

**Are there tryouts for sports teams or can everyone who signs up join the team?**

Yes, most sports do have tryouts. Competitive high school sports often involve try-outs and athletes not making a team. Not everyone will make all teams they try-out for and not everyone will play the exact position they might like to. There is no promise or guarantee of playing time. Playing time, positions, offenses, defenses, performances, routines, etc. are the decision of the head coach and the specific sport coaching staff.

**How do students sign up for a sport?**

All students must register online to participate in any tryout or practice at [oswego.8to18.com](http://oswego.8to18.com) (no www.). Click on 'Begin Registration' and walk through the steps. We recommend participating in all summer camps you are interested in. These are all ran through the athletic office and all information will be available via our website.

**Who is eligible to play sports at OHS?**

To be eligible to join a team, a student must be enrolled in Oswego High School and be in good academic and disciplinary standing as well as having passed 5 credit hours in the prior semester. We also run a weekly eligibility check and all student-athletes must be passing 5 credit hours per week to participate in any games the following week. Home school students can participate in athletic try-outs, but are held to the same standards as a regularly enrolled student.

### **Do athletes need a physical examination?**

Yes. No student will be allowed to practice or play a sport without a physical examination (this includes tryouts). A medical Examination Report signed by a physician must be on file with the athletic office. Physical exams are valid for 1 year plus 30 days from the signed date. Physicals are kept on file throughout the year, so only one is required even if athletes play more than one sport in a year. It is highly recommended to keep a copy at home as a backup procedure. Forms are available on the OHS Athletic website and in the Athletic Office.

### **What if I have to turn in the freshman physical to the nurse?**

For all freshmen the nurses require a DHS physical form be turned in to them at school registration in August.

Athletics will accept a COPY of that physical for athletics; however the nurses WILL NOT accept the IHSA physical for school. Please be sure to make extra copies for your files as well.

### **What schools does OHS compete with in sports?**

OHS is a member of the Southwest Prairie Conference, the SPC competing schools are:

Joliet Central

Joliet West

Minooka

Oswego East

Plainfield Central

Plainfield East

Plainfield North

Plainfield South  
Romeoville  
West Aurora  
Yorkville

**Yes, we are a competitive program. What does this mean?**

- Everyone does not make the team. Every level and team have specific rules, policies, and expectations. Check with your coach for specifics.
- Coming to practices and games is mandatory.
- Playing time is not equal or guaranteed.
- The general OHS athletic statements and rules are available in one packet on the links section of this athletic website.

**Are there any costs to players who are members of athletic teams?**

There is a \$300 athletic user fee that all athletes must pay once they make the team. This covers expenses occurred by the district for this sport i.e. transportation, officials, uniforms, etc. Each sport may have extra costs that the athlete will keep i.e. socks, team t-shirts, shorts, etc. All school fees must be current or on a district approved and current payment plan in order for students to remain financially eligible. This fee is added to your PushCoin account once rosters are set and in general payment must be paid before the 1<sup>st</sup> contest of the students current season. A payment plan is available as an option if needed, please contact the District Business office to inquire.

**What is the school mascot and school colors?**

The school mascot is the Panther. School colors are navy blue and orange.

**Will athletes miss school to play sports?**

Only in rare circumstances such as State Playoff events or events where leaving early for travel may be necessary.

**What about vacation days, holidays or other school conflicts?**

Competitive high school athletics normally practice or play 6 days per week. Athletes are expected to be at all events, including those that occur over holidays, breaks, etc (i.e. Thanksgiving, Winter Break, Spring Break). Missing events for any reason (including other school events, illness, vacations, etc) can impact playing time, position, etc. Any athlete in any program that has more than 5 absences will be removed from that sport for the remainder of the season. Unusual circumstances can be discussed on a case by case basis with the program coach in advance. Athletes understand that competitions are scheduled and may conflict with other school events such as plays, dances, other sporting events (i.e. football games), proms, possibly even graduation for certain sports in the spring season. Athletes are expected to compete at their event **BEFORE** being concerned about any other conflicting event. If an athlete chooses not to compete, then it is understood that position and/or playing time may be impacted. Check with your coach for specific schedules.

### **What are the summer expectations?**

Competitive high school sports require participation in the off- season and during the summer in various conditioning and/or camps and leagues in order to keep both the athlete and the team as competitive as possible. Although these items are not mandatory, they are highly recommended and encouraged in order to give the athletes the best opportunity to achieve. Athletes understand that by not taking part in these events, they may be passed up by athletes who improve their skill sets by taking part.

### **How do teams travel to and from games/events?**

High school athletics require travel to and from events on district approved transportation. All team members are expected to travel to and from events together on the bus. A travel release form is carried by the team coach to each away event and a parent can request to sign out a student for rare family emergency or special events. This is to be the exception and not the norm please; no student will be released to anyone except that students' parents or guardians. Athletes that are late to a departure time for a bus may not be allowed to travel and/or take part in that event.

### **What if my student is injured, how is it handled?**

All injuries that occur, including head injuries, will be looked at and evaluated by our athletic training staff and, if need be, will be directed to a medical doctor. Protocols are in place to protect the players' safety and welfare. These protocols will be followed to the letter and there will be no return to play until the issue is cleared completely by

satisfactory completion of the protocol and/or medical clearance from a medical doctor.

The potential for injury is inherent in all interscholastic athletic activities. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can and will happen. Although serious injuries are not common in supervised high school athletic programs, it is impossible to eliminate the inherent risk. Parents and students must be willing to accept the risks associated with inter-scholastic sports participation. There is also a specific concussion protocol that is state mandated that will be followed before any student is allowed to return to learn and then return to play.

**If my student misses school, can they still go to practice or the game that same day?**

A student must be in attendance for 4 periods in a school day in order to be eligible to practice or play in that same day. A student that leaves school for illness before the end of the school day cannot return to practice or a game that same day. A student that misses a Friday can practice or play on a Saturday. Emergency or unusual situations can be reviewed on a case by case basis.

***\*\*\*Oswego High School has a Code of Conduct that includes a Social Media Policy and a Mandatory Drug Testing Policy. All student athletes must read and accept all of these policies and procedures in order to have a change to participate.\*\*\****