

Special Instructions for Athletes

Code of Conduct

Purpose

Participating in student athletics is considered an extension of but separate from the regular high school program. While the regular curricular program is a right afforded to each student, participation in the co-curricular program is a privilege and as such carries certain expectations beyond those found in the normal classroom situation. The important goals on the activities programs are to give students direction in developing healthful living habits, discipline, leadership, teamwork, and respect for rules and regulations. It is these ends that a Code of Conduct is established for young people taking part in the student athletic program.

St Charles East High School is proud of the young men and women who represent its school in interscholastic competition. They represent the district to other high schools and the community at large. Because of their unique position our students are always in the public eye and must constantly uphold the highest standards of behavior and decorum. For these reasons participating students must agree to abide by the following rules seven (7) days a week, twelve (12) months a year whether or not school is in session. Behavior that violates the principles of either trait could be cause for review by the Head Coach/Advisor and could result in a recommendation to the Athletic Director/Assistant Principal for Student Activities for immediate termination of team/group membership.

Signatures of the Code of Conduct are required for participation in extra-curricular activities and athletics. The signing of the Code of Conduct will remain in effect for one full calendar year.

Decisions regarding penalties for code violations rest with the Athletic Director and/or the Assistant Principal for Student Activities.

Based on the above the following expectations are that:

- 1 Participants shall not possess, actively seek, solicit, supply or be under the influence of tobacco, alcohol, steroids, illegal drugs, look-alike drugs, or possess drug-related paraphernalia. **(Category A)**
- 2 Participants shall practice good citizenship in all environments respecting the property and the rights of others. **(Category B)**

Participants are held accountable for rules outlined in the Code of Conduct as well as by the coach/advisor.

VIOLATION PENALTIES

Once verified through a police report/arrest, dean's referral or a voluntary admission, a conference including the student and parent(s) will be conducted to discuss the infraction and its impact on all team/group participation with the Athletic Director and/or Assistant Principal. Non-compliance with the terms specified below shall result in the loss of all extracurricular activities until compliance is completed.

VOLUNTARY ADMISSION CLAUSE

Within 72 hours, in the absence of verifiable evidence or before just cause suspicion of any violation, the student may voluntarily admit the infraction to the Athletic Director and /or the Assistant Principal. Participation will be

uninterrupted when it can be verified that he/she has enrolled and is actively participating in a school recognized program. The student must complete the program. A voluntarily admitted code violation may be applied only once.

VIOLATIONS / CONSEQUENCES

CATEGORY "A" VIOLATIONS

A Category "A" violation has occurred when a participant possesses, actively seeks, solicits, supplies, uses or is under the influence of tobacco, alcohol, steroids, other illegal drugs, look-alike drugs, prescription drugs without a prescription or possesses drug-related paraphernalia.

1ST OFFENSE

Interscholastic Athletics and Activities: The participant will be suspended from 50 percent of contests/events (this also includes post-season tournaments). During this period, the participant may practice or attend meetings. If the 50 percent suspension continues past the conclusion of the season, the penalty will be enforced at the beginning of the next season of participation.

Non-Interscholastic Activities: The student will be suspended from 50 percent of all activities. During this time period, the student may not attend meetings or competitions. If the suspension continues past the conclusion of school year, the penalty will be enforced at the beginning of the next school year.

The penalty of 50 percent may be reduced to 25 percent if all of the following two (2) conditions are fulfilled*:

1. The student and parent's request, within 5 school days of the violation ruling, that they wish to avail themselves of the "service learning" option.
2. The student successfully completes both the "service learning" component and the school approved substance abuse program (at the participants own expense) as monitored by the Student Assistance Coordinator.

*Failure to complete all of these conditions will result in the reinstatement of the original consequence.

2ND OFFENSE

Interscholastic Athletics and Activities/Non- Interscholastic Activities: The participant is suspended from participation for one calendar year from the date of the violation. The participant must complete a substance abuse program recognized by the school at the participant's own expense in order to regain eligibility one year from the date of the violation.

3RD OFFENSE

Interscholastic Athletics and Activities/Non- Interscholastic Activities: Eligibility is terminated immediately for the remainder of the student's high school career.

CATEGORY "B" VIOLATIONS

When a participant violates the rights or property of others, or demonstrates inappropriate conduct which results in any of the following: a disciplinary action by the dean's office, a police report, or an arrest.

1ST OFFENSE

Interscholastic Athletics and Activities: A violation will result in a suspension of up to 50 percent of the contests/events (this also includes post season tournaments). During this period, the participant may practice or attend meetings. If the suspension continues past the conclusion of the season, the penalty will be enforced at the beginning of the next season of participation.

