



# LIONS

FRESHMAN ATHLETE  
ORIENTATION  
2021-22

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**LISLE HIGH SCHOOL  
FRESHMAN ATHLETE  
SURVIVAL GUIDE**

**TABLE OF CONTENTS**

<b>SPORT OFFERINGS</b>	<b>PAGE 3</b>
<b>COACHES</b>	<b>PAGE 4</b>
<b>REQUIREMENTS FOR PARTICIPATION</b>	<b>PAGE 7</b>
<b>REGISTERING TO PARTICIPATE IN A SPORT</b>	<b>PAGE 8</b>
<b>SEASON STARTING DATES</b>	<b>PAGE 11</b>
<b>TEAM SELECTION PROCESS - CUTS</b>	<b>PAGE 12</b>
<b>PRACTICE INFORMATION FOR VARIOUS SPORTS</b>	<b>PAGE 14</b>
<b>PRACTICE EXPECTATIONS</b>	<b>PAGE 18</b>
<b>COSTS INVOLVED WITH PARTICIPATION</b>	<b>PAGE 19</b>
<b>FUND RAISING</b>	<b>PAGE 22</b>
<b>GIFTS</b>	<b>PAGE 22</b>
<b>ATHLETIC WEBSITES</b>	<b>PAGE 23</b>
<b>CONFERENCE AFFILIATION</b>	<b>PAGE 24</b>
<b>TOURNAMENTS</b>	<b>PAGE 24</b>
<b>BOOSTER CLUB</b>	<b>PAGE 24</b>
<b>SEASON TICKETS – FAMILY PASSES – STUDENTS FREE</b>	<b>PAGE 25</b>
<b>ATHLETIC TRAINER</b>	<b>PAGE 25</b>
<b>ACADEMIC ELIGIBILITY</b>	<b>PAGE 26</b>
<b>CODE OF CONDUCT</b>	<b>PAGE 28</b>
<b>DRIVING DIRECTIONS</b>	<b>PAGE 29</b>
<b>PICTURE DAY</b>	<b>PAGE 29</b>
<b>TRANSPORTATION</b>	<b>PAGE 29</b>
<b>SCHOOL CALENDAR</b>	<b>PAGE 30</b>
<b>CONCESSIONS</b>	<b>PAGE 30</b>
<b>IHSA</b>	<b>PAGE 30</b>
<b>STEROID TESTING</b>	<b>PAGE 31</b>
<b>LOCKER ROOM AND FACILITY RULES</b>	<b>PAGE 32</b>
<b>SPRING BREAK – VACATION – START OF SEASON</b>	<b>PAGE 32</b>
<b>EFFECTIVE COMMUNICATION</b>	<b>PAGE 33</b>
<b>OPEN GYMS – CAMPS – OFF SEASON PROGRAMS</b>	<b>PAGE 34</b>
<b>WEIGHT ROOM</b>	<b>PAGE 34</b>
<b>HAZING – BULLYING - INITIATIONS</b>	<b>PAGE 34</b>

# SPORTS OFFERED AT LISLE HIGH SCHOOL

## GIRLS

<b>Fall</b>		
	VOLLEYBALL:	Three levels: Varsity, Sophomore, Freshmen
	GOLF:	Two Levels: Varsity, JV (JV depending on number of participants)
	CROSS COUNTRY:	Two Levels: Varsity, JV
	TENNIS:	Two Levels: Varsity, JV (JV depending on number of participants)
<b>Winter</b>		
	BASKETBALL:	Three Levels: Varsity, Sophomore, Freshmen (depending on number of participants)
	BOWLING:	Two Levels: Varsity, JV
<b>Spring</b>		
	TRACK:	Two Levels: Varsity, JV
	SOFTBALL:	Two Levels: Varsity, Fresh-Soph
	SOCCER:	Two Levels: Varsity, JV
<b>Fall/Winter</b>		
	CHEERLEADING:	Two Levels: Varsity, JV (Cheerleading can be Coed)
	DANCE TEAM:	One Level: Varsity

## BOYS

<b>Fall</b>		
	FOOTBALL:	Three Levels: Varsity, Sophomore, Freshmen
	GOLF:	Two Levels: Varsity, JV (JV depending on number of participants)
	CROSS COUNTRY:	Two Levels: Varsity, JV
	SOCCER:	Two Levels: Varsity, JV
<b>Winter</b>		
	BASKETBALL:	Three Levels: Varsity, Sophomore, Freshmen (A and B)
	WRESTLING:	Two Levels: Varsity, JV
<b>Spring</b>		
	TRACK:	Two Levels: Varsity, JV
	BASEBALL:	Two Levels: Varsity, Fresh-Soph
	TENNIS:	Two Levels: Varsity, JV

### Levels Defined:

**Varsity:** Primarily meant for Jr. and Sr's. – Sophomores and even some freshmen have competed

**JV:** Could include only Freshmen and Sophomores but may include Juniors and Seniors

**Sophomore:** Made up mostly of Sophomores and possibly some Freshmen

**Fresh-Soph:** Made up of Sophomores and Freshmen – no freshmen team offered

**Freshmen:** Made up entirely of Freshmen – may include A and B Schedules

# LISLE HIGH SCHOOL COACHING STAFF

## GIRLS' TEAMS

### GIRLS VOLLEYBALL

NAME	LEVEL	EMAIL	PHONE
JAMIE BUHNERKEMPER	HEAD COACH	jbuhnerkemper@lisle202.org	
JIM REIF	JV COACH	jreif@lisle202.org	630-493-8364
KEVIN QUINLAN	FRESH COACH	kquinlan@lisle202.org	
CATHERINE COPPIN	ASST. COACH (VOL)		

### GIRLS GOLF

NAME	LEVEL	EMAIL	PHONE
APRIL SANKO	HEAD COACH	asanko@lisle202.org	630-493-8331

### GIRLS CROSS COUNTRY (BOYS AND GIRLS)

NAME	LEVEL	EMAIL	PHONE
PAT WOYNA	HEAD COACH	pwoyna@lisle202.org	630-493-8323

### GIRLS TENNIS

NAME	LEVEL	EMAIL	PHONE
DARIUS BAMBOAT	HEAD COACH	dbamboat@lisle202.org	630-493-8368
	ASST. COACH		

### CHEERLEADING

NAME	LEVEL	EMAIL	PHONE
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NICOLE HOLUB	ASST. COACH	nholub@lisle202.org	
LILY WEI	JV COACH	lwei@lisle202.org	

### GIRLS BASKETBALL

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SAM CRENSHAW	SOPH. COACH	screnshaw@lisle202.org	
PAUL KOHORN	SOPH. ASST.	pkohorn@lisle202.org	

### GIRLS BOWLING

NAME	LEVEL	EMAIL	PHONE
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TOM JENSEN	ASST. COACH (VOL)		

**DANCE TEAM**

NAME	LEVEL	EMAIL	PHONE
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	ASST. COACH (VOL)		

**GIRLS TRACK**

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SVEA BYLSMA	ASST. COACH	spatrick@lisle202.org	630-493-8363
BRANDON WOLAK	ASST. COACH	bwolak@lisle202.org	

**GIRLS SOCCER**

NAME	LEVEL	EMAIL	PHONE
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JOSH HILL	ASST. COACH (VOL)		

**BOYS' TEAMS****FOOTBALL**

NAME	LEVEL	EMAIL	PHONE
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	ASST. COACH		
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JOHN DAVIS	ASST. COACH	jdavis@lisle202.org	630-493-8354
BRANDON WOLAK	SOPH. COACH	bwolak@lisle202.org	
DAN SANKO	SOPH. COACH	dsanko@lisle202.org	630-493-8361
JOSH HILL	ASST. COACH (VOL)		
ALEC VAN VOLKENBURG	ASST. COACH (VOL)		
TOM STUKEL	ASST. COACH (VOL)		
CLAUDE FORNERO	ASST. COACH (VOL)		

**BOYS GOLF**

NAME	LEVEL	EMAIL	PHONE
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**BOYS CROSS COUNTRY (BOYS AND GIRLS)**

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PAT WOYNA	HEAD COACH	pwoyna@lisle202.org	630-493-8323

**BOYS BASKETBALL**

NAME	LEVEL	EMAIL	PHONE
MARK LASCALA	HEAD COACH	mlascala@lisle202.org	630-493-8357
NATHAN BYLSMA	ASST. COACH	nbylsma@lisle202.org	630-493-8388
TRENT SCHALK	SOPH. COACH	tschalk@lisle202.org	630-493-8367
SCOTT KLEPADLO	FROSH. COACH	sklepadlo@lisle202.org	630-493-8085
RON JAKES	ASST. COACH (VOL)		

**WRESTLING**

NAME	LEVEL	EMAIL	PHONE
BRANDON WOLAK	HEAD COACH	bwolak@lisle202.org	
DAN SANKO	ASST. COACH	dsankso@lisle202.org	630-493-8361
JOHN DAVIS	ASST. COACH	jdavis@lisle202.org	630-493-8354

**BOYS TRACK**

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SVEA BYLSMA	ASST. COACH	spatrick@lisle202.org	630-493-8363

**BOYS BASEBALL**

NAME	LEVEL	EMAIL	PHONE
PETE MEYER	HEAD COACH	pmeyer@lisle202.org	630-493-8268
MIKE RILEY	ASST. COACH		
ERIC WOYNA	FR-SO COACH	ewoyna@lisle202.org	630-493-8332
JAY GROCHOWSKI	ASST. COACH (VOL)		

**BOYS SOCCER**

NAME	LEVEL	EMAIL	PHONE
PAUL KOHORN	HEAD COACH	pkohorn@lisle202.org	
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SARA SCHROEDER	ASST. COACH	sschroeder@lisle202.org	

**BOYS TENNIS**

NAME	LEVEL	EMAIL	PHONE
DARIUS BAMBOAT	HEAD COACH	dbamboata@lisle202.org	630-493-8368
APRIL SANKO	ASST. COACH	asanko@lisle202.org	630-493-8331

# REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

Prior to participation, each student must register online at our Athletic website: [il.8to18.com/lislehs](http://il.8to18.com/lislehs). There is a gray tab at the top called "Registration" where you will begin. You will need to set up an account, if you are new to the system, and create a password. Be sure to save your password as you will need this for all 4 years your athlete is in the High School.

