



Channahon Junior High
Three Rivers Middle School

2018 - 2019 Athletic Handbook

CHANNAHON PUBLIC SCHOOLS ATHLETIC MANUAL

2018 - 2019

PHILOSOPHY

The philosophy of athletics at Channahon Public Schools is to provide a well-rounded quality program that contributes to the physical, mental, and emotional well-being of those who participate. It is hoped that a sense of school pride and school spirit will be the end collective result of this program, not only for those who participate, but for all students associated with Channahon Schools. Emphasis is placed on learning the individual skills of each sport. We hope each athlete will develop an intense will to succeed but not at the expense of good sportsmanship. Success is teams and individuals playing to the best of their abilities.

In the spirit of competition, participation and building a positive self-esteem, specific sixth, seventh and eighth grade teams will be limited to a maximum number of athletes. Girls Softball, Boys Baseball, Boys and Girls Basketball, Co-ed Soccer, Cheerleading and Girls Volleyball teams have an established roster limit on the number of contestants. This policy allows our athletes better skill development, higher levels of competitions, and a greater self-esteem, as a result of more individualized coaching. We at Channahon Public Schools, attempt to provide our students with every opportunity to succeed at whatever they endeavor; our athletes are deserving of the same opportunity.

We will have a "core team" philosophy at the sixth grade level and an introductory "instructional" program at the fifth grade level. Sixth grade coaches will select a "core team" made up of the best athletes, which will be called the "A" team. The remainder of the students will be called the "B" team and those students will participate in the second game of the night on game nights.

TRYOUTS / PRACTICES

Unless pre-approved by the coaching staff and administration, tryouts and practices will be closed to all spectators. Before participating in any extracurricular sport, each student athlete must have proof of a physical exam on file. Physicals must be on file before an athlete can try out for a sport. Athletic physicals are valid for one year (from the date of the physical). If a physical expires before the end of the sport season, the athlete must get a new physical. In addition, each athlete must have an emergency medical form/athletic consent and concussion form signed by a parent or guardian. **The emergency medical/athletic consent form is attached to this document and needs to be submitted to the coach.** Every player to be put on a team, must participate in a scheduled tryout for that team, or they will not be allowed on the team. The only exception to this rule would be if an athlete is on a medical excuse or a new student moves into the district. **Any athlete that does not have a physical on file prior to the last try-out date will not be allowed to participate in that sport. Any athlete that does not have a physical on file prior to the third practice for an open-participation sport will not be allowed to participate in that sport.** A player that misses more than 50 % of scheduled games / contests due to medical reasons or transfer status will not be able to tryout for the team or participate in any formal contests. The Athletic Director and the building Principal will look at each case before allowing the student to tryout.

ATTENDANCE AT PRACTICE

All members of a sport who are scheduled to attend are expected to be at every practice. When it is necessary to miss, athletes must inform the coach ahead of time or the absence may be considered unexcused. **An athlete may be removed from a team for a second unexcused absence.** The athletic director and coaches will make every effort to schedule practice facilities in such a way as to minimize late practices. Late practices will not run past 8:30 PM. If the practice is not after school the parents will be responsible to bring the athlete to the practice.

ACTIVITY FEE

All athletic activities for 6th, 7th and 8th graders carry a per activity cost of \$15.00 **This fee needs to be paid before the first scheduled contest.** Checks need to be made out to Channahon Public Schools. The 5th grade instructional

activities (boys' and girls' basketball and girls' volleyball) are free. All 5th grade students that participate in either cross country or wrestling will also be asked to pay \$15.00.

