

JOHNSBURG SCHOOL DISTRICT 12

EXTRACURRICULAR HANDBOOK & CODE OF CONDUCT

Introduction:

It is the intent of this handbook to make available information regarding extracurricular programs at District 12 to all students who participate in our program. We ask that you and your parents review the handbook carefully and keep it throughout your participation in the extracurricular programs with District 12.

When you are a part of a team, club or organization you are a representative of the School and District 12. You are expected to demonstrate appropriate behavior on and off the field/court/classroom. We need quality people to have a quality extracurricular program. Quality people display outstanding character at all times.

The staff and administration welcome you to the Johnsburg Extracurricular Program. We desire to assist you in any way necessary. Good luck and enjoy your extracurricular program participation.

Superintendent	Dr. Dan Johnson
Principal	Kevin Shelton
Jr. High Principal	Josh Cornwell
Athletic Director	Ted Juske

The District 12 Extracurricular Program Philosophy:

District 12 provides students with opportunities to participate in extracurricular activities from 5th grade through 12th grade, because of this we believe that these activities make valuable contributions toward the achievement of educational goals, provide significant lifetime learning experiences that are not duplicated in other instructional settings, and assist in the positive development of the individual. Among the intended outcomes of such activities are physical fitness; the development of virtues such as fair play, honesty, courtesy, self-restraint, and favorable attitude; an understanding of what it means to be successful in any setting; achieving personal and organization/team goals; and the development of positive interpersonal relationships. We believe that participation in extracurricular activities should be an indispensable part of the total school program. Participation in these activities is a privilege that includes the responsibilities to the school, organization, team/club, community and the individual participants themselves. To these ends, we expect all our student participants to exhibit four basic traits:

- 1. Exemplary moral character in and out of the activities and sports***
- 2. Enthusiasm for self, team/club, organization, sport, other programs and the school***
- 3. Confidence in self, team/club, organization, coach and activity staff***
- 4. Commitment to academic, athletics, clubs, and support for other extracurricular programs***

All objectives and principles in extracurricular programs must be primarily concerned with the welfare and educational development of the student. The principles, which are to be achieved from the extracurricular program, are to provide students with the opportunity to:

- Develop physical talents to their maximum potential
- Engage in competitive activities, while promoting sound health, safety and physical fitness
- Exemplify good sportsmanship as a means for learning good citizenship
- Learn to appropriately experience both winning and losing in a competitive environment
- Learn from experience that consequences follow the violation of a rule
- Experience working as a team member, exercising self-discipline and self- sacrifice in order to achieve team/organization goals
- Learn how to be a good teammate, making positive contributions, regardless of the role on the team or within the organization
- Accepting individual and group responsibility
- Promoting leadership and the appropriate reaction to leadership
- Experience a feeling of self-worth and to develop self-confidence
- Experience in problem-solving and decision-making situations
- Engage in organized activities with other students whose backgrounds may be dissimilar from their own
- Learn to develop trust and accept the responsibility that comes with earning trust from others
- Create a positive rallying point for the school in order to help them develop school spirit and loyalty

The District 12 Extracurricular Code of Conduct:

The School administrators, teachers, coaches and staff believe that students who are selected for the privilege of membership on teams or organizations should conduct themselves as responsible representatives of the school and community. Because participants represent their school district and community, they are expected to maintain high standards of conduct seven days a week, 365 days a year. This also takes into account that Johnsborg District 12 is a unit district and any offense(s) occurring at the junior high level have the potential to impact students eligibility at the high school.

Students, their parents and school staff members share the responsibility for adhering to these standards. Everyone plays a role in establishing and maintaining a positive and sportsmanlike image for our school and community. Program success cannot be achieved unless everyone works together.

