

CENTRAL HIGH SCHOOL



ATHLETICS & ACTIVITIES HANDBOOK

2019-2020

INTERSCHOLASTIC ATHLETICS & CO-CURRICULAR ACTIVITIES

Participation in competitive interscholastic athletics and co-curricular activities (at times referred to collectively as “extracurricular activities”) at CHS is a privilege, not a right.

Participation in extracurricular activities is an important part of a student’s development. Through participation, students develop many lifelong skills and positive values. These include cooperation, leadership, healthful living habits, self-discipline, integrity, teamwork, and respect for rules and regulations. In addition, students who participate in extracurricular activities serve as ambassadors of the school and role models for their peers. By accepting the privilege of participation in extracurricular activities, the student becomes a representative of both Central High School and Central Community Unit School District # 301, whether the student is on the playing field, in competition, in practice, in the classroom, or in the community. Individuals who serve in this capacity have a special responsibility to ensure that their actions reflect positively on CHS and the community.

The decision to participate in extracurricular activities, therefore, involves a commitment by the student to adhere to the rules outlined in this Athletics & Activities Handbook. The Handbook goes into effect when a student begins participation in a CHS extracurricular activity and is in effect for the duration of the extracurricular activity; it applies year-round (24/7, 365 days). Each student is responsible for adhering to the Handbook to ensure a positive experience for all District students. Students who violate the Handbook will be subject to disciplinary consequences, up to and including dismissal from extracurricular activities, as set forth in the Handbook. Depending on the nature of the violation, students also may be subject to discipline under the District’s student discipline policy, up to and including suspension or expulsion from school.

Extracurricular activities are for the benefit of students and are meant to supplement students’ educational program at CHS. Unless pre-approved by the Administration in limited circumstances, extracurricular activities are *never* a reason for an absence from class or school or not completing schoolwork.

In order to participate in CHS extracurricular activities, students and their parent(s)/guardian(s) must sign the CHS Athletics & Activities Handbook Acknowledgement Form prior to participation in each interscholastic athletic team or co-curricular activity.

CO-CURRICULAR ACTIVITIES

A complete list of the co-curricular activities offered by CHS can be found on the District’s website at <https://chs.central301.net/>. Information regarding individual co-curricular activities can be found on the District’s 8-to-18 website (<http://il.8to18.com/bchs>) under the Activities tab or by contacting the activity sponsor or the Athletics & Activities Office at 847-464-6038.

INTERSCHOLASTIC ATHLETICS

A complete list of the interscholastic athletics offered by CHS can be found on the District’s website at <https://chs.central301.net/>. Information regarding individual interscholastic athletics , including contest and practice schedules, can be found on the District’s 8-to-18 website (<http://il.8to18.com/bchs>) under the Athletics tab or by contacting the head coach or the Athletics & Activities Office at 847-464-6038.

INTERSCHOLASTIC ATHLETICS & CO-CURRICULAR ACTIVITIES

ACADEMIC ELIGIBILITY

Eligibility to try out for all CHS extracurricular activities is determined at the time of tryouts. A student who does not meet the semester eligibility requirement at the time of tryouts will not be permitted to tryout for an extracurricular activity. Semester eligibility is based on the student's semester grades as set forth below.

Eligibility to participate in all CHS extracurricular activities is determined on a weekly and semester basis. The weekly eligibility is based on a point system based on the student's current grades and semester eligibility is based on the student's semester grades.

WEEKLY ELIGIBILITY

Each week, on Thursday, an eligibility report is generated by the Athletics & Activities Office. The Athletics & Activities Office notifies coaches/sponsors of any students on their respective teams/activities who are ineligible. Then, the coach/sponsor individually notifies the student(s) on their team/activity who are ineligible. In addition, the coach/sponsor also notifies the parent(s)/guardian(s) of each ineligible student via email.

Weekly eligibility for participation in all CHS extracurricular activities is based on a point system using semester-to-date cumulative grade earned by the student in the classes in which the student is currently enrolled. Under this system, an "F" equals 2 points and a "D" equals 1 point. The grades for courses in which the student receives more than one credit will be adjusted proportionally. If a student has 4 or more points in a week, the student will be ruled ineligible.

When a student is determined to be ineligible, the period of ineligibility starts on the Monday following the Wednesday notification and remains in effect for 1 calendar week (Monday through Sunday) or until the student has accumulated less than 4 points on the weekly eligibility check and, thus, is academically eligible to participate. If a student becomes eligible during the week of ineligibility, the student must continue to serve the full week of ineligibility.

If a student is academically ineligible for a second consecutive week, the coach/sponsor will individually notify the student and the Athletics & Activities Office will notify the student's parent(s)/guardian(s) via email. Parent(s)/guardian(s) are requested to acknowledge receipt of the email notification.