To register for a sport you need to turn in:

- **A Current Physical:** The physical was performed within the last year. Physicals are good for one calendar year from the date of the physical and when they expire the athlete is ineligible for practice or competition. Make a copy of your physical if you can to keep with you at home – papers can get lost. **PLEASE NOTE THAT IF YOUR PHYSICAL IS ONE THAT EXPIRES DURING THE SCHOOL YEAR, WE CAN NOT BE RESPONSIBLE FOR REMINDING YOU, AND YOU NEED TO BE RESPONSIBLE FOR KEEPING YOURS CURRENT. FAILURE TO DO SO REMOVES YOU FROM COMPETITION THE DAY IT EXPIRES. ALSO, IF YOUR STUDENT IS ON A MEDICAL PE WAIVER, THE STUDENT MUST BE CLEARED BY YOUR DOCTOR FOR PARTICIPATION TO BE IN A SPORT.**
- **Fees for Participation:** Each sport has a required participation fee. For non-cut sports (soccer, football, cross country, tennis, bowling and track) the fee is due at registration. For sports that involve cuts, the fee is due the day after the posting of teams. The fee is set by the Board Of Education and typically changes year to year. Fees are paid online.

Very important to registration for a sport is **Academic Eligibility**. Each participant must have passed five subjects at the end of the previous semester, and achieved a 2.5 GPA or better the previous quarter. Weekly eligibility also affects the opportunity to practice and tryout for teams. Eligibility issues in conjunction with tryouts will be handled on a case-by-case basis.

## ***Q. And A.***

### **Where do I get the registration materials?**

All registration forms and information can be found on our athletic website.

### **Does the parent need to accompany the athlete during the online registration?**

Yes, both parties will have to read and check acceptance boxes as well as providing a digital signature.

### **What if I do not want to make an electronic payment?**

Please contact the Athletic Office at 630-493-8307 for information.

### **How will I know my registration is completed and successful?**

You will receive an email notifying you of registration for each sport.



**What is the steroid testing agreement and why do I want to sign it?**

Beginning in 2008, the IHSA began a policy of testing for steroid use in all post-season IHSA sponsored tournaments – Regionals, Sectionals, etc. The Illinois State Legislature mandated this happen for every athlete beginning in 2009. YOU MUST SIGN THIS FORM TO PARTICPATE. By signing, you are agreeing that your son/daughter will take part, if randomly selected, in steroid testing conducted by the IHSA. Without signing, YOUR SON/DAUGHTER CAN NOT PARTICIPATE IN ATHLETICS.

**What if I don't have the money right now to pay my fees?**

Please talk to us and we will try to work something out – we cannot promise a simple solution, but we want our students involved. If you have filled out the required paperwork and qualify for free or reduced fees, this also applies to the athletic fees and there is a sliding scale determining amount owed. Without some discussion and help from our office, you will not be able to complete the registration process.

## **ON-LINE REGISTRATION FOR SPORTS**

### **To be completed by parent/guardian with the student**

**The parent/guardian and the athlete need to be at the computer for this process.**

**Lisle Athletics utilizes online registration for all sport teams and summer camps**

**Please read the information below before going online to register.**

**You may contact the High School if you have questions at 630-493-8300.**

**The online registration will produce a roster for the coaches consisting of those athletes that have completed the registration process.**

### **FEES**

You will pay online with a credit card (an additional service fee will be charged), or electronic check.

Fee collection for cut and non-cut sports will be handled differently. Non-cut sports will have to be paid as you register and cut-sport fees will be due after the roster has been set. In cut sports, if successful, your son or daughter will be moved onto the roster and you will be notified via email that the fee is now to be paid.

If you have been approved for free or reduced fees at Central Office, please contact the office for correct athletic fee information **AHEAD OF REGISTRATION** at 630-493-8300.

When you have successfully completed the online registration, you will receive an email recognizing the successful registration of your athlete.

Please note that the registration process is not complete until a current physical and all applicable payments have been made or turned into the athletic office.

**FOLLOWING ARE THE DIRECTIONS FOR REGISTERING YOUR ATHLETE FOR PARTICIPATION.** You can access the registration on our athletic website front page and clicking the gray REGISTRATION tab, or go directly to: <http://lislehs.8to18.com/accounts/login>.

- Go to the above account log-in site
- Create an account - Enter your email address and create your own password. (Remember your password as you will use this for all subsequent registrations for any of your high school athletes)
- Click on ***“Begin Registration”***
- ***“Select Activity”***
  - Choose the sport or camp you child will be trying out or participating in
- Select ***“Participant”***
  - *Add a New Participant (or choose your child if already in the system)*
  - *All information for this page is for the student, i. e. cell phone, email*
- ***“Roster Details”***
  - *You may be asked for a t-shirt size*
  - *Height and Weight if listed will be used for Rosters*
- ***“Primary Parent/Guardian Information”***
  - *Fill out the Parent Information on the next page*
- ***“Physical Form”***
  - *If you need a form to take to the Doctor, you may print it here*
  - *Remember, your athlete must have a current physical in order to begin tryouts/practice*
  - *If you have not already turned in a physical, you must bring the completed signed physical to the athletic or front office.*
- ***“Legal Form”***
  - *At this time, by clicking on the boxes, you are agreeing and consenting to all information provided*
  - *You may click on the form to read and/or print. Please note that when there is a parent/guardian and a student box - they must both be checked to move forward.*

- *Please DO NOT turn in any forms filled out - except the physical.*
- *“Summary”*
  - *At this point you can see what you have registered for*
  - *Click “Finish” to complete the registration.*
- *When completed successfully, you will get an email notification.*

## **Q. And A.**

### **What if we do not want to pay electronically?**

Contact the athletic office and we will set up an alternative plan - most likely involving your bringing a check made out to Lisle High School to our office ahead of the season’s opening practice (non-cut sport) or after being selected for the team (cut sport). Call the office if unclear how to proceed.

### **Do I need to register for each season, or can I take care of all of this during the Fall?**

You need to register for each season.

Registration is open the month ahead of the start of that season.

### **Do I need a physical to try out for a sport? This costs money and I may not make the team.**

Sorry, but at the High School you cannot take part in tryouts or practices without an up to date physical.

### **Do I need a separate physical for sports other than the required freshman physical?**

NO the physical required for your attendance as a freshman, will also serve for athletics. If you have sent this with your school registration materials, we will get the verification and date of physical from the nurse’s office. If you bring this physical to us for registration, we will also make sure the nurse gets the physical the complete your school registration process.

# SEASON STARTING DATES

## 2019-2020

<b>SEASON</b>	<b>STARTING DATE</b>	<b>REGISTRATION</b>	<b>FEE</b>	<b>CUTS</b>
FOOTBALL	AUGUST 12, 2019	On-Line Registration JULY	\$108	NO
VOLLEYBALL	AUGUST 12, 2019	On-Line Registration JULY	\$74	YES
<b>CROSS COUNTRY BOYS AND GIRLS</b>	<b>AUGUST 12, 2019</b>	<b>On-Line Registration JULY</b>	<b>\$58</b>	<b>NO</b>
GOLF BOYS AND GIRLS	AUGUST 12, 2019	On-Line Registration JULY	\$74	YES
<b>GIRLS TENNIS</b>	<b>AUGUST 12, 2019</b>	<b>On-Line Registration July</b>	<b>\$58</b>	<b>NO</b>
BOYS SOCCER	AUGUST 12, 2019	On-Line Registration July	\$58	NO
<b>CHEERLEADING</b>	<b>AUGUST 12, 2019</b>	<b>On-Line Registration July</b>	<b>\$58</b>	<b>YES</b>
DANCE TEAM	AUGUST 12, 2019	On-Line Registration July	\$58	YES
<b>GIRLS BASKETBALL</b>	<b>NOVEMBER 4, 2019</b>	<b>On-Line Registration July</b>	<b>\$74</b>	<b>YES</b>
BOYS BASKETBALL	NOVEMBER 11, 2019	On-Line Registration October	\$74	YES
<b>WRESTLING</b>	<b>NOVEMBER 11, 2019</b>	<b>On-Line Registration October</b>	<b>\$74</b>	<b>NO</b>
BOWLING	NOVEMBER 18, 2019	On-Line Registration October	\$58	NO
<b>TRACK AND FIELD BOYS</b>	<b>JANUARY 20, 2020</b>	<b>On-Line Registration December</b>	<b>\$74</b>	<b>NO</b>
TRACK AND FIELD GIRLS	JANUARY 20, 2020	On-Line Registration December	\$74	NO
<b>BASEBALL</b>	<b>MARCH 2, 2020</b>	<b>On-Line Registration February</b>	<b>\$74</b>	<b>YES</b>
SOFTBALL	MARCH 2, 2020	On-Line Registration February	\$74	YES
<b>GIRLS SOCCER</b>	<b>MARCH 2, 2020</b>	<b>On-Line Registration February</b>	<b>\$58</b>	<b>YES</b>
BOYS TENNIS	MARCH 2, 2020	On-Line Registration February	\$58	NO