Extracurricular activities are a privilege and an integral part of the total educational process. The sound development of the physical capacities of youth can complement and enhance the intellectual, emotional and social development of each student. These opportunities are useful tools in the achievement of the goals of comprehensive education. The important goals of the extracurricular program are to offer students direction in developing healthful living habits, discipline, leadership, teamwork, sportsmanship, and acceptance of rules and responsibility. Every student selected for the privilege of team/organization membership will be offered the opportunity to practice and participate in events, relative to their demonstrated abilities, readiness and commitment. Striving for success is a key component of an extracurricular program. While we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score.

Participants in the extracurricular program have a responsibility to adhere to the policies established by Johnsborg School Community Unit District 12. It is impossible for an athletic code to list all possible

incidents, infractions and consequences. Therefore, school officials reserve the right to apply reasonable consequences for behavior, whether or not such behavior and/or consequence is contained in our District 12 Extracurricular Code. However, the following information outlines basic expectations for student athletes and their parents/guardians/family that go along with participating in an extracurricular activity/sport in Johnsburg District 12, and the consequences that can occur if they are not followed.

I further understand that conduct prohibited under the Extracurricular Code includes, but is not limited to the following:

- Violate school rules and district policies on student discipline;
- Use a beverage containing alcohol;
- Use tobacco in any form;
- Use, possess, buy, sell, barter, or distribute any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
- Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon;
- Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
- Act in an unsportsmanlike manner;
- Vandalize or steal;
- Haze or bully other students;
- Violate the written rules for the activity or sport;
- Behave in a manner that is detrimental to the good of the group or sport;
- Be insubordinate or disrespectful toward the coaching staff or activity's sponsors;
- Falsify any information contained on any permit or permission form required by the sport, activity or school;
- The purchase, possession, delivery or distribution, or being under the influence of alcohol, a controlled substance, other illegal mood-altering and/or performance enhancing drugs or chemicals, or any substance used to obtain an altered mental state or "high";
- The purchase, possession, deliver or distribution of look-alike drugs, drug paraphernalia, and alcohol containers;
- Violations of the Academic Integrity Policy;
- Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances are present; Assault or battery
- Bullying and intimidation, hazing and harassment of written, verbal, physical or sexual nature; including but limited to hand written, technology generated or spoken words;
- Vandalism, theft, property damage;
- Violations of major school policies including, but not limited to, disobedience, excessive absenteeism, misuse of technology, etc.;
- Unsportsmanlike conduct or conduct resulting in school suspension.

For the purposes of this Code of Conduct, the following definitions apply:

Under the Influence: Any student who has consumed or used any amount of any prohibited substance will be considered under the influence. Being under the influence includes, but is not limited to, the emission of the odor of any of these substances, such as having alcohol on the breath, or any impairment of normal functioning, such as slurred speech, inability to walk properly or dilated pupils.

Possession: Possession means having any knowledge of, and any control over an item. Control includes, but is not limited to, having access to an item in a school locker, personal effects, a vehicle, or other place where the item is located. It is not necessary that a student intended to control the item. A

student may acquire knowledge of an item visually, by being told about the item, or through other sensory perception. A student's knowledge will be determined based on the surrounding circumstances, not just the student's statements. For example, "forgetting" that an item is in one's locker, personal effects, or vehicle does not constitute a lack of knowledge.

Delivery: Delivery means a transfer, or attempted transfer, of possession or control to another person whether or not the substance or item is in that person's immediate presence. Delivery includes, but is not limited to, any gift, exchange, sale or other transfer with or without payment or other consideration.

Look-alike: A "look-alike" is any substance or item which is not, but reasonably appears to be, or is represented to be, the real substance or item. Examples include, but are not limited to: (a) a toy gun which is very difficult to distinguish, except upon close examination, from an actual gun; (b) a green leafy plant material, which is not, but is claimed, believed or intended to appear to be marijuana and (c) a white powdered substance which is not, but is claimed, believed or intended to appear to be a toxic chemical or biological agent.

Drug paraphernalia includes, but is not limited to, pipes, one-hitters, rolling papers, or any device or item, which contains residue of an illegal substance.

Hazing: Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate.