If a student is academically ineligible for a third consecutive week, the coach/sponsor will individually notify the student and the Athletics & Activities Office will contact the student's parent(s)/guardian(s) to schedule a meeting with the student and the parent(s)/guardian(s) to discuss possible removal of the student from the extracurricular activity.

SEMESTER ELIGIBILITY

Semester eligibility is based on the student's semester grades. If the student fails two or more classes in a semester, the student will be ineligible to participate in any extracurricular activities for the following semester. For example, if a student gets two F's first semester, then the student will be academically ineligible to participate in any extracurricular activities second semester. Likewise, if a student gets two F's second semester, then the student will be academically ineligible to participate in any extracurricular activities the first semester of the next school year. Students are not reinstated to academic eligibility until they have served a full semester of ineligibility. The Athletics & Activities Office will notify the student and his/her parent(s)/guardian(s) via email of the student's academic ineligibility for the following semester.

If the student fails two or more classes during the semester of ineligibility, the student will be ineligible to participate in any extracurricular activities in the semester following the current semester of ineligibility. The Athletics & Activities will contact the student's parent(s)/guardian(s) via email to notify them of the student's continued academic ineligibility for the following semester.

ATTENDANCE AT PRACTICES & CONTESTS DURING INELIGIBILITY

Ineligible students (weekly or semester) are prohibited from participating in any contest during the period of ineligibility. However, students also are expected to attend and participate in all practices or meetings. Failure to attend practice(s), meeting(s), and contest(s) during the period of ineligibility will result in consequences consistent with the rules for that particular extracurricular activity. Additionally, students are expected to attend all contests during the period of ineligibility. Students are not permitted to dress in the team uniform for a contest, but are expected to dress consistent with team expectations.

ATTENDANCE ELIGIBILITY

ABSENCES

A student must be in school to try out for an extracurricular activity. However, if the student is absent for part or all of a school day due to an excused absence and must miss the try out, the student will be given an opportunity to try out for the extracurricular activity once he/she returns to school. Contact the Athletics & Activities Office in order to request a makeup try out. Any make-up try out must be approved by the Athletics & Activities Director or designee.

To participate in an extracurricular activity practice or meeting (non-contest), a student must be in attendance by the start of 2nd period unless the student is absent from school for an excused absence for any reason other than personal illness. A student who has an excused absence for any part of the school day due to personal illness, will not be permitted to participate in the extracurricular activity practice or meeting on that school day.

To participate in an extracurricular activity contest, a student must be in attendance for a full school day on the day of the contest, or for a full school day on the Friday before a weekend contest.

For additional information regarding excused absences, see the CHS Student Handbook, Absences section. Recognized excused absences are: a student's personal illness; a death in the immediate family; a family emergency; observance of a religious holiday; medical appointment with a note from the physician; circumstances that cause reasonable concern to the parent/guardian for the student's safety or health; situations beyond the control of the student (e.g., court appearances); other reasons approved by the Superintendent or designee.

FIELD TRIPS

Field trips during the school day are treated as if the student was in school on that day for purposes of participation in an extracurricular activity contest or practice/meeting.

SUSPENSIONS/EXPULSIONS

Students who are assigned to an alternative learning environment on school grounds or who are suspended out-of-school are prohibited from participating in any extracurricular activities during the term of their assignment to the alternative learning environment or out-of-school suspension; this includes but is not limited to any practice, meeting, contest, and performance. If the alternative learning environment assignment or out-of-school suspension period continues through the end of the school day on Friday or includes a weekend or non-student attendance day (e.g., school holiday, break, institute day), the student is prohibited from participating in any extracurricular activities during that weekend or non-student attendance day. The student is not permitted to participate in the extracurricular activity until he/she returns to school following the alternative learning environment assignment or out-of-school suspension. After a student's return following an out-of-school suspension, the coach(es)/sponsor(s) have the discretion to determine the student's subsequent participation in extracurricular activity.

In the event a student is expelled from school, the/she will be immediately expelled from participation in any extracurricular activity for the remainder of the student's high school career.

If a student is under investigation for violation of the Code of Conduct or other school rule or policy, the student is permitted to participate in an extracurricular activity unless the student is temporarily suspended from the activity pending the outcome of the investigation. This determination is within the sole discretion of the Administration or Athletics & Activities Director.

Any exception to these attendance eligibility requirements must be approved by the Administration or Athletics & Activities Director prior to the contest or practice/meeting.

P.E. EXCUSES

Students with a medical excuse from P.E. may not participate in an athletic team practice or contest for the period of time covered by the medical excuse. Depending on the nature of the medical excuse from P.E., the student may be required to provide documentation from the student's health care provider clearing the student to return to participating on an athletic team. See below for additional information regarding the District's concussion policy and procedures.