Non-Interscholastic Activities: A violation will result in a suspension from participation for up to 50 percent of a calendar year. During this period the student may not attend meetings or competitions. If the suspension continues past the conclusion of school year, the penalty will be enforced at the beginning of the next school year.

Reduction of the suspension may be reduced by participating in a school sponsored program. This option is offered at the discretion of the Athletic Director/Assistant Principal for Student Activities

2ND OFFENSE

Interscholastic Athletics and Activities and Non- Interscholastic Activities: The participant is suspended for all practices, meetings, contests and events for one calendar year. If the suspension continues past the conclusion of school year, the penalty will be enforced at the beginning of the next school year.

The penalty of one calendar year may be reduced to 6 months if the following two (2) conditions are met:

1. The student and parents request, within 5 school days of the violation ruling, that they wish to avail themselves of the school approved program option.
2. The student successfully completes the school approved program.

3RD OFFENSE

Interscholastic Athletics and Activities and Non- Interscholastic Activities: The student is suspended from participating in athletics and activities for one year from the date of the violation. In order to reinstate eligibility for participation in athletics and activities the student must successfully complete a school approved program. Failure to complete the school approved program will result in the termination of eligibility for athletics and activities for the remainder of their high school career.

Other Misconduct

All other offenses will be referred to the Athletic Director/Assistant Principal for Activities.

Guidelines for Disciplinary Action Decisions of the Athletic Director/Assistant Principal for Activities.

Appeal Process

Students disciplined for Code of Conduct violations may appeal their penalty to the Athletic Director or Assistant Principal for Student Activities within 2 school days.

Adopted on August 19, 1991

Revised on August 9, 1993

Revised on October 14, 1997

Revised on May 27, 2003

Revised on February 24, 2005

Adopted on May 8, 2005

Revised October 13, 2009

Athletic Eligibility

In order to be eligible to participate in practices or contests, an athlete must have satisfied the following

1. **Physical Examination**—You must have a physical exam each year completed by a licensed doctor. It is good for one year and one month (13 months) from the date of the exam and must be in the school's files before you can start practice or any athletic contest.
2. **Signed Athletic Agreement**—A signed permission form must be on file with the athletic director for each sport of participation.
3. **Scholastic Standing**—You must be taking and passing 25 credit hours of schoolwork per week. This would be the equivalent of five full credit courses. You must pass 25 credit hours of school work the previous semester to be eligible the next semester.

Coaching Schools

During the school season you may not participate in any coaching school, camp or clinic for any interscholastic sport which provides instruction in any skill of an interscholastic sport. A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the same school which the student attends. You may attend a coaching school during summer vacation through July 31st.

Participating In Non-School Competitions

When you are participating on a school team in a sport at St Charles East High School, you may not neither play on an outside team nor compete in an outside competition as an individual in the "same sport" during the IHSA season.

You may try out for a non-school in the same sport while you are on an STCE school team (and your name may be placed on the non-school team roster), but you may not practice, receive instruction in the skill of the sport, or participate in competition with the non-school team until you cease being a member of St Charles East's school's team.

Attendance

A student must be in school at least four periods of the day in order to participate, compete or practice on that day.

- a. In case the student is absent for illness on Friday, the student may compete or practice on Saturday only with written permission from the parents and advisor/coach/administrator.
- b. Exceptions are automatically given for pre-arranged school trips.
- c. Suspension from school results in suspension from practice and competition until the student is re-admitted to school.
- d. Any exceptions to the above must be for "good cause" and prearranged with Athletic Director or Assistant Principal for Activities/Operations.

Statement of Affiliation

All St. Charles students must indicate by parent signature on the St. Charles Athletic Physical and Parent Consent Form their compliance with Illinois High School Association (IHSA) Random Steroid and Performance enhancing Supplement Testing procedures. Testing could be administered by the IHSA during state championship series events and/or during the course of the season. Further information on IHSA banned drug classes and the testing plan can be found at <http://www.ihsa.org/initiatives/sportsMedicine/index.htm> and information regarding the history of this decision and process can be found at

IHSA's Sports Medicine Advisory Committee Statement on Usage of Supplements by Student-Athletes

Any student who participates in an IHSA-sponsored or sanctioned athletic event is subject to substance testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, school administrators will still be able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA Concussion Policy, Protocol and Return to Play

