

Purpose

This brochure is designed for students and parents to help define the role of athletics in the Champaign Unit 4 High Schools. This ready reference guide should assist anyone seeking information about the function and governance of athletics in this school district. Further, it should serve as an additional instrument for coaching personnel to communicate with parents and students.

We are pleased that our students have indicated a desire to participate in interscholastic athletics and that their parents have expressed a willingness to permit them to compete. We believe that participation in sports provides a wealth of opportunities and experiences which will assist students in personal growth and development. We take this opportunity to acquaint students and parents with problems that could be detrimental to a well-organized program of athletics if parents are not informed.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets the student's needs of self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

For the purpose of this handbook, the following definitions will be used:

Athlete refers to a boy or a girl enrolled in grades 9 through 12 in Champaign Unit 4 Schools, or who otherwise has been granted administrative permission to participate and who is participating and/or intends to participate in an IHSA interscholastic team that is sponsored by the Champaign Community Unit School District No. 4.

Activity refers to any tryout, practice, game, event, contest, competition, tournament, match, or recreation connected to the conduct of a sport, including school sponsored weight training, summer league, camp or open gym.

Sport refers to any interscholastic athletic endeavor sponsored by Champaign Community Unit School District No. 4 where the team participates in an IHSA post-season event.

When there is a violation of school policies, rules, or regulations of this handbook by a student-athlete, nothing in this handbook or elsewhere shall prohibit the school district from imposing discipline available under this handbook and classroom-academic penalties for the same offense. School officials, at their sole and exclusive discretion, may alter the penalties in this handbook or elsewhere to fit the misconduct such penalties are intended to punish.

UNIT 4 HIGH SCHOOL INTERSCHOLASTIC ATHLETICS/SPIRIT SQUADS

FALL		WINTER		SPRING	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
X Country Football Golf Soccer	X Country Golf Swim Tennis Volleyball	Basketball Swim Wrestling	Basketball Competitive Cheerleading Competitive Dance	Baseball Tennis Track	Soccer Softball Track
	Sideline Cheer Dance		Sideline Cheer Dance		

VISION, MISSION and CORE VALUES

Vision Statement: Where are we going?

The Champaign Unit 4 Schools department of athletics will be recognized as the standard of excellence through athletic and academic success.

The Champaign Unit 4 Schools department of athletics is educating its student-athletes while building leadership and teamwork qualities and a reputation as winners on and off the field of play.

Mission Statement: Why do we do what we do?

The Athletic Departments in Champaign seek to instill, encourage and sustain a great tradition of excellence by enhancing the lives of our athletes and will promote a culture where athletes will grow as people, students and competitors. The student-athletes will learn to enjoy the preparation for competition, feel valued as individuals and respect the value of sportsmanship and teamwork. All of this will enhance pride among its student body, staff, alumni and community.

Core Values:

- Trust, Care, Commitment and Action
 - Can I trust you to do your best?
 - Do you care to become the very best?
 - Are you totally committed to becoming the very best?
 - Do your actions support your responses?
- Character – Do what you are supposed to do when you are supposed to do it and do it that way every time
- Hard Work
- Success – We value winning and achievement in athletics, academics and personal development while complying within the rules and regulations of the IHSA.

REQUIRED FORMS

Parent Permit/Insurance Waiver

The parent permission and insurance waiver form is required by Unit 4 Board policy. The parent permission portion of the form is the acknowledgment by parents that their son/daughter has parental permission to participate in any athletic program in the Champaign High Schools. The insurance waiver portion of the form is a waiver of responsibility related to accident and insurance coverage. No participation in try-outs, practice, or contests will take place until the parent permit/insurance waiver form is on file in the athletic office.

Physical Exam

The Illinois High School Association and the Unit 4 Board of Education require that athletes must have a physical examination before they can try out, practice, or participate in any contest. They shall have filed with their high school athletic director a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner not more than one year preceding practice or participation in any interscholastic athletic contest or activity.