Please get physical appointments well ahead of the starting date for your sport to avoid having to miss practice.  
**CHEERLEADING AND DANCE TEAMS ARE TYPICALLY SELECTED IN APRIL THE PRECEDING YEAR.**

# TEAM SELECTION

The Following Teams may make cuts:

**Cheerleading, Dance, Volleyball, Boys Soccer, Boys and Girls Golf, Girls Basketball, Boys Basketball, Baseball, Softball, and Girls Soccer and occasionally Boys and Girls Tennis depending on numbers.**

Teams that make cuts typically have three days of tryouts. It is highly recommended that athletes be here for all three days of tryouts and there should be no expectations of making a team if any of these days are missed. For that reason, it is encouraged that families get the summer vacations in ahead of practices starting so the athlete is here ready to participate on the first day of tryouts. Those athletes making the team are generally posted or notified and come back ready to practice the next day.

**This is what we tell our coaches regarding cuts:**

***Choosing the members of the athletic squads is the sole responsibility of the coaches in that program.***

***Lower level coaches shall take into consideration the policies as established by the Head Coach in that particular program, and consult with the Head Coach regarding the final team roster.***

***Prior to trying out, the coach should provide the following information to all candidates for the team:***

- a. the extent of the tryout period***
- b. the criteria used to select the team***
- c. the number to be selected (using a range if necessary)***
- d. an explanation of the commitment expected of the successful candidates***
- e. the process for communicating the final selections***

***When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall:***

- a. have competed in a minimum of three practice sessions (the first three days of the season)***
- b. had an opportunity to perform the various skills involved in the sport***
- c. have an opportunity to meet with the coach regarding not being selected***

***Coaches may post lists of selected members but no cut lists are to be posted.***

***If a coach foresees difficulties arising as a result of squad cuts, he/she should discuss the situation with the Athletic Director.***

***Acceptable considerations when determining the members to keep:***

- a. skill level***
- b. work ethic***
- c. team chemistry***
- d. potential ability***
- e. coachability***
- f. practice attendance and performance***
- g. scholastic standing in terms of eligibility***
- h. grade level***

Coaches may include athletes that are unable to tryout based on prior knowledge of the athlete's ability and potential contributions to the team. NO athlete should rely on this happening however and make every effort to be at the tryouts.

## ***Q. And A.***

### **We are going to be on vacation at the start of the season – can my student still try out when we get back?**

My bosses would probably not agree with me on this but coaches around the state are starting practice that day and all of them expect that every athlete will be at practice and anxious to get started from day one. Having said that, I have seen many times where athletes are allowed to try out later. At the least, if an athlete is going to miss, every effort should be made to contact the coach well ahead of tryouts (you can work through our office for help on this) to communicate this information and get some answers well ahead of time. I cannot guarantee that this will work to everyone's satisfaction.

### **I am injured – what do I do about tryouts?**

There is no easy answer for this as well. Coaches are allowed leeway on this and their professional opinion carries the day as to whether this athlete will be named to the team, will not be able to try out, or can try out later when healthy. We have seen each of these scenarios but it is at the discretion of the coach. Communicate with the coach as early as possible.

### **If I don't make the team, can I join another sport?**

Generally other non-cut sports will allow athletes after the three day try out period. This again is not a guarantee and is up to the coach of the 2<sup>nd</sup> sport. It is a great idea to have communicated this possibility with the coach ahead of time.

### **I want to know why I didn't make the team – how do I get that information?**

Each of our coaches is expected to meet with any athlete that wants to discuss his/her not being selected to a team. This is solely the coach's decision and rarely if ever will this decision be changed. The coach will meet with you to discuss the matter. These discussions are difficult for both parties and proper decorum is expected of all involved. The final decision in this matter rests with the coach.

### **What next if I am cut?**

If you still would like to be involved in this program, you can possibly work as a manager, filmer, stats person, etc. This would have to be discussed and approved by the coach but most likely we could use the help.

Often times athletes quickly join a different non-cut sport – as example, volleyball players that have been cut have often times joined the cross country team to stay active and get to compete. It would be a good idea to talk ahead of time to the cross country coach to let him know you would like to do this if your first sport does not work out. If this works out, you still have to register on our 8to18 site for this new sport.

# PRACTICES

Practices really begin the opening day of the season. Teams with try outs commonly refer to the first three days as tryouts but these are also practices in preparation for the first contest. Once these three days are over for the tryout sports, practices will go on the next day for all the selected athletes. In general, most teams will practice on Saturdays and some holidays – particularly early in the season. We make an effort to communicate as much of this as we can on our Athletic website. Practices can be two hours or more in length. Below we have tried to put together a chart giving you a typical practice schedule for that sport including starting times, length of practice and location.

**This chart notes typical practice times once school has started. At the beginning of the school year, practices will start before the school begins – practice times on these days, and on days that we do not have school or have early dismissal will vary from the information below.**

SPORT	WEEKDAY PRACTICE	SATURDAY PRACTICE	LOCATION	NOTES
CROSS COUNTRY	3:00 - 4:30PM	SOME SATURDAY MORNING PRACTICES	COMMUNITY PARK	NOT AS MANY SATURDAY PRACTICES BUT MANY SATURDAY MEETS
FOOTBALL	3:00 - 5:15PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	COMMUNITY PARK	FILMS AND SHORT PRACTICE DURING SEASON ON SATURDAY ARE THE USUAL
VOLLEYBALL	3:00 – 5:00PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	HIGH SCHOOL	WILL PRACTICE SATURDAYS MOST OF THE SEASON
TENNIS BOYS AND GIRLS	3:00 – 4:30PM	SOME SATURDAY MORNING PRACTICES	COMMUNITY PARK	NOT AS MANY SATURDAY PRACTICES
GOLF BOYS AND GIRLS	3:30 – 6:00PM	SOME SATURDAY MORNING PRACTICES	RIVER BEND GOLF COURSE – RT. 53 LISLE	STUDENTS ARE RESPONSIBLE FOR TRANSPORTATION TO THE COURSE – PRACTICE TIMES VARY DUE TO TEE TIMES – USUALLY ALL ROUNDS COMPLETED BY 7:30PM
BOYS SOCCER	3:00 – 5:15PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	COMMUNITY PARK	SOME PRACTICES TAKE PLACE AT WILDE FIELD AT THE JR HIGH
CHEERLEADING	AFTER SCHOOL PRACTICE	DURING COMPETITION SEASON	HIGH SCHOOL	NOT AS MANY SATURDAY PRACTICES EARLY BUT MORE AS COMPETITION SEASON BEGINS NEAR DECEMBER
DANCE TEAM	USUALLY MON. AND WED. EVENING. MORE DURING COMPETITION	NOT MANY	HIGH SCHOOL	RATHER THAN SATURDAYS, ADDITIONAL PRACTICES ARE TYPICALLY SCHEDULED FOR MONDAY AND WEDNESDAY EVENINGS
BOYS BASKETBALL	3:00 – 9:00PM TWO HOUR PRACTICE 3 – 5 5 – 7 7 - 9	MORNING PRACTICE ON SATURDAY IS TYPICAL	HIGH SCHOOL	MANY LEVELS OF BASKETBALL SO PRACTICE COULD START AT 3:00, 5:00, or 7:00pm Freshmen usually get the 7:00pm practice slot

GIRLS BASKETBALL	3:00 – 7:00PM TWO HOUR PRACTICE 3 – 5 OR 5 - 7	MORNING PRACTICE ON SATURDAY IS TYPICAL	HIGH SCHOOL	MANY LEVELS OF BASKETBALL SO PRACTICE COULD START AT 3:00 OR AT 5:00
WRESTLING	3:00 – 5:00PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	HIGH SCHOOL BALCONY	
BOWLING	3:00 – 4:30PM	NOT MANY	LISLE LANES – RT 53 LISLE	STUDENTS ARE RESPONSIBLE FOR TRANSPORTATION TO THE BOWLING ALLEY
GIRLS SOCCER	3:00 – 5:15PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	COMMUNITY PARK	SOME PRACTICES TAKE PLACE AT WILDE FIELD AT THE JR HIGH - EARLY SEASON INDOOR PRACTICE TIMES WILL VARY
SOFTBALL	3:00 – 5:00PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	COMMUNITY PARK	EARLY SEASON INDOOR PRACTICE TIMES WILL VARY
BASEBALL	3:00 – 5:00PM	MORNING PRACTICE ON SATURDAY IS TYPICAL	COMMUNITY PARK	EARLY SEASON INDOOR PRACTICE TIMES WILL VARY
TRACK AND FIELD BOYS AND GIRLS	3:00 – 4:30PM	SOME SATURDAY MORNING PRACTICES	WILDE FIELD – LISLE JR. HIGH	BUS TRANSPORTATION PROVIDED TO WILDE ONCE PRACTICES MOVE OUTSIDE – EARLY SEASON PRACTICES AT THE HIGH SCHOOL

## Some Sport Specific Information Regarding Practices

**Note: For all sports we make every effort to communicate changes in practice times or locations on our athletic web site.**

### **CROSS COUNTRY**

The Cross Country team will meet and practice beginning August 6. This is ahead of the start of the school year and practices will mostly be in the morning. Coach Woyna has some runs at the track at Wilde Field (Jr. High), and he also busses runners occasionally to Herrick Lake to run. He has an early season evening run after dark at Community Park as well.