CO-CURRICULAR ACTIVITIES

CO-CURRICULAR ACTIVITY ELIGIBILITY & PARTICIPATION FOR EXECUTIVE LEADERSHIP POSITIONS

All eligibility and participation requirements for co-curricular activities and the Code of Conduct apply only to the "executive leadership" positions for each co-curricular activity. The executive leadership positions are determined by each co-curricular activity, but generally include any officer (e.g., President, Vice President, Secretary).

In addition to the academic and attendance eligibility requirements set forth above, students trying out for and participating in co-curricular activities are subject to the eligibility and participation requirements set forth in this section and as may be established by the individual co-curricular activity.

For co-curricular activities, a student may be president of only two (2) organizations each year when voted in by members. He/she may hold other minor offices.

Before they will be allowed to participate in a co-curricular activity, students who transfer to CHS must meet the eligibility guidelines and rules, if any, set forth by the co-curricular activities governing organization, the activity's sponsor and/or the Athletics & Activities Director. Please contact the Athletics & Activities Director for further information.

Prior to participating in an co-curricular activities, the student must be approved by the Athletics & Activities Office. To receive approval, the student must:

- (1) submit pre-participation forms which have been completed and signed by the student and the student's parent(s)/guardian(s); and
- (2) have completed the mandatory 8to18 online registration; and
- (3) have all District 301 fees paid in full.

INTERSCHOLASTIC ATHLETICS

ATHLETIC TEAM ELIGIBILITY & PARTICIPATION

In addition to the academic and attendance eligibility requirements set forth above, students trying out for and participating in interscholastic athletics are subject to the eligibility and participation requirements set forth in this section and as established by the individual athletic team.

Students may participate in only one interscholastic athletic team at a time, unless an exception is requested and approved by the head coach of each team, as well as the Athletics & Activities Director. Requests will be determined on a case-by-case basis.

Prior to participating in an interscholastic athletic team, including trying out for the team, the student must be approved by the Athletics & Activities Office. To receive approval, the student must:

- (1) submit proof of a current sports physical (annual requirement);
- (2) submit pre-participation forms which have been completed and signed by the student and the student's parent(s)/guardian(s); and
- (3) have completed the mandatory 8to18 online registration; and
- (4) have all District 301 fees paid in full; and
- (5) have turned in all equipment/uniforms from any interscholastic athletic team the previous season.

The required pre-participation forms are available online (<http://il.8to18.com/bchs>) and include the CHS Athletics & Activities Handbook Acknowledgement Form and the IHSA Sports Medicine Acknowledgement & Consent Form (concussions, performance enhancing substances, and steroids). The IHSA sports physical form also is available online (<http://il.8to18.com/bchs>).

If a student is selected for an interscholastic athletic team, the participation fee must be paid before the student can begin participating as part of the team.

Prior to the start of **each** athletic team season, students and their parents(s)/guardian(s) are required to attend a pre-season meeting regardless of whether the student and his/her parent(s)/guardian(s) have previously attended one or more pre-season meetings for previous seasons or school years. The purpose of the meeting is for the Athletics & Activities Director and coaches to provide pertinent information regarding CHS interscholastic athletics activities and team policies. If a student and his/her parents(s)/guardian(s) fail to attend the pre-season meeting, the student is not eligible to participate with the athletic team until the student and his/her parents(s)/guardian(s) meet with the Athletics & Activities Director and coach.

IHSA ELIGIBILITY

Each student participating in an IHSA interscholastic activity must satisfy IHSA's eligibility requirements. The IHSA requires students to pass 25 credit hours of high school work per week, generally the equivalent of 5 full-credit courses. The Athletics & Activities Office checks academic eligibility on a weekly basis. Students also must have passed and received 25 credit hours of high school work toward graduation for the entire previous semester to be eligible at all during the ensuing semester. See Academic Eligibility section.

To ensure they will be eligible to participate in certain interscholastic athletic activities, students who transfer to CHS must follow the guidelines and rules set forth by the IHSA. In addition, transfer students must meet any criteria established for the team established by the coach(es) and the Athletics & Activities Director.

Please contact the Athletics & Activities Director for further information and to ensure the Transfer Consent Form is completed and filed.

NCAA ELIGIBILITY

Each year the NCAA revisits its athlete eligibility requirements. Students and parent(s)/guardian(s) should contact the head coach, guidance counselor, or Athletics & Activities Director for information regarding NCAA eligibility. Information also is available on the NCAA's website.

ATHLETIC TEAM SELECTION (“CUT POLICY”)

Participation in CHS interscholastic athletics is selective. Students may be “cut” from any interscholastic athletic team.