NOTE: The same physical examination, insurance waiver, and parent permit will qualify a student for participation in sports during the fall, winter, and spring seasons of any given year.

Concussion Information Sheet

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems to how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. When in doubt, the athlete sits out.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian submit a signed concussion information sheet to the athletic office prior to participation.

Social Media Agreement and Policy

Champaign Unit #4 Athletic Participation Social Media Position Statement:

Social media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking and others have many benefits in our world; however, they can also be disruptive when inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Champaign Unit #4 Athletic Departments recognize and support its student-athletes' and coaches' rights to freedom of speech, expression and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Champaign Unit #4 is a privilege, not a right. The student-athlete and coach represent his or her school and Unit #4 School District and, therefore, are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school and District rules and regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented or indecent photos, images or altered pictures.

Social Media Guidelines for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the Web site.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Student-Athlete Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

1. _____ Recognizing the above:
2. _____ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
3. _____ I will not degrade my opponents before, during, or after games.
4. _____ I will post only positive things about my teammates, coaches, opponents and officials.
5. _____ I will use social media to purposefully promote abilities, team, community, and social values.
6. _____ I will consider "Is this the me I want you to see?" before I post anything online.
7. _____ I will ignore any negative comments about me and will not retaliate.

8. _____ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
 9. _____ I will post outside of the classroom, practice time and competition time, using only my personal device.
 10. _____ I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.
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Conduct of an Athlete

The conduct of an athlete is closely observed in many areas of life. It is important that his/her behavior be exemplary.

On the Field: In athletic competition an athlete must not use profanity or illegal tactics and should learn that losing is part of the game and that one should be gracious in defeat and modest in victory. It is courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

In the Classroom: In the academic area, an athlete should become a good student. Academic achievement for athletes, as well as other students, must be the number one school priority. Therefore, athletes must plan their schedules so that they have sufficient time and energy for their studies. Athletes should have a good attendance record. Cutting classes or school may adversely affect participation in athletics.

On the Campus: The way an athlete acts and looks on the campus is of great importance. Athletes have an opportunity to be leaders and worthy of respect from their fellow students.

It is the athlete's responsibility to learn and demonstrate proper athletic behavior. Such behavior can be described as actions by players which promote cooperation and learning during practice, which encourage a profitable work ethic, and which result in excellent competition coupled with good sportsmanship on the playing field.

The coaching staff will not tolerate any actions of players who show a lack of concern with regard to acceptable behaviors and attitudes (e.g. profanity, removing jersey prior to entering locker room, etc.). Therefore, if improper behavior is observed in practice or athletic contests, corrective disciplinary action will be taken. Potential consequences may include decreased playing time, suspension from game or games, and possibly dismissal from a team for serious or repeated violations.

In the Community: Athletes are representatives of their team and school everywhere they go, every day of the year. All should be mindful of that fact, and should strive to uphold a high image of the school/team/themselves in the community.

Discipline

By participating in any extracurricular activities, the student agrees and promises to abide by all requirements set forth in this section. There should also exist the understanding that violation of this code in any respect will cause the student to be ineligible to participate in extracurricular activities to the extent as set out hereafter. **These penalties are the minimum acceptable consequence, as individual coaches may have team rules that are more stringent.** The penalty will be imposed and will begin immediately for violations that occur while the student is currently participating in a season. Violations that occur while the student is not currently participating in a season will follow these guidelines:

- The penalty will be applied in the next extracurricular sport in which the student participates.
- In order for an extracurricular sport to qualify as the next full season, the student must **complete** that season in good standing. If the student should fail to complete the season in good standing, the served suspension is void and must be served in the next season in which the student participates and completes in good standing.
- If the suspension causes an athlete to be cut from a team at tryouts, the penalty will then be considered to have been served and the athlete may be eligible to compete for the next season.

This code addresses specific areas of concern for the athletic departments. It is our expectation that our athletes will make positive choices that will keep them from receiving a suspension from competitions. The following student actions will be counted as an offense under the athletic code of conduct and will be subject to athletic disciplinary action regardless of when the incident occurs.