ELIGIBILITY

The eligibility policy has been formulated in accordance with the Illinois Elementary School Association or I.E.S.A. Grades are checked weekly and a student must be doing passing work in all school subjects. If at any eligibility check a student is failing any subject, he/she will be ineligible to compete from Sunday through Saturday of the following week. A person can be reinstated if he/she can meet these same eligibility requirements at the end of any succeeding week. A student who is ineligible may not participate in any interscholastic event; however, they are required to attend each practice. These students will spend the first half of each practice studying in those subject areas that they are failing and the last half working with the team. Ineligible players will not be allowed to go to away games on the bus with the team. Ineligible players are expected to attend home games and sit near the players bench. Ineligible players will be encouraged to go to homework club when it meets. No player may skip a detention in order to play a game. If a player has fulfilled his/her obligation for a detention, he/she may play on that day. Any player who attends school but fails to serve a detention on a given day will be ineligible until all outstanding detentions are served. A student must attend school on the day of an interscholastic event in order to play that day. **Athletes must be in attendance for at least half of the school day to be eligible to participate in any contest on that date or on the weekend immediately following the absence.** A student who misses Physical Education due to a medical excuse either from home or the doctor will not be allowed to participate in the after school sport that day. **Any student who quits a team after the first interscholastic event will be ineligible to participate in any other sport during the same athletic season.**

CODE OF CONDUCT

- 1) Athletes are representatives of their school and community. Their conduct must reflect this responsibility at all times.
- 2) Good sportsmanship is a prime objective of Channahon Public Schools and will be expected of its participants. Athletes should conduct themselves in a sportsmanlike manner at all times. Students who do not demonstrate good sportsmanship may have consequences set forth by the coach or administration.
- 3) Players, coaches, and parents must respectfully abide by the decisions and judgments of all game officials.
- 4) Develop a good attitude. A person's character becomes apparent in sports when times get tough.
- 5) Respect your fellow athlete for himself or herself and not according to race, creed or religious beliefs.

- 6) Any athlete upon proof of using or possessing drugs, alcohol or tobacco, on or off school grounds, will be removed from the sport for the remainder of the season.
- 7) Each sport team and coach will have a distinct set of rules relating specifically to the sport. All athletes are expected to adhere to all rules that the sport or coach may impose.
- 8) Any athlete upon proof of any involvement in illegal activities, such as stealing, may be removed from the sport for the remainder of the season.

SPECTATOR CODE OF CONDUCT

All spectators are to respect the talents and efforts put forth by the players and coaches of all teams. This courtesy will also be extended to all game officials. Furthermore, spectators are to treat school representatives and other spectators with dignity and respect. Any actions that are counterproductive to these expectations are in bad taste and will not be tolerated. Spectators/Parents are not to approach or have any negative comments towards any athlete. Spectators not conducting themselves appropriately will be subject to any of the following actions, depending on the severity of the incident:

- 1) The spectator may be asked by any school representative to refrain from further inappropriate actions.
- 2) The spectator may be asked by any school representative to leave an athletic event. Should a spectator refuse to leave, local law enforcement agencies will be contacted to remove the spectator and formal charges will be made. Once a spectator has been removed from an athletic event, the principal will hold a conference with the spectator to resolve the issue.
- 3) Severe or repeated offenses will result in the principal initiating a no trespassing letter from local authorities.

MEDICAL EXCUSES

A player will not be allowed to practice or play in games if:

- 1) he/she has stitches in place due to an injury or surgery;
- 2) he/she has a guard, cast or brace made of hard and unyielding leather, plastic, metal or any other hard substance, even though covered with soft padding, when worn anywhere on the body;
- 3) he/she has an excuse for P.E. from a parent or doctor.

TRANSPORTATION

Athletes are expected to ride the team bus to away contests. Athletes who are not able to ride on the team bus, for pre-approved reasons, may attend away games, if they are transported by a parent or guardian. Athletes must secure approval

from the coach, in advance, if they are unable to ride the team bus. At the completion of the game, if an athlete chooses to ride home with their parent, the athlete's parent must give the coach a signed note stating that their child is riding home with that parent. Coaches should keep all notes until it can be ascertained that the player arrived home safely. Students are responsible for their own behavior in school, and also on the bus. There is to be no eating or drinking on the bus. The cleanliness of the bus is important. Students should pick up their area before they leave the bus. Just as during the regular bus runs, safety on the bus is a paramount concern. Violation of bus rules could result in disciplinary action, not only at school but also from the coach.

Parents are responsible for prompt pick up of athletes after practices and contests. Pick up will take place in the rear of the school, behind the gym at Three Rivers School and at the front of the school at the Junior High. Practice dismissal times will be listed on practice schedules.