Coaches may cut students from the athletic team based on the following criteria:

- A limit on the number of student participants, as determined by the coaches and including limits set by IHSA or other governing organization;
- The availability of a sufficient number of uniforms/equipment for the students;
- Improper student behavior, including but not limited to violations of the Code of Conduct or CHS school rules and policies.

The selection of students for an athletic team will be based upon:

- Talent and ability;
- Character and personality of the individual;
- Work habits and loyalty to the program;
- Positions needed on the team or activity; and
- Academic eligibility, as defined in this Handbook.

ATHLETIC AWARDS

Each student who becomes a member of an athletic team during the season, finishes the season in good standing, and meets the criteria set forth by the coach(es) and the Athletics & Activities Department will be eligible to earn an athletic award. The coach(es) have sole discretion in determining which students receive athletic awards.

Good Standing is defined as:

- The student finished the season with the team;
- The student has attended practice on a regular basis*;
- All equipment and uniforms have been returned, repaired, or replaced; and
- The student has not been found to be in violation of the Code of Conduct during the season.

*In the event of a student injury or extended illness, or other circumstance in the sole discretion of the coach(es), the coach(es) may present the student with an interscholastic athletic award if the injury/illness or other circumstance prevented the student from finishing the season with the team.

AWARDS

- Freshman Team: Athletes on the freshman team are eligible for a certificate of participation and a numeral.
- Freshman/Sophomore Team: Athletes on the freshman/sophomore team are eligible for a certificate of participation and a numeral or freshman/sophomore letter (for sophomores who received a numeral as a freshman).
- Junior Varsity Team: Athletes on the junior varsity team are eligible for a certificate of participation and a junior varsity letter. Junior varsity athletes will receive only one junior varsity letter per sport. Junior varsity athletes are eligible for a service pin for each year following the initial receipt of the junior varsity letter in that sport.

- Varsity Team: Athletes on the varsity team are eligible for a certificate of participation and varsity letter. Varsity athletes will receive only one varsity letter per sport. Varsity athletes are eligible for a service pin for each year following the initial receipt of a varsity letter in the sport.
- Captain's Pin: The captains (or co-captains) of the freshman/sophomore team and the varsity team are eligible to earn the Captain's Pin.
- Special Awards: The coach(es) for each athletic team may award special awards, at their discretion, to students specific to the particular sport. For example, MVP trophy or coach's trophy. The coach(es) for each athletic team will determine the criteria and selection process for these special awards.

SENIOR NIGHT

Senior students will be honored by the athletic team's coach(es). If possible, such recognition will occur at a home contest during the season or may be scheduled at another time during or after the season. The student and his/her parent(s)/guardian(s) will be recognized for the student's participation on the athletic team. Senior students are not guaranteed playing time on a selected senior night, but they will be introduced with their parent(s)/guardian(s) during the Senior Night recognition.

ATTENDANCE AT AWARDS NIGHT

Students are required to attend Awards Night after the season is completed. An unexcused absence may result in the student forfeiting his/her award(s). In the event a student must be absent from Awards Night, the student must contact the coach(es) as soon as possible beforehand to notify the coach(es) of the reason for the student's absence.

QUITTING AN ATHLETIC TEAM

Any student who decides to quit an athletic team by giving verbal or written notice to the coach(es) before the season is completed will be prohibited from re-joining the team for the remainder of the season. However, within twenty-four (24) hours after the student notified the coach(es) of his/her decision to quit the team, a student may ask the coach(es) for permission to rejoin the team. In the event a student requests to re-join the team, the coach(es) will schedule a meeting with the student and parent(s)/guardian(s) and Athletics & Activities Director to discuss the student's proposed return to the team. The Athletics & Activities Director retains sole discretion in deciding whether the student will be permitted to re-join the team. The Athletics & Activities Director's decision is final.

If a student quits an athletic team, the student will not be allowed to tryout for or participate in another athletic team before the end of the season of the activity the student quit, unless given approval by the Athletics & Activities Director.

CARE OF EQUIPMENT & UNIFORMS

All uniforms and equipment issued by the District are the property of the District. Students are expected to care for and not abuse uniforms and equipment loaned to them for participation on an athletic team. Uniforms and equipment are only to be worn during CHS contests and practices, or as otherwise directed by the coach(es).