Bullying: Bullying is any physical or verbal act or conduct that has or can be reasonably predicted to place a student in reasonable fear or harm; cause a detrimental effect on a student's physical or mental health; interfere with student's academic performance; or interfere with a student's ability to participate in or benefit from school activities.

Social Media:

Social Media has become engrained to today's society. The wide variety of social networking tools presently available proves students easy access to share important information. However, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt other.

Johnsburg District 12 recognizes and supports its student-athletes and coaches rights to freedom of speech, expression, and association, including the use of social networks. Each student-athletes and coach must remember that participating and competition in Johnsburg District 12 is a privilege and not a right. The student-athlete and coach represent his or her high school and the district, therefore, they are expected to portray themselves, their team, and their high school in a positive matter at all times. Any online posting must be consistent with federal and state laws, as well as team, school, and district rules and regulations.

Specifically prohibited behaviors included but not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Pictures depicting drug/alcohol use, weapons, and "look a likes."
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Sexually oriented or indecent photos, images or altered pictures.

Voluntary Admission by Student

Voluntary admission of a first offense Code violation related to alcohol and/or drugs, will not result in loss of extracurricular participation, and consequences will be held in abeyance provided the student does not seek voluntary admission of an offense for which he/she has been arrested or cited by law enforcement officials and if the student cooperates with the recommended plan. A mandatory meeting will be held with the Athletic Director, the Activities Director or the Performing Arts Coordinator, any other school personnel deemed appropriate, and the parents and/or guardians of the student. The purpose of this provision is to provide help for the student. A specific plan for providing counseling or other forms of assistance will be designed as a cooperative result of this meeting. Voluntary admission must occur prior to any school personnel, or police being aware of the incident and the student's involvement. Students will only be excused from penalty for voluntary admissions on one occasion.

Consequences:

It is impossible for an athletic code to list all possible incidents, infractions and consequences. Therefore, school officials reserve the right to apply reasonable consequences for behavior, whether or not such behavior and/or consequence is contained in our District 12 Extracurricular Code.

- Facts, circumstances, and disciplinary measures are analyzed on a case-by-case basis. In addition to the following disciplinary consequences, Code violations may also result in loss of privileges in celebratory functions, recognition dinners, scholarships and/or awards.
- A student in violation of the Code will face consequences for all extra-curricular activities in which he or she is involved.
- The Code provides a minimum standard of conduct and guidance when addressing certain behaviors. It does not and cannot enumerate each and every situation or conduct for which discipline may be imposed.
- Please note that the athletic director and/or administration of Johnsbury School District reserve the right to adjust or administer consequences they see fit for each circumstance.

First Offense: Loss or suspension for 50% games and or contests.

- If a suspension of any kind occurs, it will take place during the season in which it occurs, if enough of the season is left to allow this to happen. If not, the athletic director will determine a reasonable extension of the suspension into a future season.
- If a suspension must carry into another season, the student-athlete must serve the suspension during a "primary sport" season. The definition for a primary sport in this document will be considered a sport that a student-athlete has participated in the previous season.
 - Example: *If a student has participated in Cross-Country and Bowling as a sophomore, and has an District 12 Extra-Curricular Code violation as a junior at the end of basketball, the suspension must be served in the next available primary sport season (in this case, Cross-Country). In other words, students may not join a secondary sport (one in which they have not participated in before) in order to serve this suspension.*
- If the student-athlete is currently is grade 12, then the suspension will start immediately.

- Violations that occur during the summer or off-season will be handled on a case-by-case basis.
- Bass Fishing, due to the short season, will be considered as “part of” a regular length athletic season suspension, not “in place of” a regular length athletic season. The athletic director will apply appropriate guidelines with the length of any suspension that includes Bass Fishing.
- Students who are in the first offense still have the ability to participate in practices and or camps, they just cannot participate in any game or contest for that length of time. Percentage is also based on the number of allotted games set forth by IHSA bylaws.