House Bill 200, which recognizes the dangers associated with head injury and concussion, became effective on July 1, 2011. The legislation also requires IHSA member schools to adopt a policy regarding student-athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the IHSA. Information on the school's concussion and head injury policy must be a part of any agreement contract, code, or other written instrument that a school requires a student athlete and his or her parents or guardian to sign before participating in practice or interscholastic competition. A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury cannot return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student-athlete cannot return to play or practice until the student-athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

PREVENTING BULLYING, INTIMIDATION, AND HARASSMENT

Taken from D303 Student Handbook

School Board Policy 7:180, Preventing Bullying, Intimidation, and Harassment, acknowledges that such activities diminish a student's ability to learn and a school's ability to educate. It is the district's goal to prevent these behaviors through the use of discipline, prevention programs, including character instruction that incorporates social and emotional development content, and communication to all staff regarding the district's expectation –and the State law requirement – that teachers and other certified employees fulfill their obligation to report alleged acts of bullying, intimidation, harassment, and other acts of actual or threatened violence. The policy further encourages all members of the school community, including students, parents, volunteers, and visitors, to report alleged acts of bullying, intimidation, harassment, and other acts of actual or threatened violence. It is the district's expectation that all students conduct themselves with a proper regard for the rights and welfare of other students and any acts of bullying, intimidation, or harassment will not be tolerated in any form. Please refer to School Board Policy 7:180 on the District 303 website (www.d303.org under Board of Education) for the full content of this policy.

Athletic Awards

Student-athletes who participate regularly in practice and contest are eligible for a STCE athletic award. All STCE coaches will base their judgments for awards on the principle that to receive an STCE athletic award is a great honor and privilege.

Numerals for freshmen are presented following completion of the initial freshman season of competition. Sophomore, junior varsity, and varsity letters (and pins) may be received for the initial season in each or any sport. In subsequent seasons in that same sport, the student shall be awarded a bar (for the same varsity sport in the case of multiple year award-winners).

Freshman Level Awards

- Numerals are awarded on one occasion (only in the ninth year), to a freshman successfully completing an interscholastic season.
- If a freshman earns an award other than at the freshman level, he or she would receive numerals and the designated award for that level.

Sophomore Level Awards

- Sophomore level – any athlete who earns an award for competition on a sophomore or JV team receives a sophomore or JV letter.
- A sophomore who competes on a varsity team receives a varsity letter only.

JV Level Awards

- Juniors or seniors who do not earn a varsity letter will receive a JV letter.

Varsity Level Awards

- Letter and Pin – one varsity letter may be awarded for each season of varsity competition. Athletes who earn a letter in a succeeding season in a different sport may be awarded an additional letter.
- Bar – athlete earning a varsity award in the same sport for two, three or four years.
- Star – athlete earning a varsity award for four years or serving as a captain. The star award is reserved for the above two circumstances only.

All-Conference Certificates

- These are Upstate Eight All-Conference Awards and will be awarded through the coaching staff.

UEC ALL-Academic Award

- This is an award given by the Upstate Eight Athletic Conference. It recognizes individuals who have been successful in academics as well as athletics. The individual must be a senior and varsity letter winner, have competed in at least two sport seasons of interscholastic competition and have a weighted grade point average of 4.5 or higher after the 6th semester.

An athlete is required to participate regularly in practice sessions. No athlete may be given an award if he/she is dropped from a squad because of disciplinary, scholastic reasons or violations of eligibility rules. An athlete must complete the season in good standing.

NCAA Academic Eligibility

Student-athletes first entering a collegiate institution are required to:

1. Graduate from high school.
2. Complete a minimum of 16 core courses for Division I or 14 core courses for Division II. After August 1, 2013, student-athletes who wish to compete at Division II institutions must complete 16 core courses.
3. Earn a minimum required grade-point average in core courses.
4. Earn a qualifying test score on either the ACT or SAT.
5. Request final amateurism certification from the NCAA Eligibility Center.

A supply of the pamphlet "NCAA Guide for the College-Bound Student-Athlete" is available in the Counselors Office.

Sportsmanship Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the inter-scholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of D303 interscholastic programs are expected to demonstrate respect for others and display good sportsmanship. Emphasizing and improving the sportsmanship of our students, athletes, parents and staff is one of our highest priorities. Each coach, student and parent has a role and responsibility to model and teach good sportsmanship. The IHSA has specific guidelines and by-laws for improving sportsmanship and dealing with violations. Please review carefully the following information....

Illinois High School Association Sportsmanship By-law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic

contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Tobacco Products

St. Charles High School facilities and grounds are a tobacco free environment. The use of any tobacco product is prohibited.