

HICKORY CREEK ATHLETICS



**Baseball – Softball - Cross Country -
Volleyball – Basketball – Cheerleading -
Track and Field**

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Hickory Creek Middle School is a member the Illinois
Elementary School Association (IESA).

Hickory Creek athletics (Grades 7 & 8 only) participates in
IESA state series competition in throughout the school year.

- **October:**
 - Boys Baseball
 - Girls Softball
 - Boys and Girls Cross Country
- **December** - Girls Basketball
- **February** - Boys Basketball
- **March** - Girls Volleyball
- **May** - Boys and Girls Track and Field

IESA

Visit the IESA Website to receive information on state
competition and IESA regulations.

www.iesa.org



DPVC CONFERENCE

Hickory Creek Middle School is a member of the
Des Plaines Valley Conference (D.P.V.C.).

Schools which make up the conference include:

- **Hickory Creek Middle School**
- Homer Junior High - Homer Glen
- Liberty Junior High - New Lenox
- Manhattan Junior High - Manhattan
- Martino Junior High - New Lenox
- Mokena Junior High - Mokena
- Summit Hill Junior High - Frankfort
- Troy Middle School - Plainfield

DPVC CONFERENCE

Hickory Creek competes in a regular schedule
of conference athletic contests in the following
sports:

- **Volleyball**
- **Cross Country**
- **Basketball**
- **Track and Field**



HCMS ATHLETIC PHILOSOPHY

The philosophy of Hickory Creek Athletics is to provide an atmosphere where student-athletes can develop physically, mentally, socially, and emotionally through the avenue of athletic competition. HCMS Athletics desires to be a catalyst that helps develop a lifestyle of character, integrity, discipline, hard work, and leadership. Athletics provide a wonderful opportunity to develop and practice skills and lessons that are learned throughout the day at Hickory Creek. HCMS Athletics can be used as another way to help educate and develop our student-athletes as they mature.

HCMS ATHLETIC PHILOSOPHY

HCMS athletic teams have a focus on skill and team development. Middle school players will focus on learning the skills and rules necessary to compete well in their chosen sport. Playing time will be based on skills, athleticism and attendance with a goal that all student athletes participate. However, it is still the coach's decision on who plays and for how long. Try-outs and cuts may be utilized in determining a team roster.

HCMS ATHLETIC POLICIES

Participation - Student Athletes at Hickory Creek Middle School may participate in both the school sport and on a park district, town, or travel team in the same sport during the season.

Possession of Drugs and/or Illegal Substance

- What is prohibited?
 - Drugs and/or illegal substances
 - Alcoholic beverages (possession or consumption)
 - Tobacco or marijuana in any form (possession or consumption)
 - Possession or use of drugs in any form, at any time (*without a doctor's prescription on file in the school office*)
 - Any athlete guilty of gross disobedience or misconduct, including but not limited to: possessing, distributing, purchasing, or selling illegal drugs or controlled substance, look alike drugs, or drug paraphernalia will be subject to disciplinary action defined in School Board Policy 7.190. Discipline may include suspension or exclusion from school and, or school activities.

HCMS ATHLETIC POLICIES

Academics - Athletes will maintain acceptable citizenship and **passing grades in all subjects**.

Behavior and Loss of Participation - Students are expected to display good character and behavior in and outside of the classroom.

- Unacceptable Behavior?
 - Loss of privileges to participate in or attend extra-curricular activities.
 - A student who is serving any type of suspension will not be permitted to participate in any practices or games or attend any activities during the duration of the suspension.
- A student who is serving an **after school detention** or an **Out Of School Suspension** will not be permitted to participate in any practices or games for the day/days of the issued consequence.

HCMS ATHLETIC POLICIES

Equipment Use - Athletes must accept responsibility for taking care of all school equipment and uniforms

- These items must be treated carefully and returned at the end of the season.
- Student must replace any lost or damaged equipment issued to them.
- At away contests, the opponents' locker room or facility should be left in proper condition.

CHARACTER COUNTS!

- Show good conduct both in and out of school.
 - Inappropriate conduct includes, but is not limited to showing disrespect, misconduct, harassment, hazing, or insubordination.
- Respect for their opponents.
 - Athletes should learn that losing is also a part of the game and they should accept defeat graciously.
- Athletes should display a sense of PRIDE in their team, teammates, coach, and most importantly themselves.
- Athletes should encourage teammates at all times.
- Athletes are representatives of Hickory Creek Middle School, and as such have a responsibility to set a good example that reflects a positive influence on their teammates, fellow students, and fans.
- Athletes will conduct themselves properly on all school buses.

HCMS ATHLETIC POLICIES

Practice –

- Athletes are required to attend all practices and games. Students will be excused for illness and family emergencies.
 - Students who are absent from school for any part of the school day, due to illness, may not participate in practice sessions, contests, or attend special events after school on that day.
 - Students excused from school for part or all of the day due to funeral, a medical or dental appointment may participate in practice sessions, contests, or attend special events after school on that day if their participation is approved by the doctor or dentist.
 - Students must be in attendance at least 50% of the school day to participate in practice sessions, contests, or attend special events after school.
- For every unexcused absence, the athlete will be unable to participate in the next game date.
 - **Three (3) unexcused absences may result in removal from the team.**

HCMS ATHLETIC POLICIES

Medical

- **Physical** - All student athletes must have a current physical on file with the school before participation
- Athletes who are excused from Physical Education class for a medical reason are not eligible to practice or play in a game on that day.