For all alcohol, drug and/or tobacco/vape offenses that occur on Johnsburg School District 12 property:

JHS recognizes the health risks of drug, alcohol, and tobacco/vape use among teenagers with developing brains and bodies. If any substances or devices used to deliver these substances are actually brought onto school property, or used on school property, the opportunity to reduce the athletic suspension will be forfeited by the student.

Options Related to Consequences for Drug/Alcohol/Vape Violations occurring off Johnsburg School District 12 property:

If a student successfully **completes** a drug/alcohol program through an approved provider, such as Rosecrance or Amida Health (for example), the suspension may be reduced. If a student chooses to enroll in such a program, the suspension from the extracurricular activity may be lessened by 25%. The Athletic Director/Activities Director and administration will make such decisions.

This program is designed to allow students to evaluate the consequences of drug and alcohol use while also providing education in chemical use/abuse for students and their parents/guardians. The programs, conducted by certified addictions counselors, include both assessment and referral components. Participation in these programs is voluntary and at the student’s sole expense.

****A student found to be involved in the sale of drugs would result in an immediate second violation penalty to be determined by the athletic director/activities director and the athletic/extracurricular council and designees.***

If a student is found to be using tobacco/vaping/nicotine related substances off campus, or if the student is involved in a violation of the Code of Conduct other than tobacco/vaping/nicotine, the student can successfully complete 30 hours of community service in order to reduce the suspension from athletics/extra-curricular activities. If a student chooses to complete community service, the suspension from the extracurricular activity may be lessened by 25%. The Athletic Director/Activities Director and administration will make such decisions.

If after any extracurricular code violation, if the student athlete competes for **two calendar years without another violation, his/her record will be cleared and any extracurricular code violation after those two years would be considered a first offense.*

Second Offense: Dismissal from the team/activity extracurricular program for one calendar year.

Third Offense: Loss of privilege of participation in all extracurricular activities for the remainder of the Jr High/High school career.

Guidelines for School Suspensions:

In addition to the consequences imposed by the Athletic Director/Activities Director, the Assistant Principal, Principal or the Coordinators of Student Activities and Performing Arts, students suspended from school are not permitted to participate in practices, rehearsals, meetings, contests or performances during the period of suspension. Students may not participate in a practice, rehearsal, contest or performance if it conflicts with an assigned school penalty (i.e.; detention, ISS, Saturday School, etc.).

Reports of Violations

Current Illinois law requires local law enforcement officials to share information with school personnel regarding certain crimes committed by students. Extracurricular Code violations are also reported by school faculty and staff, confession of the offender, students, parents, and other outside sources including, among other things, photographs and computer-based social networking web sites.

Procedure

Prior to the imposition of disciplinary action, the student shall be provided oral or written notice of the charges. If the student denies the charges, the student shall be given an explanation of the evidence and an opportunity to present his or her version of the incident.

Equipment

All participants are responsible for each item of equipment issued to him/her. **Lost or stolen equipment must be paid for at the replacement cost.** A student will not be allowed to receive awards, participate in subsequent activities or receive his/her diploma until the equipment record has been cleared.

Please do not abuse your equipment. Considerable money is expended to supply the best equipment for your use and safety. Please treat it with respect.

Statement of Affiliation

Illinois High School Association (IHSA) – Illinois Elementary School Association (IESA)

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

Effective August 2009, all Johnsborg students must indicate by parent and athlete signature on the Johnsborg Athletic Physical and Parent Consent Form their compliance with the Illinois High School Association (IHSA) Random Steroid and Performance enhancing Supplement Testing procedures. Testing will be administered by the IHSA during state championship series events. Further information on IHSA banned drug classes and the testing plan can be found at;

http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list2008-09.pdf and information regarding the history of this decision and process can be found at <http://www.ihsa.org/announce/2007-08/2008-01-14.htm>

IHSA/IESA weekly academic eligibility:

IHSA By-laws require that academic/activity eligibility be checked each week to determine if students are passing twenty-five (25) credit hours of school work.

