this Athletic Code, the most stringent rule will be enforced.

Absence from School on Day of Extracurricular or Athletic Activity

Student-athletes and extracurricular participants who do not attend at least 2½ hours of school are ineligible for any activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the coach for a) a medical absence pre-arranged with the coach or b) a death in the participant's family. Students going home during the day due to sickness are not allowed to participate that evening.

Student-athletes and extracurricular participants who are absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach.

Travel

Students will be transported to and from away activities. The bus will depart and return to the St. George School. Student-athletes and Extracurricular Participants may go home from an away athletic contest with their parents only after confirming with the coach in person and signing the sign out sheet. Only in an emergency will it be acceptable for a student-athlete/extracurricular participant to ride home with anyone other than their parents. If an emergency situation exists that requires alternative transportation, please contact the athletic director by phone for your son or daughter to ride home with another specific parent. This is in effect for traveling home from away contests only. Travel from home contests or practices may be with whomever the player's parent designates for this responsibility.

Practices

Coaches will make sure each participant has a practice and game schedule at the start of each season that indicates location and time for each practice and game. Practices should last 1 to 2 hours.

Due to various activities at our school and the multitude of sporting events and teams that need gym time after school, there are times when the only practice time available may be in the morning before school and/or weekends. This will be avoided when possible but is necessary at times to accommodate our teams with practice time. These practices will be held only at St. George School (excludes Boys Baseball and Cross Country).

Parents should plan on having their child picked up at the appropriate times. If a parent cannot pick their child up at the end of practice, other arrangements should be made for the child to be picked up. If a player is not picked up on time repeatedly, they may be removed from the team. A coach will let a player and parent know if a problem exists before going to this step.

Weekend / Extra Practices

Coaches may practice longer or have additional practices. If this occurs, participants and parents will be informed in advance of this schedule change. Due to school holidays or tournaments, coaches may opt to have a weekend practice.

Unexcused Absences from Practices

If a player has an unexcused absence from a practice, they will not be allowed to participate in the next game. This includes, but is not limited to detentions, not telling a coach personally they will miss a practice, or being in school and not showing up at practice. If a player has three unexcused absences, they may be removed from the team.

Excused Absences

Excused absences could include things such as family emergencies, family vacations or a player/extracurricular participant being sick. Coaches need to be notified if a player/extracurricular participant is not coming to practice by the parent or player/extracurricular participant in advance. Sending word with someone other than these people is not acceptable, and will be considered unexcused. If the absence is extensive, there may be a reduction in playing time or participation due to the nature of competitive extracurricular activities.

The coach must document and file with the athletic director all excused and unexcused absences no later than the following school day of the occurrence. The athletic director will follow up to ensure that coaches adhere to this policy. The athletic director will make the final decision determining whether a specific violation was excused or unexcused.

Participation in Multiple Sports/Activities

Students are encouraged to explore and participate in all the activities or sports they desire, with the understanding that there may be a few scheduling conflicts where the student will have to choose which event to attend. If there is an inordinate number of conflicts the student should consider participating in just one of the sports or activities. However, most often the overlap of seasons is short and can be mitigated to allow a student to participate in multiple sports or activities.

The definition of conflict as related to this issue:

1. Both have a contest/game at the same time.
2. Both have practice at the same time.
3. One has a contest/game and the other practice.

Prioritization of the conflicts in determining the student's participation in the given conflict: (numbers are related to the above list)

1. The student chooses and informs both coaches/sponsors.
2. The student chooses and informs both coaches/sponsors.
3. The contest/game takes priority; the student should inform the other coach/sponsor of the absence from practice. *Note: tryouts do not take precedence over a contest/game.

Should there be more than two (2) contests/games that will be missed and more than five (5) practices, then the student should choose from either sport or activity in which to participate.

If there is a conflict with a non-school sport or activity, then the expectation is that the student will participate in the school event. *Exception: religious activity.

Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

The student shall not:

1. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
 - A. A Student-Athlete or extracurricular participant who has one or more truanancies or who has been suspended from school may be suspended from participation in athletic activities by administration.
 - B. Student-Athletes and extracurricular participants receiving an in-school suspension may not participate in team/group activities until after the suspension has been served. When a student-athlete or extracurricular participant receives a second in-school suspension during the same team season, he/she will be removed from the team/activity for the duration of the season.
 - C. When a student receives an out-of-school suspension during a season in which the student-athlete or extracurricular participant is participating in, he/she may be removed from the team/group for the duration of the season
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of

weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;

6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
9. Haze or bully other students;
10. Violate the written rules for the extracurricular or athletic activity;
11. Behave in a manner that is detrimental to the good of the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
13. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. **Bullying** includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance; or
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:

- A. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all extracurricular or athletic activities for one of the time periods described below:
- A specified period of time or percentage of performances, activities or competitions;
 - The remainder of the season or for the next season; or
 - The remainder of the student's school career.
- B. Sanctions for alcohol and other drug violations, including tobacco, nicotine in any form, mood-altering or performance enhancing drugs, products composed purely of caffeine in a loose powdered form, paraphernalia or any other illegal substance, will be based on the following:

First violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty will be reduced if the student is enrolled in a school-approved alcohol or drug counseling program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
- The student will be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

Second violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of 12 weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any extracurricular or athletic activity, the student must successfully participate in and complete a school-approved alcohol or drug counseling program and follow all recommendations from that program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
- The student may be required to practice with the group (unless suspended or expelled from school).