Uniforms and equipment issued to students by CHS for participation on an athletic team must be returned within one (1) week after the last contest, meeting, or performance of the year or season, or within one (1) week after a student quits the team, is dismissed from the team, or is expelled from school. Lost, not-returned, or stolen items are the responsibility of the student and his/her parent(s)/guardian(s), and the student and his/her parent(s)/guardian(s) must reimburse the District for all replacement costs of any uniforms or equipment issued to a student but not returned. All damaged uniforms and equipment must be repaired or replaced. The repair or replacement bill(s) is the responsibility of the student and his/her parent(s)/guardian(s), unless a student's uniform or District-issued equipment is damaged during participation in an athletic practice or contest, in which case the District will assume responsibility for repair

or replacement. No student will be allowed to receive an end-of-season award or to participate in any future extracurricular activities unless all equipment and uniforms have been returned and accounted for, or are paid for, if damaged or not returned. Senior students who have outstanding unreturned uniforms or equipment, or outstanding unpaid bills for damaged or not returned uniforms and/or equipment, will not be permitted to participate in the CHS graduation ceremony.

LOCKERS FOR ATHLETIC TEAMS

Students who participate on an athletic team may be assigned a locker. Each student must use only the locker assigned to him/her and must keep the locker and its contents in good order. It is the student's responsibility to periodically clean out the locker to ensure the locker remains in good condition. The condition of the locker both its interior and exterior, are the student's responsibility. Lockers should never be struck, kicked, written on, or defaced. Stickers and other materials should not be attached either inside or outside the locker. A monetary fine and/or disciplinary consequence may be assessed for locker damage. In addition, no student will be allowed to receive an end-of-season award or to participate in any future extracurricular activities unless he/she pays for any locker damage for which he/she is responsible. A senior student will not be permitted to participate in the CHS graduation ceremony until he/she pays for any locker damage for which he/she is responsible.

Students are personally responsible for the contents of the locker to which they are assigned. Lockers are the property of the District. For the safety and security of the entire school community, school authorities may inspect and search lockers, as well as personal effects left there by a student, without notice to or the consent of the student. Students have no reasonable expectation of privacy in lockers or in their personal effects left inside a locker. Any items discovered as result of a locker search may be confiscated and used as evidence in school-related investigations and may result in disciplinary action under the Code of Conduct as well as the CHS and District student discipline rules and policies.

ATHLETIC TEAM RULES

The coach(es) for each athletic team may establish rules for his/her/their team. These rules may include, but are not limited to, team expectations and requirements, practice schedule/location and practice and game attire. Student-athletes who violate team rules may be subject to disciplinary consequences as determined by the coach(es), up to and including dismissal from the team.

TRANSPORTATION

EXPECTATIONS

- Students must be ready to depart from school or other designated location at the assigned time.
- Students are not to enter the bus/vehicle with cleats on or dirty shoes (these must be cleaned before entering the bus/vehicle).
- Students are to enter or exit the bus/vehicle through the front and designated door(s) only, not the rear or other emergency door.
- Students are not to board the bus/vehicle unless directed to by the coach/sponsor.
- Food may be consumed on the bus/vehicle with permission of the coach/sponsor.
- Students must pick up all garbage and remove all personal belongings from the bus/vehicle.
- Students who misbehave on the bus/vehicle may be subject to disciplinary action under the Code of Conduct as well as the CHS and District student discipline rules and policies.

TO/FROM EXTRACURRICULAR ACTIVITIES

All students participating in an extracurricular activity that is not being held at CHS must use the transportation provided by the District to and from the activity.

The only exception made to this policy is when a student's parent/guardian requests to transport his/her student from the activity, or designates another responsible adult (who must be at least 21 years of age) to do so. If a responsible adult other than the student's parent/guardian is to transport the student from the activity, the student's parent/guardian must **request an exception, in writing, to the Athletics & Activities Director at least 24 hours prior to the activity**. The Athletics & Activities Director will not approve any request for an exception unless it is submitted by the parent/guardian at least 24 hours in advance. If approved, the Athletics & Activities Director will notify the coach/sponsor.

To ensure that all students are accounted for on the return trip, if a student will be transported home from an activity by his/her parent/guardian, or another responsible adult who is pre-approved by the Athletics and Activities Director, then at the conclusion of the activity, the driver must go to the coach or sponsor to "sign the student out" on a form provided by the Athletics & Activities Office.

Please contact the Athletics & Activities Director with any questions.

MISCELLANEOUS

TIME LIMIT TO EXIT BUILDING

Student supervision will be provided for 30 minutes following the conclusion of an extracurricular activity contest or practice/meeting. Parents providing rides are required to pick up their students and all students are expected to exit the school building and school grounds within that time period.

REFUNDING PARTICIPATION FEES

A full refund of fees for extracurricular activities will be made only if a student is cut or quits before the first contest. If a student has already received equipment or (a) uniform(s), the participation fee will not be refunded unless all equipment and uniforms have been returned and accounted for, or are paid for, if damaged or not returned.

COMMUNICATION WITH EXTRACURRICULAR ACTIVITY COACH/SPONSOR

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely challenging roles. By establishing an understanding of each role, we are better able to accept the actions of the other and provide greater benefit to students. As parents/guardians, you have a right to understand the expectations that accompany your student's participation in an extracurricular activity.