The following procedure should be followed in making the weekly eligibility check: "Twenty-five (25) credit hours of school work" is defined as any combination of subjects accepted by local school authorities in determining the requirements for graduation and which accumulates at least two (2) credits or its equivalent per semester. Since the rules require that a student must be passing twenty-five (25) credit hours per week, and even though eligibility certificates do not need to be exchanged weekly, a weekly check of each student athlete's scholastic eligibility is necessary.

Most important to note is that "passing twenty-five (25) credit hours per week" is determined by measuring a student's performance on a cumulative basis from the beginning of a semester through the date on which the check is made. In other words, schools should determine on each eligibility check date whether the student's transcripts would contain passing grades in each subject in the event the student should transfer from the school on that date. The check should not reflect only a given school's week's scholastic performance; rather it should reflect the student's cumulative performance for the semester through the date of the check.

Schools are expected to conduct this weekly check in some consistent manner convenient to their individual operations. Student's eligibility or ineligibility is then affected on the Monday following the date of the check. For example, consider a school which checks eligibility every Wednesday. Records are processed through the computer and a printout of all student's scholastic standing is given to the athletic director on Thursday. The athletic office reviews the list and reports Thursday afternoon to the principal that a student is not passing twenty-five (25) credit hours as of this check. The principal informs students and coaches on Friday morning that the student is not passing the required work and is thus ineligible for one week beginning the following Monday morning. The student may play in contests held that evening or on Saturday, the next day. However, the entire next week, the student is ineligible.

The following Wednesday, the process is repeated. This time, when the report reaches the principal on Thursday afternoon, the student's record shows improvement to passing twenty-five (25) credit hours. Now the principal will inform the student and coaches on Friday morning that the student will become eligible again the following Monday morning. Please note that the student is not permitted to play on this Friday and Saturday because of the last week's failure to meet the grade requirements.

A student becoming scholastically ineligible by the weekly eligibility check must remain ineligible for one full calendar week before possibly becoming eligible again.

****A student-athlete that is academically ineligible three times per season will meet with the Athletic Director and Head Coach to develop a plan to discuss future participation.***

Semester Eligibility:

Each semester the athletic director will check that students/athletes have passed the required 25 hours of class work. If a student does not pass 25 hours the previous semester they are ineligible for the entire next semester.

School Day Attendance or Participation

A student who is absent from school after 10:30am is ineligible for any sport or activity on that day unless the athletic director has approved the absence. Exceptions may be made by the athletic department: 1) for a pre-arranged medical absence: or 2) for a death in the student's family 3) Other reasons approved by the Athletic Director.

A student who is absent from school on Friday before a Saturday event may be withheld from Saturday sports and activities at the sole discretion of the athletic director or designated head coach.

If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice or competition unless they are in school by 10:30am and stay for the remainder of the school day. We strongly disapprove of students staying home on school days to rest for contests that day or night. Students absent the entire school day due to illness may not participate in athletic contests or practices that day or night.

A student, who has an appointment that may cause absence from school for more than one-half of the school day, may still be eligible to participate in that day's practice or event. To assure eligibility, arrangements MUST be made ahead of time with the athletic department.

Behavior Expectations of the Participants

Accept and understand the seriousness of your responsibility and the privilege of representing the school and the community.

Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting manner.

Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

Behavior Expectations of the Spectators

Remember that school athletics and activities are learning experiences for students and the programs are part of the educational process. Adolescents learn proper behavior from watching adults.

A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators.

Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not keeping with our philosophy or good forms of role modeling and will not be tolerated.

Parents have the opportunity to demonstrate appropriate behaviors when they show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of role modeling and will not be tolerated.

Parent/Coach Relationship

Both parenting and coaching are very difficult vocations. Each role offers unique perspectives of a child's involvement in athletics/activities. While there are times when perceptions of parents and coaches/sponsors are aligned, it is unrealistic to expect that this will always be the case. We believe it is important to clearly define what you can expect of our coaches/sponsors. It is also important for you to have an understanding of the procedures for communication between you and your child's coach/sponsor. Finally, providing support for all students participating in interscholastic competition is an important role played by both parents and coaches/sponsors.