Third violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension from extracurricular or athletic activities for the remainder of the student's school career.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one calendar year from the date of the suspension, including all extracurricular and athletic activities during this period.

7. The appropriate administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Principal or Principal's designee.

All students remain subject to all the School District's policies and the school's student/parent handbook.

Drugs, Alcohol, and Tobacco

Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look alike, tobacco or tobacco product or any other substance which, when taken into the human body is intended to alter mood or mental state, including any item or substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited in school buildings, on school busses and on all other school property or school related events at any time. This prohibition shall include all school sponsored or school related activities, whether held before or after school, evenings or weekends and shall additionally include a prohibition of use by a student athlete in any instance where the school can demonstrate a reasonable connection to the school program or school athletic program. For purposes of this procedure, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

Parent/Fan Code of Ethics

Parents on the sideline can have a major effect on their child's play. Please keep the following tips in mind at all times:

1. Please remember that extracurricular activities are for the children, and not for the adults. Allow your child to be a child and enjoy the game.
2. Support the entire team, not just your child. Cheer the good play of all the participants.
3. Practice good sportsmanship. Players learn by example and parents set the most powerful example. Encourage good sportsmanship by demonstrating a positive support for all players, coaches and officials at all games and practices.
4. Please don't instruct your child during the game. You may confuse and distract the player.
5. Yelling at the official does not accomplish anything positive. Consistent yelling may result in the referee asking you to leave the field or gym. Please remember, your behavior may be reflected in your child's actions. Please be a positive role model.
6. Players and parents should become familiar with the rules of the game/activity being played.
7. No matter what the score or how well your team members played, skill development should be encouraged over winning. All comments to players should be positive.
8. All participants, coaches/sponsors, fans, and officials should be treated with respect in regards to race, sex, creed, and ability.
9. Parents may not directly attend or observe practices or tryouts unless given permission from the head coach and/or athletic director.

Attention Spectators: As you attend various events at the school, athletic and other extracurricular activities, please note that the supervision of children is not available. Please keep a close eye on siblings and younger children. Unsupervised children will be asked to return to their parents/guardians. This is for the safety of our children.

VIOLATION OF THESE EXPECTATIONS MAY RESULT IN BEING ASKED TO LEAVE THE SCHOOL GROUNDS OR BE SUBJECTED TO OTHER CONSEQUENCES DEEMED APPROPRIATE BY SCHOOL ADMINISTRATION.

Student-Fan Conduct during Home After-School Events

Students are expected to be courteous and appropriately dressed at sporting events, evening programs, field trips, or other extracurricular activities. Attendance at school functions such as plays, musical events, field trips, and ball games, including games or events in which the school participates in another district, is perceived as a privilege, and students shall be held to abide by the school rules and regulations. All pertaining school regulations will be followed during these extra activities. Students who disregard extracurricular regulations and/or who exhibit serious misbehavior at extracurricular activities will be suspended from activities for varying periods of time.

1. Students who leave the building will not be readmitted. There will be no loitering around the building or grounds.
2. Confetti or mechanical noise makers will not be allowed in the gym.
3. Students are restricted to the cafeteria, gym, and restrooms adjacent to the gym. No student will be allowed in the hallways.
4. Students must not walk on the playing floor during half-times and after games.
5. Students should show good sportsmanship by not booing or throwing objects on the gym floor.
6. If asked to leave a game, the student/fan will not be allowed to attend the next game.
7. If a student has been expelled from two (2) activities, he/she may not be permitted to attend any further after-school activities for the remainder of the school year (excluding any athletic teams of which you may be a part).
8. Transportation should be arranged ahead of time. Students must have rides within 15 minutes of the end of the game, or they may lose the privilege of attending the next home game or activity.
9. Students 5th grade and younger must have a parent-supervisor in attendance.
10. ALL SCHOOL RULES APPLY DURING AFTER-SCHOOL ACTIVITIES. THE SCHOOL DISCIPLINE PLAN IS IN EFFECT DURING THESE TIMES.

Participation of Parents as Volunteers and/or Coaches

Pursuant to the District's policies and practices, no volunteers are to be used during practices or events without prior approval from the Superintendent or the Board of Education. The District requires that all volunteers and resource persons are screened to ensure their eligibility to work with students. Parents and resource persons cannot work with the District students until this screening process is complete. In addition to the screening, all volunteers and resource persons are required to complete GCN Training.

This Extracurricular and Athletic Activities Code of Conduct applies, where applicable, to all school-sponsored athletic and extracurricular activities that are not part of an academic class nor otherwise carry credit for a grade.

Cross-references:

Board Policy 6:190, Extracurricular and Co-Curricular Activities

Board Policy 7:240, Conduct Code for Participants in Extracurricular Activities

Board Policy 7:300, Extracurricular Athletics

9.20 Student Athlete Concussions and Head Injuries

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois Elementary School Association before being allowed to participate in any athletic activity, including practice or competition.

A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.

Cross-references:

Board Policy 7:305, Student Athlete Concussions and Head Injuries

9.30 Attendance at School-Sponsored Dances

Attendance at school-sponsored dances is a privilege. Only students who attend the school may attend school-sponsored dances, unless the principal or designee approves a student's guest in advance of the event.

Students who violate the school's discipline code will be required to leave the dance immediately and the student's parent/guardian will be contacted. The school may also impose other discipline as outlined in the school's discipline code.

Cross Reference:

Board Policy 6:190, Extracurricular and Co-Curricular Activities

Board Policy 7:240-AP1, Code of Conduct for Extracurricular Activities