This begins with clear communication from the coach(es) of your student's athletic team.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT'S COACH

1. Coaching philosophy
2. Expectations for your student as well as all the players on the team
3. Locations and times of all practices and contests
4. Team requirements, i.e., fees, special equipment, off-season conditioning
5. Procedures that will be followed should your student be injured during participation
6. Discipline that may result in the denial of your student's participation

COMMUNICATION COACHES EXPECT FROM PARENTS/GUARDIANS

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

As your student becomes involved in the CHS athletic program, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your student wishes. Although it may not seem so at the time, disappointment is a normal and natural part of life and, also an important part of a student's developing maturity. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your student, mentally and physically
2. Ways to help your student
3. Concerns about your student's behavior

It is very difficult to accept your student not playing as much as he/she or you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved on the team. As you have seen from the list above, certain things can be and should be discussed with your student's coach. Other matters, such as those which follow, must be left to the discretion of the coach(es).

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

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

There may be circumstances that require a conference between the coach and the parent/guardian (and, if appropriate, the student). It is important that all parties involved have a clear understanding of each other's interests. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

PROCEDURES FOR DISCUSSING A CONCERN WITH A COACH

1. Call the coach and request to schedule an appointment.
2. The Athletics & Activities Department telephone number is 847-464-6038.
3. If the coach cannot be reached, contact the Athletics & Activities Director. A meeting time with the coach will be arranged for you.
4. Please do not confront a coach immediately before or after a practice or contest. The coach has many other responsibilities to attend to during this time period. Additionally, the excitement or disappointment related to the practice or contest can contribute to unproductive emotions. Meetings of this nature do not promote resolution.

If the coach does not provide a satisfactory resolution to your concern, contact the Athletics & Activities Department to schedule an appointment with the Athletics & Activities Director. At this meeting, any appropriate next step(s) can be determined.

CPR AND AED TRAINING

Education of staff, students, and parents is an integral part of ensuring our students are safe. Please view the training video on hands-only cardiopulmonary resuscitation (CPR) and automated external defibrillators (AED) posted on <http://il.8to18.com/bchs>.

CONCUSSIONS

The District takes the safety of its students seriously and has developed a program to manage student concussions and head injuries. Please see Board Policy 7:305 for the District's concussion policy. The District's concussion management resources, including consent forms, return-to-play protocol, and return-to-learn protocol, are available at <http://il.8to18.com/bchs>. If you have questions regarding concussions or the District's concussion management program, please contact the Athletics & Activities Director or School Nurse.

CODE OF CONDUCT

As stated previously, participation in CHS extracurricular activities is a privilege, not a right. Accordingly, the Athletics & Activities Director is authorized to discipline students for violations of this Code of Conduct as well as other misconduct not specified below. The discipline may range from a disciplinary conference, or restitution, to suspension or dismissal from a particular extracurricular activity or all extracurricular activities. Discipline issued by the Athletics & Activities Director under the Code of Conduct is separate from any disciplinary consequences issued by the CHS Administration pursuant to the CHS and District student discipline rules and policies. A student may receive both types of disciplinary consequences for the same offense.

DEFINITIONS OF OFFENSES

- Any possession, use, sale, distribution, or attempt to obtain possession of tobacco or nicotine products, e-cigarettes, vaporizers, or any comparable product.
- Any possession, use, sale, distribution, or attempt to obtain possession of prohibited substances, including, but not limited to: marijuana, controlled substances, steroids or other performance enhancing drugs, look-a-like drugs, or beverages containing alcohol. This includes a student's presence at a place (other than a religious ceremony or family gathering) where any prohibited substance is being used in an unlawful manner; e.g., a party or gathering where alcohol is being consumed by minors. It is the student's responsibility to be aware of all activities taking place at a party or gathering immediately upon arrival and throughout the duration of his/her stay.
- Conduct in violation of school rules and policies, as set forth in the CHS Student Handbook and Board of Education policy, or that could be found to violate IHSA rules and regulations, local ordinance, or State or federal law.

HAZING/BULLYING

In addition to the offenses listed above, the District recognizes the dignity and worth of all individuals, and in keeping with that belief, prohibits any and all forms of hazing/bullying or initiation rites for any co-curricular or school-related activity. "Hazing/Bullying" refers to any act, whether physical mental, emotional, or psychological, intentional or otherwise, including when such acts are committed through social media, or other electronic means, which subjects an individual student or group of students, to any situation or expectation that may potentially abuse, mistreat, degrade, humiliate, harass, harm, intimidate, or compromise such student or group of students' inherent dignity as a person(s).