AWARDS

There will be award presentations throughout the school year following the season's end. Beginning with the class of 2018, upon an athlete's successful completion of the first athletic season, the student will earn the letter "C" and a pin for the sport participated in. Also, 5th graders that participate in XCC or wrestling will earn the "C". After receiving the "C", a pin will be awarded each additional year for participation in that sport and any other sports the athlete participates in.

SLICK BECKER and ART JOHNSON AWARDS

Each year Channahon School District hands out two athletic awards at the graduation ceremony called the Slick Becker and Art Johnson Award. Each award goes to a female and male athlete. These awards represent not only athletic achievement but also other areas such as character, integrity, coach ability, extracurricular school activities, and academics (GPA). Each coach will have the opportunity to vote for the nominees that they have coached in the past two years. All 7th and 8th grade teachers will also vote for these awards.

SCHOOL OWNED UNIFORMS

Uniforms and/or equipment will be issued to the participants of various sports. Each student is responsible for the maintenance of this uniform or equipment. School issued uniforms are not to be worn throughout the school day. It should be returned to the coach in the same condition it was distributed. **PLAYERS ARE REQUIRED TO PAY FOR ANY LOST, DAMAGED, OR STOLEN ARTICLES. All uniforms must be turned in and/or fees paid before the student will be allowed to try out for or participate in another athletic activity.**

INSURANCE

The school is not responsible for the medical expenses incurred from an injury; home insurance will need to cover this condition. Often times, company insurance benefits will pick up a portion and leave deductible or percentage for the family to pay. Student Plan Insurance approved by District 17, is good supplement if the insurance benefits from mom or dad's work will not cover the total expense. Student Plan Insurance is well worth looking into.

HALL LOCKERS

Students should take all necessary books and clothing to practices or games. Once school is dismissed, traffic in the hallways is restricted. All athletes should be prepared so that they do not need to go back to their hall lockers after practices or games.

GAME DAY FOR HOME CONTEST

Home contests will start at 4:30 PM on most days. Since school is dismissed at 2:40PM, those students who are not supervised by their coaches are expected to go home and return later for the game. Roaming the building or school grounds will not be permitted. Coaches will devise plans and consequences for misbehavior prior to a game.

LOCKER ROOMS

Eating and drinking is not allowed in the locker room at any time. Teams are responsible for keeping the locker room tidy. Traffic back and forth into and out of the locker room will be restricted for security reasons. **Keep your locker locked at all times. The school is not responsible for lost or stolen items.**

ATHLETIC BOOSTERS / VOLUNTEERS

We will always need volunteers. One of the best ways to volunteer is to join our Athletic Booster Organization. The Athletic Boosters have allowed us to provide our students with warm-ups for each sport, banners honoring their achievements, scoreboards at Pioneer Path and Three Rivers School, and many more. Volunteers need to always remember that they are there to help.

THE ATHLETIC PROGRAM

Channahon Junior High is a member of the Illinois Valley Conference and the I.E.S.A. Other conference members are Coal City, Dwight, Elwood, Gardner-South Wilmington, Mazon-Verona-Kinsman (MVK), Minooka, Reed-Custer, Richland, Saratoga, Seneca, Shabbona, and Wilmington. The following is a listing of the inter-scholastic programs at Channahon:

GIRLS SOFTBALL

Any sixth, seventh, or eighth grade girl may try out for the girls softball teams. Both "A" team and "B" teams will have 13 players. A 6th grader will only be allowed on the "A" team if they do not have enough 7th or 8th graders trying out for the team. All home games and practices are played at the Channahon Jr. High fields. Practices for the squad may begin as early as the last full week of July. The softball season will overlap somewhat with the girls' basketball practices and contests. Softball players may tryout, practice and play in contests with the girls' basketball team; however, if there is a conflict regarding contests, the player must compete in the earlier season contest first.