### **FOOTBALL**

Football practices primarily in Community Park south of the tennis courts. The football team will begin practice on August 12. This is well before school starts. During this first week and a half they will practice long hours – our version of what is typically referred to as two -a- days. On these days, they will report to practice early in the morning – practice for 2.5 hours – take about an hour break for lunch and then practice again for another 2.5 hours. Athletes typically bring lunches for the break. Most of the football players will be issued equipment during the camps in July. Those needing equipment will be taken care of on their first day of practice. Football can only practice in helmets for the first three days. All football players must participate in twelve days of practice before they can play in a game – this is a state rule.



PRACTICE OF SOME SORT WILL TAKE PLACE INDOORS OR OUT REGARDLESS OF THE WEATHER – THE ATHLETE SHOULD COME TO THE HIGH SCHOOL.

### **VOLLEYBALL**

There are three days of tryouts starting August 12 and practices take right up on the 15th. Once school begins, practice is usually right after school though the lower levels have had some early morning practices. You should expect there to be practices on Saturday mornings, and any days we don't have school.

### **BOYS SOCCER**

Practice for Boys soccer begins August 12. Boys Soccer practices are primarily on the field just east of the high school. They will on occasion practice at Wilde Field. The soccer practices will mostly be in the afternoon/evening hours.

### **GOLF – BOYS AND GIRLS**

The golf team does most their practicing at their home course which is River Bend, located on the south edge of Lisle on Rt. 53. Tryouts begin August 12. These times will most likely be in the morning hours. The times for tryouts will be communicated during registration. On occasion the team meets at an alternative location for practice. **Students pay for their round of golf during the first three days of tryouts. Greens fees are typically covered by the district once you make the team.** You supply your own golf equipment – balls, bag (you will be issued a team bag for competition) – shoes – tees and any other supplies needed. Team wear may involve some extra expenditure on the part of the golfer depending on the cost of item(s) the teams selects.

### **TENNIS – BOYS AND GIRLS**

The tennis teams practice in Community Park at the courts directly east of the pool. Girls practice will begin on August 12. Boy's tennis in the spring is scheduled to start at the end of February or early March but often doesn't get on the courts this soon due to weather conditions. Typically, the coach hosts a preseason meeting to talk about plans for days when the weather is uncooperative. Team wear may involve some extra expenditure on the part of the player depending on the cost of item(s) the teams selects.

### **CHEERLEADING**

There are two and even three phases of cheerleading. The Sideline cheering for fall and winter and the competitive cheering during the Winter season. Teams are selected in April (April 11, 12, 13) with tryouts involving students from 8<sup>th</sup> to 11<sup>th</sup> grade. We have JV and Varsity Cheerleading squads. They practice at various times during the summer months and attend camp together during the summer as well. During the school year, practices are typically after school. As competition season evolves, the cheerleaders will have an occasional Saturday or weekday evening practice. **Like the other Fall activities, the cheerleaders must register and pay their fee online prior to August 12 or be ineligible for practice starting on that day.**

### **DANCE TEAM**

The Dance Team has a performance season both in the Fall and Winter at home football and basketball games. They also have a competition season during the Winter season. Teams are selected April 18, 19, 21 with tryouts involving students from 8<sup>th</sup> to 11<sup>th</sup> grade. There is only one level of Dance Team. They practice at various times during the summer and as a group attend a summer camp. During the school year, the girls typically practice in the evening at the High School. **Like**

**the other Fall activities, the dancers must register and pay their fee online prior to August 10 or be ineligible for practice starting on that day.**

### **BOYS BASKETBALL**

Boys Basketball practices after school during the school season. Typically practices are two hours in length from either 3:00 to 5:00, 5:00 to 7:00pm or 7:00 to 9:00pm. Freshmen most likely would get the 7:00 to 9:00 slot. There could be an occasional early morning practice for any of the three levels. They practice most Saturdays and days when we do not have school, including Winter Break - though practice would more likely be in the morning on these days.

### **GIRLS BASKETBALL**

Girls Basketball practices after school during the school season. Typically practices are two hours in length from 3:00 to 5:00, 5:00 to 7:00pm or 7:00pm to 9:00pm. There could be an occasional early morning practice for any of the two or three levels (depending on numbers). They practice most Saturdays and days when we do not have school - though practice would more likely be in the morning on these days.

### **WRESTLING**

Wrestling practices after school on the balcony above the north gym. Practices typically run from 3:00pm to 5:00pm. They practice most Saturdays and days when we do not have school, including Winter Break - though practice would more likely be in the morning on these days.

### **BOWLING**

Bowling practice takes place at Lisle Lanes on Rt. 53 just north of Short St. Practice begins shortly after 3:00pm and lasts until around 4:30pm. The bowling team rarely practices on Saturdays or on days we do not have school. Lane fees for practice and matches are paid by the District.

### **GIRLS SOCCER**

Typically when the Girls Soccer season begins it is cold often with snow on the ground. For that reason, early season practices are usually indoors sharing facilities with numerous other activities. Practices rotate inside from either 3:00 to 5:00 – 5:00pm to 7:00 or 7:00pm to 9:00. This rotation is in place for the entire spring season so that if it rains and the coaches want to go inside the teams/coaches know their time slot. The soccer team wants to be outside and will more than likely practice outside in rain or cold – so appropriate practice attire is important. On some occasions, the girls may practice at Wilde Field at the Jr. High. When outside, practices would typically run from 3:00pm to around 5:15pm. They will practice most Saturdays and days off from school.

### **TRACK – BOYS AND GIRLS**

With track practice beginning in mid-February, the weather is not cooperative so the teams typically practice for the first few weeks inside. Practices generally run from 3:00 to around 4:30. Eventually the teams move outside and to Wilde Field at the Jr. High. We provide a bus to transport athletes to Wilde Field for practice – the athlete is responsible for transportation home from there after practice. They will practice some Saturdays and days off from school.

## **BASEBALL**

Typically when the Baseball season begins it is cold, often with snow on the ground. For that reason, early season practices are usually indoors sharing facilities with numerous other activities. Practices rotate inside from either 3:00 to 5:00 – 5:00pm to 7:00 or 7:00pm to 9:00. This rotation is in place for the entire spring season so that if it rains and the coaches want to go inside the teams/coaches know their time slot. Outside, baseball practices in Community Park. Practices are typically from 3:15pm to 5:30pm. They will practice on Saturdays and days off including Spring Break. **During the early season practices, when we are inside most of the time, be sure to have shoes and warm clothing at the high school as practice could be moved outside on any nicer day (may go out even when a little cold and wet).**

## **SOFTBALL**

Typically when the Softball season begins it is cold, often with snow on the ground. For that reason, early season practices are usually indoors sharing facilities with numerous other activities. Practices rotate inside from either 3:00 to 5:00, 5:00pm to 7:00 or 7:00pm to 9:00pm. This rotation is in place for the entire spring season so that if it rains and the coaches want to go inside the teams/coaches know their time slot. When we can get outside, softball practices are in Community Park. The Varsity typically plays and practices on Field 5 and the underclass practices on Field 4 but gets most of their games on Field 5. Practices are typically from 3:00pm to 5:00pm. They will practice on Saturdays and days off including Spring Break.