HCMS ATHLETIC POLICIES

Concussions

- **Symptoms reported by a player indicative of a possible concussion**
 - Headache
 - Nausea
 - Balance problems or dizziness
 - Double or fuzzy vision
 - Sensitivity to light or noise
 - Feeling sluggish
 - Feeling foggy or groggy
 - Concentration or memory problems
 - Confusion

Information from the IESA and found at <http://www.iesa.org/activities/concussion.asp>

ATHLETIC REQUIREMENTS

Activity Fee

- An activity fee is required of all students who participate in extra-curricular activities. The activity fee is determined by the Board of Education and the fee is currently \$35.00 per sport.

Transportation

- It is the student's responsibility to arrange transportation to and from practices and games. All rides should arrive at school promptly at the completion of practice and/or games.
- If a parent or guardian is taking their child home from an **away game** we ask that they sign a **TRAVEL RELEASE FORM** provided by the coach. If a parent or guardian is taking another athlete home, we require the athlete **brings a note** from their parent or guardian stating with whom they are riding home and then be signed out by the parent of guardian taking them home.
- Throughout the year several teams participate in weekend tournaments. Parents and guardians may be asked to drive the students to and from these tournaments.

HCMS ATHLETIC POLICIES

Concussions

- A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.
- **Behavior or signs observed indicative of a possible concussion**
 - Loss of consciousness
 - Appears dazed or stunned
 - Appears confused
 - Forgets plays
 - Unsure of game, score, or opponent
 - Moves clumsily
 - Answers questions slowly
 - Shows behavior or personality changes
 - Can't recall events prior to or after the injury

ATHLETIC ELIGIBILITY

- Student eligibility will be checked on a weekly basis via e-mail and the use of PowerSchool.
- If an athlete receives a failing grade in any class, they will then follow the steps listed below:
 - **One or More Failing Grades** = No games, but able to practice for one week. Must pass class(es) in order to participate the following week
 - **One or More Failing Grades for two consecutive weeks** = No games or practices for one week. Must pass class(es) in order to participate the following week
 - **One or More Failing Grades for three consecutive weeks** = Meeting with administration, athletic director and coach to evaluate whether a dismissal from team is necessary or student athlete to be put on a 10 day probationary period.
 - If an athlete is put on a ten day probationary period for academics and has NOT improved their grades to an acceptable level, they will be eligible for dismissal. A student may request a review of dismissal by an athletic review panel determined by the school district.

ATHLETIC REQUIREMENTS

Practices

- Practices are held Monday through Friday after school from 2:25-4:25 or before school from 6:30-7:25. It is necessary that the students attend all practices. The coach will provide the athletes will practice schedules on or before the first day of practice.
- Saturday and holiday practices are not mandatory, but participation is strongly encouraged as a means of further developing their skills.

Awards

- Awards for athletes and managers will be determined by the coaches. If a student is dismissed from the team, they will not receive a letter or an award for participation in that sport.

Home Schooling

- Hickory Creek Middle School will follow the current home schooling guidelines set by Illinois High School Association

ATHLETIC PAYMENT

Payment for athletics can be done with a personal check or using RevTrak

- No cash!
- Find RevTrak on District homepage



ATHLETICS 2000 WEBSITE

- Please visit and use our website to access information and schedules.
- Visit: www.athletics2000.com/hickorycreek



ATHLETICS 2000 WEBSITE

- Why use the website?
 - Receive information from coaches and check schedule
 - Sign up for e-mail alerts!
 - E-mail alerts are very important as coaches and AD can contact you to alert for a cancel or important information.
 - Find driving directions to away events



Track and Field



Important Information and Reminders!

Just a reminder....

- **Practice is from 2:20 – 4:30**
 - Please arrive on time to pick up your child(ren)
- **Practices and meets can be canceled due to weather.**
 - Sign up for E-Mail Alerts via Athletic Website
- **Grade 6 athletes will compete against Grade 7 athletes to compete at away meets**
 - Concerns or questions – see track coach
- **Grade 6 athletes may have an opportunity to compete at conference, sectional, and state meets**
 - Not competing at these meets? Athletes will not need to attend practices after May 3

Just a reminder....

- **All Grade 7 and 8 athletes will have an opportunity to participate in home meets**
 - To participate in away meets, athletes must be one of the top two/three individuals in their event(s)
- **Any track specific questions, please contact your son/daughter's track coach or you can contact me and I will get your answer.**

TRACK & FIELD FAQs

Q My son has baseball practice every Tuesday. Will he still be able to participate?

A Many of our meets are scheduled for Tuesdays. If your son misses on Tuesday, he will not be able to participate in those meets. Also, if a student misses practice the day before a meet he/she will not be allowed to participate in the meet that follows the absence

Q My child is in 6th grade. Will he be participating in any meets?

A We have at least one 6th grade meet per season. He will participate in that meet if he is eligible. For our other meets, he will compete with the other students for a spot on the roster. We normally take our best athletes for each event. Some meets will allow us to bring 4 per event, per grade level (7th and 8th) and gender.

TRACK & FIELD FAQs

Q. How often is track practice?

A Track practice is every day from 2:30 – 4:30 unless there is a meet. Please be prompt when picking up your child.

Q My daughter has a band lesson on Wednesdays at 4pm. Can she still participate in track?

A We will work through any conflict. For activities held at HCMS, your child will split the practice time. It will depend on the time of the "other" activity to where he/she will report. If your child attends track first, he/she should let his/her coach know that they are leaving. If the other activity is first, you child will check in with the coach first before going to the activity.

TRACK & FIELD FAQs

Q Does my child need to purchase any special equipment?

A Your child will need to purchase a t-shirt from boomer-t's. The information is in the packet that was sent home. The athletes will use these shirts for meets until they are issued a uniform. We will also issue sweatpants/shirts which will be returned at the end of the season. Nothing else is mandatory. If you do purchase spikes, the spikes must be pyramid and no bigger than ¼". Please make sure your child keeps a sweatshirt or jacket, sweatpants, hat and gloves if needed for cold weather.