BOYS BASEBALL

Any sixth, seventh, or eighth grade boy may try out for boys baseball. There will be two teams – an "A" team, and a "B" team. Each team will consist of thirteen players. Only 8th and 7th graders can make the "A" team. Only 7th and 6th graders can make the B team. The "A" team competes in the Illinois Valley Conference Tournament and the IESA State Tournament Series. The B team competes in the Illinois Valley Conference Tournament. Baseball will begin the 1st week of August.

BOYS AND GIRLS CROSS COUNTRY

Any 5th through 8th grade student may participate in cross country. Placement on the two cross country teams will be based on gender. Both teams compete in a regular season schedule, invitational tournaments, and the IESA State series. At home meets all students will have the opportunity to participate in exhibition events. All home contests are run at Channahon Community Park. Cross Country may begin in the first week of August. Female athletes who wish to run cross country and play basketball may try out, practice, and play in contests with the girls' basketball team; however, if there is a conflict regarding contests, the player must compete in the earlier season contest first.

CO-ED SOCCER

Any sixth, seventh, or eighth grade student may try out for the co-ed soccer team. This includes athletes on travel teams. There will be one team carrying a maximum of 24 athletes. Any 6th/7th/8th grader may try out for the team provided they are not on the girls' softball team, boy's baseball team, or the cross country team. Tryouts for the soccer team will begin the first full week of Aug. Female athletes who wish to play soccer and basketball may try out, practice, and play in contests with the girls' basketball team; however, if there is a conflict regarding contests, the player must compete in the earlier season contest first. Although soccer is not a sanctioned IESA activity, the team will be governed by IESA guidelines for eligibility, physical requirements, etc.

GIRLS BASKETBALL

Girls' basketball consists of 5 teams. Fifth graders will play an intramural schedule with all athletes getting ample playing time. Sixth graders will play an interscholastic schedule consisting of conference and non conference games on both an "A" and "B" team basis. There will be a maximum of 36 participants. Seventh and eighth graders will tryout for the basketball teams. The seventh and eighth grade teams will consist of 12 players. The seventh and eighth grade teams will play an inter-scholastic schedule consisting of conference and non conference games. They will also participate in the Illinois Valley Conference Tournament and play in the I.E.S.A. State Tournament series. Seventh and eighth graders will practice and play games at the Jr. High. Girls basketball may begin the first week of September. Players may be elevated to a higher level if it is in the best interest of the player and the team.

CHEERLEADING

Cheerleading is open to sixth, seventh, and eighth grade students. The cheerleading program will consist of 1 squad consisting of 16 members. Tryouts will take place the last week of September each year. The cheer squad will cheer at all home boys' basketball games and some girls' basketball games. The cheer squad will perform in competitions throughout the year. They will not be allowed to compete in basketball or volleyball due to the overlap and conflicts with schedules. The squad will be governed by IESA guidelines for eligibility, physical requirements, etc.

BOYS BASKETBALL

Boys' basketball consists of 5 teams. Fifth graders will play an intramural schedule with all athletes getting ample playing time. Sixth graders will play an interscholastic schedule consisting of conference and non conference games. There will be a maximum of 36 participants. Sixth graders will practice and play games at Three Rivers School. Sixth, seventh, and eighth graders will tryout for the basketball teams. The seventh and eighth grade teams will consist of 12 players. The seventh and eighth grade team will play an inter-scholastic schedule consisting of conference and non conference games. They will also participate in the Illinois Valley Conference Tournament and play in the I.E.S.A. State Tournament series. Seventh and eighth graders will practice and play games at the Jr. High. Boys basketball may begin around the second

week of October for sixth, seventh and eighth graders, as per IESA guidelines. Players may be elevated to a higher level if it is in the best interest of the player and of the team.

BOYS WRESTLING

Any fifth, sixth, seventh, or eighth grade boy may participate in the wrestling program. Wrestling is broken down into 19 different weight classes ranging from 65 lb. to heavyweight, giving any sized young man a chance to compete against opponents that are his weight. In addition to triangular and dual meets the wrestling schedule consists of invitational and novice tournaments, the IVC Conference Tournament, and the I.E.S.A. State Tournament series. Beginning wrestlers are given ample opportunity to gain mat experience in exhibition matches and novice tournaments. Varsity competitors are determined by means of regularly scheduled challenge matches at practices. Practices and meets are held at Pioneer Path. Wrestling may begin around the first week of December, as per IESA guidelines. Boys' basketball players may not join the wrestling team after the completion of their final basketball game.