Hazing/Bullying includes, but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body;
2. Any type of physical activity, such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
3. Any activity involving the consumption of a food, liquid, alcoholic beverage, drug, tobacco product or other substances that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school;
5. Any activity that includes the victimization of another student, sexual harassment, or sexual violence;
or
6. Any activity that includes, causes or requires the student to perform a task that involves a violation of state or federal law.

Any student involved in hazing/bullying or initiation rites will be subject to disciplinary action. This action may include, but is not limited to, dismissal from the activity or athletic team, exclusion from participation in subsequent school activities and/or suspension or a recommendation to the school board for expulsion from school. These rules apply to all students during the school year, summer, in-season or out-of- season, on or off school property, during or outside of school hours. The student may face separate and/or additional disciplinary consequences as outlined in the CHS Student Handbook.

PROCEDURES

- **Investigation of Alleged Violation of the Code of Conduct:**
 - When a violation of the Code of Conduct is reported to the Athletics & Activities Director, the Director will commence an investigation. As part of the investigation, and as appropriate to the circumstances, the Director may meet with the student, other student(s), staff member(s), other individuals with knowledge about the alleged violation, and/or the extracurricular activity coach(es)/sponsor(s), and will review any and all pertinent documentation or other evidence.
 - After completing his/her investigation, the Director will meet with the student and his/her parent(s)/guardian(s) to discuss the findings of the investigation and the consequence(s), if any. The Director's written decision will be sent to the student's parent(s)/guardian(s) via email.
 - During the Director's investigation into an alleged violation of the Code of Conduct, the student is suspended from all participation in the extra-curricular activity(ies), including all contests, practices/meetings, and any team/activity events. In addition, the student may not tryout for another extracurricular activity during the investigation.
- **Voluntary Admission:** A student may voluntarily admit that he/she violated the Code of Conduct and forgo the Director's investigation. Voluntary admission is available only to students who:
 - Are not currently under investigation for the violation of the Code of Conduct at the time he/she makes the voluntary admission;
 - Have not prior violations of the Code of Conduct;
 - Agree to participation in a formal substance abuse assessment program at a school-approved agency.

The Athletics & Activities Director will schedule a meeting with the student and his/her parent(s)/guardian(s) to discuss the student's voluntary admission and compliance with the above terms. If a student fails to fulfill the above terms, the voluntary admission will count as a First Offense and the student will be required to serve that consequence.

Voluntary admission is available to a student only one time during the student's high school career.

- **Appeal of Consequence for Violation of the Code of Conduct:** Because participation in extracurricular activities is a privilege and not a right, such participation is not protected by the same due process procedures applicable to regular educational programs. A student may appeal a Code of Conduct consequence to the Building Principal or designee. The request must be made in writing within five (5) days of the issuance of the consequence. The Building Principal or designee will review the appeal request, investigation information/documentation, and the Athletics & Activities Director's determination. The Building Principal or designee may meet with student(s), staff member(s), and/or individuals with knowledge about the alleged violation. The Building Principal or designee then will issue his/her decision in writing. During the appeal process, the consequence imposed by the Athletics & Activities Director remains in effect. The Building Principal or designee decision is final.
- **Appeal of Total Suspension from Athletic or Co-Curricular Activity:** A student who is in his/her 9th through 11th grade years, and is currently suspended from participation in any interscholastic athletic activity and/or co-curricular activity for the rest of his/her high school career (third offense), may, along with his/her parent(s)/guardian(s), submit a written request to the Building Principal or designee, asking that a review be held to consider reinstatement of eligibility. This request may not be made prior to one (1) calendar year from the date of the suspension for the third offense. The burden of proof to show that the student has made appropriate changes in his/her behavior (including completion of a school-approved treatment program) is the responsibility of the student and her/his parent(s)/guardian(s). The Building Principal or designee decision is final.

CONSEQUENCES

For students who participate in interscholastic athletic activities and hold executive leadership positions in co-curricular activities, any consequence issued for violating the Code of Conduct applies to both activities based on the offense levels set forth below.

The Athletics & Activities Director retains the sole discretion to declare a student ineligible from trying out for and joining another interscholastic athletic team or joining and taking on an executive leadership role in a co-curricular activity while he/she currently has any unserved suspension pending. A student is prohibited from trying out for and joining an interscholastic athletic team or joining and taking on an executive leadership role in a co-curricular activity for the sole purpose of serving a penalty to avoid missing all or part of a season with his/her primary interscholastic athletic team or co-curricular activity.

Consequences assessed prior to a student entering high school shall not apply to the student's cumulative disciplinary record at high school.

TOBACCO & COMPARABLE PRODUCT OFFENSES

○ Interscholastic Athletics

- **First Offense:** The student will be suspended for 40% of the scheduled interscholastic athletic activity contests within a season (exact number to be determined by the Athletics & Activities Director) beginning with the current season (if

the student is “in season”) or next season of participation for the student. If the suspension continues past the conclusion of a season, the consequence will be continued into the beginning of the next season of the student’s participation.