Coach's/Sponsor's Communication to the Parent

You may expect to receive the following information from the coach/sponsor:

- Brief statement of the coach's/sponsor's philosophy
- Expectations the coach/sponsor has for all members
- Location and times of scheduled practices and games/contests
- Procedure to be followed if your child is injured/ill
- Discipline procedures the coach/sponsor may implement
- Anticipated costs associated with participation and possible fundraising activities

Parents' Communication to the Coach

- Communicate directly with the coach/sponsor about any concerns
- Provide written notification of schedule conflicts well in advance
- As your child becomes involved in extracurricular activities at Johnsburg School district, the inevitable highs and lows that are a part of the competition are bound to occur. These experiences will provide your child with an opportunity to grow and learn skills and lessons that he/she may apply in aspects of his/her life beyond the gym, playing field or classroom. If the lows, however, begin to get your child down, we encourage you to speak with the coach/sponsor. The treatment of your child; mentally, emotionally, and physically
- Ways to help your child improve
- Concerns about your child's behavior, attitude, and performance

One of the most potentially problematic issues between coaches/sponsors, participants, and parents is playing time or the child's role within the organization. Decisions regarding playing time/role are at the sole discretion of the coach/sponsor. As professionals, coaches/sponsors make decisions based on what they believe to be best for the team/organization and for all students involved. Obviously, there may be times when you do not agree with their decisions, but it is important to recognize that decisions about playing time and a student's role on the team/organization are decisions which are not negotiable between a parent and a coach/sponsor.

Inappropriate Concerns to Discuss with Coaches/Sponsors

- Playing time or role
- Team strategy
- Play calling
- Other student participants

Setting up a Conference

There are situations that may require a conference between the parent(s), student, and coach/sponsor. It is necessary that all three entities (parent(s), student, and coach/sponsor) be involved in the meeting. Such a meeting can lead to increased understanding. When a conference is needed, please follow these steps:

1. Call or email the coach/sponsor to schedule an appointment .
2. If the coach/sponsor cannot be reached, contact the athletic director and he/she will arrange a time for you, your child, and the coach/sponsor to meet
3. Communication between the coach/sponsor and parent(s) can play a vital role in resolving concerns; however, before, during, or immediately following a game, contest or practice is not the appropriate time for addressing concerns.

Please do not attempt to discuss a concern with a coach/sponsor at these times, as they are not conducive to the successful resolution of a problem.

Call or email the athletic director. A meeting will be scheduled for the parent(s), student, coach/sponsor and athletic director/activities director.

Student-Athletes Quitting an Activity

Any student-athlete that decides to quit a sport or activity prior to completion of the season will be assessed a fee for that sport, unless it is prior to a contest. Once a student-athlete participates in a contest they are part of that team and the sports fee will apply.

If a student-athlete decides to quit and would like to return to the sport they must have a meeting with the head coach and athletic director to ensure commitment moving forward.

Physical Examination & Registration

A **fully completed IHSA Athletic Physical Form** or current certificate of physical fitness completed on an IHSA Pre-Participation Examination form issued by a licensed physician, and advanced practice nurse or physician's assistant must be on file in the athletic office at least one week before the first day of practice/tryouts of the athlete's specific sports season. When a completed and valid **physical form, permission to participate form, emergency waiver, concussion form, insurance waiver, IHSA Steroid form and signed pledge sheet** are submitted electronically via the athletic 8to18 website, office personnel will approve the clearance of the student athlete and notify the appropriate coaches. Submitting the required information early will help all of us avoid the congestion of long lines and waiting on the first day of practice/participation.

Per Illinois High School Association (IHSA) rules, your physical examination is good for **395 days** from the date of the exam. Please put that date on your yearly schedule, as the student-athlete becomes ineligible and will not be allowed to practice or play unless a new physical is provided by that date. We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physical exam in July or early August. Getting the exam during these months avoids ineligibility issues.