- Students who are found to be in possession of a controlled substance/paraphernalia (including, but not limited to, alcohol and marijuana) by the police, a staff member or their parent(s)/guardian(s).
- Students who are found to be under the influence of a controlled substance (including, but not limited to, alcohol and marijuana) by the police, a staff member or their parent(s)/guardian(s).
- Students who are ticketed by the police for attendance at a party where illegal substance (such as alcohol and marijuana) are present.

- Students who commit any other act or behavior deemed of a serious nature by the athletic department.
- **It should be noted that any act of gross disobedience or misconduct that results in an out-of-school suspension, or suspension to ACTIONS, is considered an Athletic Code of Conduct offense and will lead to a suspension from athletic competition.**

First offense: Practice may be permitted. Student is suspended for 20% of their games in the current or upcoming season. If the suspension is not completed during the current season, it will be carried over to their next season.

Second offense: Practice may be permitted. Student is suspended for 50% of their games in the current or upcoming season. If the suspension is not completed during the current season, it will be carried over to their next season.

Third Offense: Student will be suspended from participation in any extracurricular activity for 365 days from the date of the incident.

Fourth offense: Student will be suspended from participation in any extracurricular activity for the remainder of their high school career.

Athletic Chain of Command

In the Unit 4 schools, the following chain of command is in effect to voice concerns regarding the treatment of your student-athlete:

1. Student-athlete will meet with the coach(es)
2. Student-athlete and parent/guardian will meet with the coach(es)
3. Student-athlete and parent/guardian will meet with the coach(es) and the athletic director
4. Student-athlete and parent/guardian will meet with the coach(es), athletic director and building principal
5. Student-athlete and parent/guardian will meet with the Unit 4 Director of Achievement and Student Services

Risks of Athletic Participation

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. We will do all that we can to ensure a safe and healthy environment for our athletes.

ATHLETIC ELIGIBILITY REQUIREMENTS

Attendance

A student must be in attendance for a minimum of one-half of the school day in order to participate in a district extracurricular activity. Emergency situations shall be given due consideration.

Truancy

If a student is truant for any portion of the school day, he/she may not participate in any school activity (practice or contest) or be a spectator on that day.

Academics

Every week the Athletic Director checks each athlete's eligibility for the following week's games or meets by reviewing his/her grades in the courses in which he/she is currently enrolled.

All athletes involved in a current sport must meet the following academic requirements, or they will be considered "ineligible" for the following week's games/meets.

NOTE: 1 class = 5 credit hours

Weekly Academic Requirements

1. At all times students participating in a current sport must be passing the following:
 - a. If a student is enrolled in 7 classes, he/she must pass 6 classes
 - b. If a student is enrolled in 6 classes, he/she must pass 5 classes
 - c. If a student is enrolled in 5 classes, he/she must pass all 5 classes

The "passing" grade is an accumulative grade since the semester began. It is neither a weekly nor a quarterly grade.

2. Students enrolled in only five academic classes must be passing all courses.
3. Incomplete work will be treated in accordance with the district's grading policy.

4. The student may practice with the team during the ineligibility period but cannot dress for or participate in games or meets.

Semester Eligibility Requirements

Students should also be aware that in order to participate in any sport, he/she must have passed 25 credit hours the previous semester. If not, the student will be ineligible for all sports the entire semester.

It is currently the spring semester of the school year, and although John doesn't participate in any spring sports, he does play football and basketball in the fall first semester of the school year. John has "taken it easy" with his courses this spring and at the end of the school year, his second semester grades show that he only passed 4 academic courses (20 hours).



When he goes out for football next fall, will he be eligible to play? NO! HE MUST HAVE PASSED 25 HOURS the previous semester to be eligible for any sports the following semester. Since basketball BEGINS first semester, he is also ineligible to try out for basketball.

Example Situation

Students are, therefore, reminded that eligibility is not only checked every week when the sport is in season, but also checked for semester grades, the semester before the sport is to begin! Consequently, grades need to be maintained all year.