## **PRACTICE EXPECTATIONS**

- 1. YOU CAN NOT PRACTICE WITHOUT BEING REGISTERED ONLINE AND HAVE AN UP TO DATE PHYSICAL ON FILE AT THE HIGH SCHOOL**
- 2. THE ATHLETE IS EXPECTED TO BE AT EVERY PRACTICE**
- 3. THE ATHLETE IS TO BE IN APPROVED OR PROVIDED PRACTICE APPAREL**
- 4. TRY TO SCHEDULE ALL ORTHODONTIST APPOINTMENTS, HAIRCUTS, ETC. AROUND PRACTICES AND CONTESTS.**
- 5. CLEAN AND TAKE CARE OF EQUIPMENT – WASH PRACTICE GEAR REGULARLY**
- 6. KEEP YOUR LOCKER ROOM LOCKER LOCKED AND DON'T SHARE YOUR COMBINATION**
- 7. FOR OUTSIDE SPORTS, EVEN IF IT IS STORMING OUTSIDE – UNLESS YOUR COACH HAS SAID OTHERWISE – REPORT TO PRACTICE – YOU WILL DO SOMETHING INSIDE OR WAIT OUT THE WEATHER AND PRACTICE**
- 8. THE AFTER PRACTICE BUS LEAVES THE HIGH SCHOOL AT 5:15PM AND DROPS ATHLETES NEAR HOME.**
- 9. TEAMS THAT HAVE MULTIPLE LEVELS USUALLY HAVE THE FRESHMEN EITHER PRACTICE ALONE OR WITH THE SOPHOMORES**
- 10. MISSING TOO MANY PRACTICES FOR WHATEVER REASON CAN GET YOU REMOVED FROM THE TEAM**
- 11. IF AFFECTED BY WEEKLY ELIGIBILITY – THE FIRST TIME YOU CONTINUE SHOWING UP TO PRACTICE – THE SECOND TIME YOU CANNOT PRACTICE AND MUST GO HOME AFTER SCHOOL --- TO STUDY! THE THIRD TIME DURING A SEASON YOU WILL MOST LIKELY BE REMOVED FROM THE TEAM.**
- 12. YOU SHOULD MAKE EVERY EFFORT TO LET THE COACH KNOW YOU WILL BE MISSING PRACTICE.**
- 13. YOU MUST BE IN SCHOOL THREE CLOCK HOURS IN ORDER TO PARTICIPATE IN PRACTICE (EXCEPTIONS CAN BE CLEARED IN THE ATHLETIC OFFICE).**

## **Q. And A.**

### **How do I know the practice schedule?**

Coaches should make available practice schedules for the athletes – at times, these may also be posted on the athletic website. High school students are expected to handle and communicate practice times to parents – this is part of the educational process provided by athletics – responsibility, organization, and an expectation of increased responsibility.

### **How do I get In touch with the coach if I must miss practice?**

The coach may communicate a preferred method of communication and that should be followed. If not the coach can be reached at school – at least a voice mail left – or you can contact the athletic office – however do not contact us in place of letting the coach know. If you will be leaving school it is also a good idea to try to make contact with that coach or leave a message in main office for the coach.

### **If it is storming, why should I assume there will be practice for an outdoor sport?**

The coach may meet in a classroom to do a variety of things or utilize some space inside to go over some items. Don't assume practice is off and missed practice – this would most likely be treated as unexcused or a skipped practice.

## **COSTS INVOLVED WITH PARTICIPATION IN ATHLETICS**

The costs for various programs and activities can vary. To get started, there is a participation fee which you must pay online. If you are registering for a non-cut sport, that fee must be paid at the time of registration or you can not complete the process. For cut sports, once the team is set, you will receive an e-mail from 8to18 instructing you to pay your fee. We expect this payment within 3 days of your notification, unless prior arrangements are made. If you qualify for free or reduced fees through the school district, you must contact the Athletic Office prior to registering to be given a "code" to do your registration. The fees for the various sports for are listed below:

**Football:** \$106

**Baseball, Basketball, Softball, Track, Wrestling, Volleyball:** \$72

**Bowling, Cross Country, Cheerleading, Dance Team, Golf, Tennis, and Soccer:** \$57

Fees for these activities can be reduced or waived for financial hardship if appropriate paperwork has been filed with the District office and the family qualifies for this assistance. Again, call the Athletic Office for a waiver "code".

The Booster Club makes available to the varsity coach \$20 per athlete. This is referred to as that sports "Spirit Money" and the uses for this vary from sport to sport. Some purchase t-shirts for each participant – use the money for individual awards at the season ending banquet – help pay for the banquet etc. At times you will hear this \$20 Booster money referred to in the following information.

You will find out quickly that there may well be additional costs: tennis shoes, racquet, protective gear, shorts, socks, t-shirts, spikes, mouth piece, bat, glove, and the list can go on and on. Sports as you well know are not cheap. We make

an effort to provide the necessary equipment but some things will fall to you. The students often want something more to celebrate being a part of a particular team, so you may see a request for a sweatshirt or sweatpants but this isn't always our idea. **Here are some sport specific thoughts:**

**Football:** Some students purchase protective wear beyond the gear typically supplied; arm pads, neck roll, ankle supports, elastic wraps, gloves, etc. You will need several pairs of shorts and t-shirts to keep fresh, clean clothing available. The football spikes differ from baseball and soccer and will be the athlete's responsibility. You may want to send your son to camp or several camps – Lisle's and maybe at college – these can be expensive.

**Volleyball:** The athlete generally purchases knee pads, the volleyball shorts for games and practice, shoes, some buy a tooth guard, and socks. The girls also typically get t-shirts or sweatshirts that may involve costs beyond the \$20 typically provided by the Booster Club. There is a tradition of purchasing gifts for the seniors at the season's end. This \$5 to \$10 is collected near the conclusion of the season and this effort is run entirely by the parents (typically a Jr. Parent).

**Golf:** The Golf Team does not like to keep the same polo shirt stored here at the high school and wear it for five years as we do with most other sports. They want to purchase their own shirts each year and use the booster money toward that purchase, but these shirts usually cost more than the \$20 provided by the booster club. Typically the team also purchases like hats that each individual pays for. You also supply your own golf balls and spikes. The greens fees, for the 3 days of tryouts, are not paid for by the District, but once teams are selected all greens fees for matches and practices at River Bend are covered.

**Girls Tennis:** The Girls Tennis team typically does not want a uniform supplied by the high school – they want something they keep and have not been used for the last several years. For that reason, the tennis team has used the \$20 supplied by the Booster Club and supplemented that to get a shirt and or sweatshirt for competition. You would need appropriate practice clothing and shoes designated for practice/competition.

**Boys Soccer:** The Game Uniform and a Warm-up suit are supplied. The players have their own shin guards, or elastic wraps as needed. You will need spikes and appropriate practice attire. They also typically purchase sweatshirts or t-shirts on their own.

**Cross Country:** There is not a lot of extra expense with cross country after you get a good comfortable running shoe – and these can be expensive depending on how much you want to spend. Get some comfortable running clothes and you should have everything you will need.

**Cheerleading:** Cheerleading can be expensive. The District supplies a sideline cheering outfit. The girls will purchase shoes – and often purchase different t-shirts or hooded sweatshirt or like outfits including gear for camp in the summer.

**Dance:** The Dance Team is supplied an outfit they wear for home games and most halftime performances. They do purchase a number of outfits for competition and of course need shoes as well. Dance participation can be expensive.

**Boys Basketball:** The boys supply their own shoes and most of the practice wear. Sometimes they purchase a hooded sweatshirt that exceeds the \$20 given by the booster and have to contribute to the cost.

**Girls Basketball:** The girls supply their own shoes and most of the practice wear. Sometimes they purchase a hooded sweatshirt that exceeds the \$20 given by the booster and have to contribute to the cost. The girls program also has a tradition of purchasing gifts for the seniors at the season's end. This \$5 to \$10 is collected near the conclusion of the season and this effort is run entirely by the parents (typically a Jr. Parent).

**Wrestling:** Each wrestler will supply his own wrestling shoes and appropriate practice gear. The athletes often don't eat much during the day of a meet to insure making weight at the contest. Therefore, they often need money to purchase something to eat at the meet so plan to send money along with your wrestler or pack something for him to take.

**Bowling:** The girls usually get like shirts using the Booster Club \$20. They have also generally purchased a sweatshirt on their own designating them as a member of the bowling team. Some girls have their own bowling ball but certainly these are typically supplied at the alleys as well. Fees for practices and matches are paid for by the School District.

**Baseball:** The baseball players supply their own glove, spikes, practice wear (for indoors and out) and some bring their own bat. They buy their own hat – and a turtleneck to wear under their uniform (for both this is a group order through the coach, so all are the same).

**Softball:** The girls typically purchase their own hat through the coach. Each athlete supplies their own glove and practice clothing – for indoors and out, purchase sliding pants and any other protective gear beyond the supplied helmet. The girls often purchase clothing like a sweatshirt that can be worn during cold weather games – this is also purchased through the coach to keep all alike.

**Track:** You will need track spikes and some comfortable practice gear for both warm and cold weather. Early season practices are inside, so you need tennis shoes for running inside.

**Boys Tennis:** The Boys Tennis team typically does not want a uniform supplied by the high school – they want something they keep and have not been used for the last several years. For that reason, the tennis team has used the \$20 supplied by the booster club and supplemented that to get a shirt and or sweatshirt for competition. You would need appropriate practice clothing and shoes designated for practice/competition.

**Girls Soccer:** The Game Uniform and a Warm-up suit are supplied. The players have their own shin guards, or elastic wraps as needed. You will need spikes and appropriate practice attire for practice both inside and outside.

# FUNDRAISING

We have made a concerted effort to eliminate fundraising. This is not to say it may not occur. We will not be selling or soliciting funds – we may do service projects or work for other organizations to raise additional money. The following are guidelines concerning fund raising activities at the high school:

- What is the fundraising activity?
- When this event will occur?
- What will the money be used for?
- Can you make a donation instead – more specifically if my athlete met the suggested goal what would this make for the team and can I give this as a donation instead?
- What does this fundraising activity involve?