GIRLS VOLLEYBALL

Girls' Volleyball consists of 5 teams. Fifth graders will play an intramural schedule with all athletes getting ample playing time. Sixth graders will play an interscholastic schedule consisting of conference and non conference games on both an "A" and "B" team basis. There will be a maximum of 30 participants. Sixth grade will practice and play games at Three Rivers School. Seventh and eighth graders will tryout for the volleyball teams. The seventh and eighth grade teams will consist of 12 players. The seventh and eighth grade teams will play an inter-scholastic schedule consisting of conference and non conference games. They will also participate in the Illinois Valley Conference Tournament and play in the I.E.S.A. State Tournament series. Seventh and eighth graders will practice and play games at the Jr. High. Girls' volleyball may begin around the first week of December for the sixth, seventh, and eighth graders, as per IESA guidelines. Fifth graders will be given a flyer when their season will start. Players may be elevated to a higher level if it is in the best interest of the player and of the team.

BOYS AND GIRLS TRACK

Any boy or girl in sixth, seventh, or eighth grade may participate in track. There are 4 track teams consisting of a boys and girls team at the 7th and 8th grade levels. Sixth and seventh graders may compete on the seventh grade or eighth grade boys' and girls' teams. Eighth graders will be limited to competition on the eighth grade teams only. All 4 teams compete in a regular season schedule, a conference meet, and in the I.E.S.A. State series. In addition, at home meets those students not participating on the seventh and eighth grade teams will have the opportunity to participate in exhibition events. Track will begin around the middle of March, as per IESA guidelines. The State tournament is in late May.

CONCUSSION INFORMATION

What can happen if my child keeps on playing with a concussion or returns to school too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recover, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. **No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance.** Close observation of the athlete should continue for several hours. **The Return-to- Play Policy of the IESA and IHSA** requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Channahon School District #17
2018/2019 Student/Parent Athletic Handbook

Please **print** all of the information requested. Be sure to sign all parts of the form when completed and turn into your coach. NOTE: a current physical must be on file before any student may participate in any sports program.

Name: _____ Date of Birth: __/__/__ Grade: ____
Last First MI

Home Address: _____ City _____ Sport (s) _____

Physician: _____ Phone: _____ Hospital: _____

Student is allergic to the following medications: _____

HEALTH/MEDICAL INSURANCE INFORMATION

Company Name: _____ Policy #: _____

EMERGENCY CONTACT INFORMATION

Relationship: __ Parent __ Guardian Contact name _____

Home Phone: _____ Work Phone _____ Cell Phone _____

Relationship: __ Parent __ Guardian Contact name _____

Home Phone: _____ Work Phone _____ Cell Phone _____

In case of emergency, attempt will be made to contact a parent/guardian at home, work, or by cell phone. If we cannot be reached, attempt to contact the alternate listed below.

Alternate name: _____ Phone: _____ Relationship: _____

If you think your child has suffered a concussion

Any student even suspected of suffering a concussion should be removed from that environment immediately. No student may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the student should continue for several hours. **The Return-to- Play/Learn Policy of the IESA and IHSA** requires students to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play, practice, or class following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's school administrator if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

We certify that we have received a copy of the student/parent athletic handbook, have read and understand the athletic and concussion guidelines included in the handbook, eligibility rules and the athletic code of conduct. We understand that participation in athletic activities is voluntary and requires the student/athlete to be a positive, responsible representative of the school and athletic program at all times, including the observance of all team rules and guidelines.

Signature of Parent/Guardian: _____ Date: _____

Signature of Student: _____ Date: _____

Please make \$15 Participation Fee payment to Channahon School District 17

Extra-Curricular Fees

Student Name: _____

Sport: _____

Cash: _____

Check: _____

Please turn in \$15 fee to coach AS SOON AS POSSIBLE. If paying with a check please make it payable to Channahon School Dist. 17. Uniforms will not be handed out until fee is received.