(Athletes may also wish to refer to Policy 725.02 No Pass/No Play, approved July 13, 1998. LEG. REF.: 105 ILCS 5/10.30.)

NCAA Division I Initial-Eligibility Standards:

If you enroll in college AFTER August 1, 2016

You must graduate high school and meet ALL the following requirements:

- Complete 16 core courses:
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
- Earn at least a 2.3 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible.

If you have a low core-course GPA, you need a higher test score to be eligible.

To review all levels of NCAA Eligibility visit www.ncaa.org

To register with the NCAA Eligibility Center visit www.eligibilitycenter.org

Summer School Credit

Summer school courses may be used to compensate for additional second semester hours to apply towards first semester eligibility for the next school year.

If a student-athlete does not pass 25 credit hours second semester, he/she may enroll in summer school to make up the additional hours needed to bring the total up to 25, provided that:

1. The courses taken will count towards graduation.
2. The courses taken will provide the additional hours needed.
3. The courses must be completed prior to the start of the fall semester.

It is the responsibility of the student-athlete and parent to stay informed of the possible need for summer school work to ensure first semester eligibility. Students and parents should be working closely with counselors to monitor such needs.

Athletic Study Hall

Junior and senior athletes involved in athletics may choose to take study hall rather than a physical education class during their sport season. It should be clearly understood that regular attendance and appropriate behavior will be expected. Cutting and disrupting a study hall will be handled the same as in any other assigned class. Athletes must return to PE following the conclusion of their sport season.

Athletes that want to sign up for study hall must do so during each sport season of participation. Students must request study hall and complete the sign up form in the athletic office prior to the established deadline for each season.

Athlete Study Hall offers time for athletes to use for academic work. We have designed them to replace study time lost because of after-school athletic practice and games. Consequently, the athlete must follow the rules outlined below:

- Be on time every day.
- Bring study materials (homework) each day to study for 50 minutes.
- Do not eat or drink while studying.
- Do not talk. Quiet is essential for studying.

Failure to follow these rules may result in reassignment to PE class:

- Tardiness
- Failure to bring class work
- Quitting the team
- Discipline problems in the Athlete Study Hall

NOTES: The quarterly grade in P.E. will be the grade earned while in P.E. If the athlete is in Athlete Study Hall for the entire quarter, he/she will receive an "A" in PE class.

As is the case in any other class, we may change the athlete's study hall assignment if we feel it is in his/her best interest.

Do not expect to use the study hall for any other purpose. This time cannot be used for extra workouts, assisting teachers or coaches, or the like.

Hazing

Hazing is prohibited. School officials shall respond to all hazing incidents that have a reasonable connection to the school program. Hazing is any activity, by a student, that occurs on or off school grounds, at any time of the day or night, at any time during the calendar year, which activity is intended to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Hazing includes, but is not limited to: relevant alcohol incidents; paddling; attempts to excessively fatigue a person; physical and/or psychological abuse; public stunts; or morally degrading or humiliating games and/or activities. A student athlete who is found to have engaged in hazing shall be disciplined by school officials. Discipline for a student found to have been involved in hazing may range from a five (5) day suspension from all games, practices and meets to expulsion from school for a period not to exceed two calendar years.

Transportation

Transportation to away athletic contests will be provided by the school district.

- All team members must travel as a group to and from all athletic contests.
- If approved by the head coach in advance, a team member may be released to the custody of their parent at the conclusion of an away contest. An athlete may not be released to anyone other than the athlete's parent/guardian.
- Approval to leave a contest with a parent must be requested in writing prior to the event.
- The note must be approved by the athletic director or by the head coach.

Web Pages

Central High School (www.maroonathletics.com) and Centennial High School (centennialathletics.org) have their own web pages. Visit these sites often in order to obtain the most up-to-date information concerning our athletic programs.

Questions

Please feel free to contact the school office or the high school Athletic Director for more information.

John Woods, Athletic Director
Champaign Central High School
351-3933

Tony Millard, Athletic Director
Champaign Centennial High School
351-3988