Guidelines:

- No student can be made to fundraise – we do hope all will do their share and not leave it to a few.
- No student can be punished or threatened in regards to participation in fundraising or meeting a determined goal or amount – students may be rewarded for their participation or excelling.
- Parents always have the option of donating funds rather than participating in the activity.
- Money from the fundraising effort should be used appropriately to benefit the program
- All District policies must be followed in regards to fundraising activities

# GIFTS

Various programs make gift giving a part of the activity. Generally these are organized and purchased by the parents of the athletes. Gifts for the coaches are unnecessary and discouraged – particularly any group effort. If a parent or athlete feels the Coach deserves more, then please know that a thank you card or a simple moment to say thanks will mean as much and often more than a collection effort will. Not everyone is happy with the coach or has money to put toward this effort so we would discourage any work in this direction and let everyone handle this on their own if so moved.

Gifts for athletes happen in some sports and are almost expected in a few. Again, this is typically athlete and parent organized and not put together by the coach or school. Participation or not is going to have more to do with your interaction with other parents and your expectations for what you want for your athlete when the senior year comes around (faster than you think).

# ATHLETIC WEBSITES

We work hard at keeping relevant and up to date with the Athletic Website. Our primary site is:

<https://il.8to18.com/lislehs>

Here you will find a lot the information regarding the athletic program. Specifically, you will find calendars, driving directions, various forms, sport results, announcements, rosters, photos, and schedules. This site is updated daily and used to communicate any breaking news – cancellations, practice changes are good examples of what you would find in the announcement section. If weather postpones an event for example, you would see that here first. Please Bookmark this site and be sure to utilize the information to the fullest extent.

Coaches post the results and accompanying articles for their various sports.

You can also follow the action on FACEBOOK at [Lisle Athletics and Activities](#)

or on TWITTER by following: [@LisleLionsAD](#)

Follow the Lions with live streamed events at [High School Cube](#).

## ***Q. And A.***

### **The driving directions are wrong – how does this happen?**

We have updated and feel we have the driving directions up to date. For whatever reason, they seem to change on occasion – not sure whether that issue is at our host’s site or the MapQuest site but it has been a problem for us. As you notice any problems with the directions – please bring this to our attention. And of course we do at times make mistakes so feel free to help us get it right.

### **Why does it take so long to get results up?**

Generally this all happens pretty fast but there are a few steps involved. The coach writes the article and supplies all the information. This is not posted but moved to the athletic office for approval. Once checked and approved, it is then posted online. The coach may have been delayed in getting the info in – the AD may be out of the office and not able to approve – so sometimes it takes a day or two. We do the best we can with it and is something stressed to coaches as important to their program.



## CONFERENCE AFFILIATION

We are members of the Interstate Central Eight - there are 8 member schools: Lisle, Manteno, Wilmington, Coal City, Reed-Custer, Streator, Peotone, and Herscher.

There is some significant travel in this league. This is done to provide an opportunity for our students to compete against public schools with like enrollments and programs. This is a well-established and highly regarded small school conference with athletic success at the state level in one activity or another every year. We do not always play all conference opponents in freshmen level activities but have defined conference schedules for our upper levels of competition. We do not have conference champions at the freshmen level, but we do host a few freshmen tournaments involving only conference teams.

Football is scheduled by enrollment – while some other sports are scheduled by location – volleyball, baseball, softball. Not all our activities have a sanctioned conference season since not enough conference schools participate – tennis and bowling are examples of this as few other conference schools offer these sports. We put together a schedule for these activities looking to schedule as many like school in our area as possible.

## TOURNAMENTS

Lisle hosts a lot of tournaments and Invitationals, and for some, we use parent and student help. For example, at the “Mane Event” Cross Country Meet parents help at the finish line. At the Girls Basketball Holiday tournaments – we have athletes and parents help with the concession stand. We also have parent involvement with concessions at the baseball and softball varsity tournaments. I am sure there are some others that I have neglected to mention but be prepared to be asked to volunteer for help and please do your part.

## BOOSTER CLUB

The Lisle Athletic Booster Club supports all Lisle Athletic activities. We meet once a month, typically the second Wednesday evening at 7:00pm. Everyone is welcome. We have officers and committee chairs for the various fund raising activities and we have other interested parties that come to be a part of the meeting and contribute as well. You are encouraged to get involved – join, volunteer, serve as an officer, help in concessions and support the various fund raising activities throughout the year. At the beginning of each year we sign up members. At the High School, we do this as part of the registration process and parents can elect to check off and pay for membership to the Booster Club at this time – this is our first fund-raising activity with several more to follow. We will be asking parents to help in concession stands, particularly during the winter season as this is our primary source of revenue and there are many home contests. The Boosters supply money to each sport and help fund coaches’ requests, award scholarships and provide additional funding for larger school projects related to athletics. We could use your support, and work through the booster club is a great way to help make a difference in Lisle athletics. **BE SURE TO SIGN UP TO BE A BOOSTER CLUB MEMBER DURING SCHOOL REGISTRATION.** Just a side note, but it does come up – during the senior year, you may want to apply for the booster club scholarships and membership in the Booster Club is a requirement by a certain date in October to be eligible. Contact the Athletic Office for more information.

## SEASON TICKETS – FAMILY PASSES – STUDENTS FREE

To help some with cost – many families purchase family passes. This involves a onetime cost of \$95 that then allows for admission to most Lisle athletic events. This involves admission for immediate family members living at home and grandparents. It does not involve older siblings, aunts and uncles etc. These passes are good for regular season games – NOT tournaments or special events (shootouts – IHSA Tournaments – etc.).

Adults can buy season passes and save the cost of one or two games over the course of a season. The same restrictions for events as listed above apply to season tickets as well.

All students are admitted free to regular season contests - this would not be true for tournaments or special events.

### ***Q. And A.***

#### **How do we buy a family pass or season ticket?**

During the first home game for each sport season you will be able to purchase these at the ticket table. You will list your family members and passes are distributed to you. The information is also kept with the ticket takers to help identify members in case the pass is lost or forgotten.

## ATHLETIC TRAINER

Lisle High School employs a Certified Athletic Trainer (TBA) provided by AthletiCo. The trainer has an office and training room located in the hallway west of the boy's locker room. On a typical school day, he/she will be at the high school around 2:30pm and stays through the completion of practices and most home contests. The athletic trainer is a healthcare professional who collaborates with physicians to optimize activity and participation of our athletes. His/her duties encompass the prevention, evaluation, and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. Specifically, the Athletic Trainer is involved with:

*Protective equipment, conditioning, nutrition and hygiene, game coverage, follow-up injury care, all matters pertaining to the well-being and health of our athletes, oversight of rehabilitation, decisions regarding a return to competition, and maintenance of necessary records.*

When we have multiple events the trainer typically tries to visit each site but generally camps at the location deemed to be of greater risk. Coaches utilize walkie-talkies and cell phones to be in constant contact with the trainer. The trainer travels with the varsity football team but typically does not travel to away contests for most sports. We obviously have more events than trainers, to compensate we try to educate our coaches with CPR/AED training and emergency procedures for injuries in the event the trainer is not present.

**CONTACT INFORMATION: Trainer – Marshall Basler – 630-493-8392**

# ACADEMIC ELIGIBILITY

Students must maintain an overall 2.5 grade point average on a 5.0 scale for each quarter of the school year.

To remain eligible during the mid-quarter, each week a student must be passing 75% of his/her classes (**NO MORE THAN ONE FAILURE DURING WEEKLY ELIGIBILITY CHECK**). Students determined to be ineligible during weekly checks shall be suspended from contest and practice for one week until the required coursework reflects improvement. Weekly grade reports reflect a cumulative score. In addition, IHSA rules stipulate that a student can be ineligible for the entire following semester if he/she does not pass 25 semester hours of course work. This means a student must pass 5 semester classes to be eligible for the following semester. Summer work can be accepted to help gain semester hours of passing work and affect eligibility.

Regarding weekly eligibility – The first time a student is ineligible that student cannot participate in games but is expected to practice and attend all activities and help as directed by the coach. The second time an athlete is ineligible during a season, the athlete can neither participate in games or practices – this athlete needs to go home and work on getting these grades up. The third time during a season, the athlete can be dropped from the team and most likely will be, but this is up to the coach.

## How Weekly Eligibility Works

At the beginning of each Semester, the athletic office does grade checks on the Wednesday following the first three weeks of class. This delay is to allow for grades to be accumulated and a representative grade be established. This weekly check continues every week until the conclusion of the semester when this process then starts over. As described, we collect the information on Wednesday, it is tabulated and a report is made designating those students receiving a D or F in any particular class or classes. The “D” list is published to help coaches and sponsors recognize those students who might be struggling that may need some extra help or encouragement to get that grade up. The F list serves this purpose, but also helps us identify any students failing two classes which would make them academically ineligible. We post this list for the coaches to recognize who won’t be available to them next week and we mail home a letter to the family explaining this situation as well. The student also is handed the letter the next day in school. When an athlete’s grades collected on that Wednesday are inadequate and force this ruling, the athlete will become ineligible for competitions starting the following Monday through Sunday. To help clarify, though we collected the grades on Wednesday – the period of ineligibility does not start until the upcoming Monday – he/she will still compete the rest of that week – Thursday, Friday and Saturday (and on a rare Sunday).