- This consequence may be reduced to 20% of the scheduled contests if the student-athlete voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
- **Second Offense:** The student will be suspended from participating in any interscholastic athletic activity for one (1) full season. If the suspension continues past the conclusion of the season, the consequence will be continued into the beginning of the next season of the student’s participation.
 - This consequence may be reduced to one (1) season if the student-athlete agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
- **Third Offense:** The student will be suspended from participating in any interscholastic athletic activity for the rest of the student’s high school career.

○ **Co-Curricular Activities**

- **First Offense:** The student will be suspended from participating in any co-curricular activities for a period of nine (9) weeks of school (exact number of days to be determined by the Athletics & Activities Director).
 - This consequence may be reduced to four and a half (4.5) weeks of the scheduled contests if the student-athlete voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
- **Second Offense:** The student will be suspended from participating in any co-curricular activities for a period of eighteen (18) weeks of school (exact dates to be determined by the Athletics & Activities Director).
 - This consequence may be reduced to one (1) season if the student-athlete agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
- **Third Offense:** The student will be suspended from participating in any co-curricular activity for the remainder of the student’s high school career.

● **Prohibited Substances Offenses**

○ **Interscholastic Athletics**

- **First Offense:** The student will be suspended for 50% of the scheduled interscholastic athletic activity contests within a season (exact number to be determined by the Athletics & Activities Director) beginning with the current season (if the student is “in season”) or next season of participation for the student. If the suspension continues past the conclusion of a season, the consequence will be continued into the beginning of the next season of the student’s participation.
 - This consequence may be reduced to 25% of the scheduled contests if the student-athlete voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
- **Second Offense:** The student will be suspended from participating in any interscholastic athletic activity for one (1) calendar year.
 - This consequence may be reduced to one (1) season if the student-athlete agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
- **Third Offense:** The student will be suspended from participating in any interscholastic athletic activity for the rest of the student’s high school career.

- **Co-Curricular Activities**
 - **First Offense:** The student will be suspended from participating in any co-curricular activities for a period of eighteen (18) weeks of school (exact number of days to be determined by the Athletics & Activities Director).
 - This consequence may be reduced to 9 weeks of school if the student voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
 - **Second Offense:** The student will be suspended from participating in any co-curricular activities for a period of one (1) calendar year (exact dates to be determined by the Athletics & Activities Director).
 - This consequence may be reduced to one (1) semester if the student agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
 - **Third Offense:** The student will be suspended from participating in any co-curricular activity for the remainder of the student's high school career.
- **Conduct Offenses:** The following consequences are not issued in progressive manner and may be combined.
 - Conference with student, coach(es)/sponsor(s), parent(s)/guardian(s), and/or the Athletics & Activities Director.
 - Temporary suspension from contests and/or practices/meetings.
 - Suspension for one-third (1/3) of season by contests or 6 weeks for activity.
 - Suspension for remainder of season or activity in the current school year.
 - Suspension for remainder of season and up to one-third (1/3) of next season, or remainder of the activity in the current school year and up to 6 weeks of the activity the next school year.
 - Suspension for remainder of high school career.
 - Restitution for vandalism or destruction of property.

PARTICIPATION IN SUBSTANCE ABUSE ASSESSMENT PROGRAM

A student's participation in the Substance Abuse Assessment Program is cumulative over the student's high school career for a maximum of two times. If a student wishes to participate in a substance abuse assessment program to reduce the imposed extracurricular activity consequence outlined above, the following rules apply:

- The program must be approved by the Building Principal or designee.
- The program must be scheduled and started within 10 school days of the start of the consequence period.
- If the program is not completed within 30 school days of the start of the program, the full suspension penalty will be in force. If a program is longer than 30 school days, it must be completed within the timeframe specified by the program. It is the student's and his/her parent(s)/guardian(s)'s responsibility to notify the Athletics & Activities Director if the program is longer than 30 school days.
- The student must agree to complete the follow-up activity developed by the Athletics & Activities Director or designee in collaboration with the program within the established timeframe.
- The student's parent(s)/guardian(s), and/or student if required, must sign a consent form that allows the program and CHS school officials to exchange information and documentation regarding the student's participation in the program, program completion, and any recommended follow-up activities.
- If the student does not complete the agreed-to follow-up activity within the timeframe established by the agency or the school, the consequence will be reinstated in full. If the student has participated in any contests based on the assumption that the follow-up activity would be completed, additional

suspension from contests will be added to the end of the initial suspension period.

- The student and/or the student's parent(s)/guardian(s) are responsible for all costs associated with the program and any follow-up activities.