The first time during a season an athlete becomes ineligible due to this weekly check, they will practice and travel with the team assisting as directed by the coach. In fact, they are expected and required to be at all activities – the only real difference is the athlete will not be able to compete, and would not be in uniform for the competition. The second time during the same season that an athlete becomes ineligible, that athlete will now also be unable to attend practices and travel with the team. **The third time, the coach can remove the athlete from the team.**

### **Quarterly Eligibility**

Each athlete must have at least a 2.5 GPA for work done during the quarter. Failure to do so shows unacceptable movement toward graduation and is in violation of our eligibility requirements. Any student whose GPA for the quarter is below 2.5 (Not the cumulative GPA but for the work done just that quarter) will be ineligible for the following quarter.

### **Semester Eligibility**

Students must pass 25 hours of semester work in order to be academically eligible to compete the following semester. If you fail to reach this standard, by IHSA rules you are ineligible for competition for the following Semester.

### **SUMMER SCHOOL AND ELIGIBILITY**

Academic work done as part of a summer school program can be counted as part of the fourth quarter work as long as it is completed before Fall Activities begin. Most recently, students have accessed classes either at C. O. D. or online. Successful completion of summer courses can improve your GPA (rising above the required 2.5 or allowing you to complete 25 semester hours of work). It is a good idea to work with the high school when considering this option to be sure the course work will apply toward credit and that you are aware of the time frame for completion.

### ***Q. And A.***

#### **My grades on Wednesday had me failing two classes but on Friday I did really well on a major report – can this raise my grade and get me eligible for next week?**

NO – Your weekly eligibility is based on how you were doing at the end of the day Wednesday – your work Friday will help assure that when we check grades next Wednesday that you are no longer ineligible.

#### **I am positive my teacher has made a mistake and I am not failing that class - How do I get this problem fixed?**

Politely go see your instructor and ask to discuss your grade – mistakes can be made, and the teacher does not want you to be ineligible if that is not correct. Discuss the matter with the teacher – you may find that he/she does not agree and that indeed the grade is correct - that happens also. If after that discussion you are still dissatisfied, you will most likely want to bring this problem to the principal for discussion – we do not get involved in the academic work and grading.

For us to set the original ruling aside, we will need to hear a mistake was made either from the teacher or the principal.

The best practice is not let your grades get that low – with a little effort, it really is not that hard.

#### **Can I try out for a sport if I am ineligible?**

Generally the answer to this question is no – if you are ineligible for the 9 weeks or semester, the answer is No. If you are ineligible for the week, we have allowed for tryouts. The rationale for this is that the weekly eligibility check could turn into a season long punishment if the student isn't allowed to tryout with everyone else – so we have made exceptions – but again only to those on the WEEKLY ineligibility list.

#### **What is expected of me if I am ineligible for the week?**

This may vary some from sport to sport – the first time remember, you are able to practice and should show up on time and ready to work hard. In regards to games – unless the coach tells you otherwise, you are to go and help out as needed and directed by your coach. As mentioned before you cannot be in uniform. The second time you will not be able to practice that week and you should go home and work at getting your grades up.

# CODE OF CONDUCT

When you register online for your sport, you will sign an athletic handbook and a code of conduct. Both of these documents include the Athletic Code of Conduct. The Code of Conduct is in reality an agreement between the athlete, parent, and School District that the athlete will follow the rules as outlined in the code and recognizes potential consequences for doing otherwise. The Code of Conduct is in affect year round – not just during the season and not just during the school year. It is in affect when you are away from school activities, on the weekends, and during the summer – 365 days a year. Almost always, violations of the athletic code will result in loss of participation privileges. If you are currently involved in a sport it would take place immediately after the meeting between athlete and the Athletic Director. If you are not currently involved in a sport, the penalty would be invoked during the next sport you participate in.

**PLEASE BE AWARE THAT FOR ANY PUNISHMENT TO BE COUNTED FOR THIS VIOLATION, THE STUDENT MUST FINISH THAT SPORT IN GOOD STANDING.** You would not be able to decide to go out for just any sport, miss three games for example, and then quit just to get this out of the way before participating in something else later that year. The Code of conduct is invoked based on information from one of three sources: Faculty and Staff, Police, or Self-Reporting by Student or Student's Parent/Guardian.

## ***Q. And A.***

**My son/daughter was involved in an underage drinking party and we are aware that he/she has violated the athletic code – what will happen in regards to athletics?**

Once this is reported to the Associate Principal the matter will be investigated to determine the facts. If currently involved in an athletic program there will be a meeting with the athlete to discuss the matter and determine if there is a violation. If the answer is yes, the athlete will miss at least three contests for a first violation. For a second or third violation the punishment will be more severe and may require a drug/alcohol evaluation before returning to competition.

**I know other athletes that were drinking at a party that was busted and they did not get in trouble – why doesn't the school enforce the code and punish these athletes – OR, We reported our son's/daughter's infraction and our athlete was punished but nothing happened to other athletes at the same party – why weren't they punished and why should we get our athlete in trouble?**

Very good questions – let's try to understand how and why this is in place and how this can happen. The Athletic Code is a tool aimed at encouraging appropriate behavior. It is also a document that we hope creates a partnership between home and school rather than a point of contention. I believe, if your son/daughter violated the code they should be at my office door to admit to that and accept the punishment that goes with this – but that doesn't happen very often. What we think we know and what we can act on are two different things. When we have information from a staff member, the police or the student or family, we will act – without that we will not.

**My son plays football and got in some trouble and now he has to miss three games. He is going out for track this spring so he can miss three of those meets instead – does this work?**

This probably violates the spirit of the rule but is not in violation of any policy and in fact the punishment is acted on in the ongoing or next season for those not involved. So as described above this could happen. HOWEVER, please realize that for the punishment to count, the student must finish that season in good standing – meaning the athlete completes the season and is at all practices and contests and works cooperatively with the coach. No student would be allowed to join a season late for the purpose of getting missed contests out of the way to avoid this punishment in a more “important” season.

## **DRIVING DIRECTIONS**

Most of the driving directions for our away contests are at our 8to18 website: <https://il.8to18.com/lislehs>. Directions are located on the gray toolbar at the top of the screen. We certainly don't mind you calling the office if you are not sure where we play or how to get there.

## **PICTURE DAYS**

We designate dates for athlete pictures each Fall, Winter, and Spring Season. These photos are taken by Elan photography. We have team photos taken for programs and the website. Also individuals are offered the opportunity to have a picture taken to purchase from Elan photography. The time schedule and forms are handed out a few days ahead of the photo shoot and you select the packet you are interested in and the student brings back the envelope that day with a check to Elan. Bill Buchelt takes these photos and will work with you if you want a picture with a friend or sibling. Check the District Calendar to verify, but photos for next year are currently set for the following dates: Fall Sports, August 24, 2019 – Winter Sports, November 19, 2019 – Spring Sports, March 17, 2020. We do need every athlete here and on time (a time schedule will be handed out and posted on the internet) so team photos are complete. These group photos go in our programs, online, and pictures of the teams are displayed in the commons, so it is a good idea to be there for the picture as we do not retake

## **TRANSPORTATION**

The vast majority of our away contests involve travel by bus with First Student bus service. As part of building team unity and bonding, we ask that athletes travel to and from contests together on the bus. There are exceptions to this but we ask that they be kept to a minimum. Part of participation in sports is being part of the “team” and being part of the team means group rules and norms – this riding together as a team is one of those practices. When a student has to make other plans for an approved reason, the student will have to travel with her parents or give written approval for transportation with another party over the age of 21. Arrangements for this should be made ahead of time and should not be a regular occurrence. Remember when joining the team that inconvenience will at times be a part of the athletic experience and some give and take on both sides can make this less painful.

For smaller groups, we sometimes take the school van with the coach driving. On rare occasions parents have had to step in and help transport in an emergency and if all goes as it should, this really shouldn't happen. Please note that if you transport athletes in your vehicle, only your insurance is in force and there would not be District insurance in force should an accident occur.

Proper behavior on the bus is required to assist the driver and allow for concentration on the task of getting everyone safely. Improper behavior can get a student banned from traveling with the team. If you are picking up your athlete when the bus returns, please be at the High School ahead of time so the coaches are not required to wait long periods of time waiting for rides.

## **SCHOOL CALENDAR**

The District Calendar is a great scheduling tool for keeping abreast of much of what goes on in the School District. Unfortunately the District Calendar handed out at the beginning of the school year may be the least reliable for athletic events. As we collect that calendar information from May to July, many schools have yet to verify participation with us in numerous events. Therefore, dates, times, locations and opponents often change as we head into the new school year. A better practice for you will be to follow the schedule at our website which should match the schedule provided by your coach. If you notice discrepancies in the various published dates and starting times, please contact us at the athletic office so we can help clarify and perhaps correct erroneous information we don't want to be passing along.

## **CONCESSIONS**

We talked about this earlier in the Booster Club Section, but we can't put enough emphasis on the need for your help. The Booster Club relies a great deal on concessions for their income. Parents of athletes need to help in the concession stand. ALL PROGRAMS get financial assistance from the Boosters and this can be your way of giving back and making sure the funds are there to support our programs. Winter sports and Spring Sports can be the most difficult. FALL SPORT PARENTS – PARTICULARLY FOOTBALL PARENTS need to recognize that though you weren't needed for home football games (concessions covered by BU for Soph/Var Home games) you need to come back in the Winter and help out. This is also true of sports that may not have concessions – tennis – golf – you still benefit financially and your help is needed. This is only a couple of hours work and your participation makes it fair for everyone else. All of this is part of being involved in High School Athletics.

## **IHSA**

### **ILLINOIS HIGH SCHOOL ASSOCIATION**

At various times you will hear us refer to the IHSA. They are the governing body for athletics and activities for the High Schools in Illinois. They set up the post season tournaments – write and enforce the rules and regulations and license officials, etc. At times we will talk about school rules and or IHSA rules in regards to eligibility and season limitations. Much information about high school sports in Illinois can be found at their website: [ihsa.org](http://ihsa.org).

# STEROID TESTING

## SUPPLEMENTS AND STEROIDS

Steroid use at Lisle High School is a violation of the athletic code and as such can affect the right of a student to participate in our athletic programs. In addition, we disagree with the use of performance enhancing supplements and will speak against and discourage involvement with these products.

New to high school sports has been the evolution of steroid testing. The IHSA has now required that all athletes participating in sports sign off on a form agreeing to steroid testing. The information from the IHSA Policy is listed below.

### General Prohibitions

1. It shall be considered a violation of the IHSA By-law 2.170 and its subsections for any student-athlete to ingest, or otherwise use any substance of the IHSA's Banned Drug Classes, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for legitimate medical condition.
2. Violations found as a result of the IHSA's testing shall be penalized in accordance with this policy.
3. Violations found as a result of any other drug testing conducted by a member school shall be penalized in accordance with the member school's policy.

### Banned Substances

A posting of banned drug classes shall be prepared annually by the IHSA Sports Medicine Advisory Committee and approved by the IHSA Board of Directors. It shall be subject to updates at any point during a school term. A complete posting of the current year's banned drug classes list can be accessed at: [ihsa.org](http://ihsa.org)

### Consent Form

Before participating in interscholastic sports, the student-athlete and the student-athlete's parent/guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders the student-athlete ineligible.

### Selection of Athletes to be tested

Student-athletes will be selected at random from a list of all those student-athletes participating in IHSA-sponsored state series competitions at which drug-testing takes place. The IHSA Board of Directors shall determine on an annual basis those state series competitions that shall be subject to testing for a given school term. An annual report from the association's selected Medical Review Officer (MRO) and third party test administrator regarding the previous year's testing will be reviewed by the IHSA's Board of Directors and Sports Medicine Advisory Committee as a means of consultation prior to its determination of tested sports for the following school term.

## LOCKER ROOMS – SCHOOL FACILITIES – RULES



For everyone's protection, there are rules of conduct and a level of cooperation that must be adhered to in regards to use of the various facilities at the High School. The locker room has to be a safe environment – meaning no horseplay or unauthorized use can be allowed. We also have visitors here for games, and that limits the availability for entry to the locker rooms. Therefore, it is necessary to get personal belongings out after practice to not need entry during competitions. We have had issues with theft from lockers, and it is strongly advised to limit what you store in your gym locker and by all means keep these locked at all times.

Students want to use the gyms whenever they are available. Any athlete staying around the high school or wanting to play in the gym must have supervision. If you are in the gym shooting or messing around without any supervision you would be in violation of school rules. These rules are in place to keep you safe.

## **SPRING BREAK – VACATIONS – START OF THE SEASON**

A commitment to be a part of the Athletic Program carries with it a responsibility to attend scheduled athletic team events and practices at the start of the season, as well as during Thanksgiving, Christmas and Spring Break vacation periods. This is especially true at the varsity level. At the same time, we realize that occasionally it may be desirable or necessary for a student to travel with his/her family during one of these vacation periods and miss scheduled practices, games or meets. Here are some guidelines and criteria we will use to handle such circumstances:

1. The athlete shall continue as a team member provided the student gives advance notification to the coach at least one week prior to the first scheduled contest of the season.
2. The athlete may be required, upon return from vacation, to 'sit out' a number of contests, games, meets or practices based on the number of days missed while on vacation. This is based on the belief that a sense of fairness is owed to those individuals who did not miss and were daily a part of the practices and competitions. These students, themselves, may have sacrificed a vacation opportunity to be a part of the team.
3. The athlete is not guaranteed the same position or amount of playing time as when he/she left. The athlete who replaced him/her may have earned the position; it is the responsibility of the athlete who was gone to earn the spot back.
4. Particular care should be given to the District calendar that outlines the starting times and tryout times for various activities.

**There should be No expectation that a student will be made a part of the team if they are not here to begin the season on time or miss ANY of the tryout practices and judging.**

Questions and discussion, regarding absences during tryouts, should be directed to the Associate Principal.

## **COMMUNICATION**

## **Parent Expectations**

### **Expect your child's coach to inform you:**

1. When and where practices are being held.
2. About his/her coaching philosophy.
3. The expectations that he/she has for the members of the team.
4. What is required to be part of the team?
5. If your child is injured in a game or practice.
6. Whenever any disciplinary problems are impacting your athlete's opportunity to participate on the team.

### **Appropriate concerns that a parent may discuss with a coach**

1. Any unhealthy mental or physical strain you detect at home.
2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

## **Our Expectations**

### **A. It is *inappropriate* to discuss with a coach:**

1. Playing time.
2. Team strategy or play calling.
3. Other student athletes.

### **B. Coaches need parents to:**

1. Inform us about any specific health concerns.
2. Notify us of any schedule conflicts well in advance.
3. Give your commitment to the program and work to contribute to the program's success. Examples include volunteering some time to help, making sure your child is at practice on time and that he/she eats properly and gets enough rest and not bad mouthing the coaches or teammates in front of your child.

### **C. If you have a concern to discuss with a coach, what procedure should you follow?**

1. Make an appointment with the coach. Do not approach a coach after a contest. (24 Hour Rule)
2. If the coach cannot be reached, call the Athletic Director to set up a meeting.
3. Please do not attempt to confront a coach before, during or after a game or practice. These can be busy and emotional times for both parties. This may not promote objective analysis of the situation.

### **D. What should you do if the meeting with the coach does not result in a resolution to the problem?**

1. Call and set up a meeting with the Athletic Director.
2. At this meeting the appropriate next step can be determined.

# **OPEN GYMS – CAMPS – OFF SEASON PROGRAMS**

Students are encouraged to participate at Lisle High School. We are a small school with limited numbers of participants and we need our athletes to be active every season. Coaches like to promote their sport and offer opportunities for athletes to develop and improve their game. This is encouraged as long as it does not interfere with or negatively affect other programs in some way. We host open gyms – weightlifting – speed development programs, but these have to follow IHSA guidelines and they have to work harmoniously with other activities. There is an expectation on the coach's part that athletes are going to take part when they can. Doing this is beneficial to both the athlete and the program. If you are not involved in a sport **(and we would rather you would be)** then please participate in the offseason weightlifting and camps offered by the high school. Please note – playing time cannot be tied to offseason participation, but please also note that while you're not working at getting better – someone else is and you might be passed by. Make sure you get information about our summer camps from the athletic office or at our websites.

## WEIGHT ROOM

We encourage use of the weight room and indeed there is probably an expectation that you are going to spend some time there improving yourself for athletic competition. Participation here requires your cooperation and focus as mistakes in this room can mean serious injury. Follow all directions – do not enter or workout here without supervision – be sure to have spotters(s) and by all means no messing around in this area. Take care of the equipment and report any problems as soon as noticed. Typically the weight room is available to staff and students from 2:45pm to 4:15pm Monday thru Thursday. Coaches can access this area for their teams outside of those times. A summer weight lifting program is offered by the football program for a fee. Participation in the summer requires registration in this program or lifting at another time under the supervision of a coach or faculty member.

## HAZING/BULLYING/INITIATIONS

Hazing, initiations, or bullying of student-athletes by other team members are not acceptable, and any such practice of this type of behavior will not be tolerated. Student-athletes should be aware that hazing can constitute a violation of Illinois Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability. Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to or after the season or school day.

Lisle District 202 specifically prohibits engaging in any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct. Prohibited conduct includes any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, bullying, hazing, or other comparable conduct. Conduct constituting "bullying" will not be tolerated. "Bullying" is defined as conduct which subjects a student to insults, taunts, or challenges, whether verbal or physical in nature, which are likely to intimidate and/or provoke a violent or disorderly response from the student being treated in this manner.

Permission, consent or assumption of risk by an individual subjected to hazing, initiation and/or bullying does not lessen the guilt associated with this unacceptable behavior.

In order for the District to effectively enforce this policy and to take prompt corrective measures, **it is essential that all victims of hazing, or bullying and persons with knowledge of hazing or bullying report the harassment immediately.** The District will promptly investigate all complaints, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.