

# Junior High Athletic Handbook

BEDNARCIK



MURPHY



PLANK



THOMPSON



TRAUGHBER



Oswego Community Unit School District 308

Revised Summer 2018

**OSWEGO COMMUNITY UNIT SCHOOL DISTRICT 308  
JUNIOR HIGH ATHLETIC PROGRAM**

The goal of the junior high athletic program is to provide students with the opportunity to develop a sense of pride and teamwork while developing skills that will allow them to be successful in athletics throughout their school experiences. The focus is on developing character as an athlete, as well as accomplishing both team and individual goals.

**Interscholastic Sports**

In order to assure adequate playing time for all, athletic teams may have a set maximum number of participants. Participation on junior high teams is gained through a “tryout” procedure when appropriate.

All student athletes trying out for a position on any interscholastic sports team during the school year **MUST HAVE A COMPLETED PHYSICAL ON FILE AT THE SCHOOL PRIOR TO PARTICIPATING IN A TRYOUT!**

When a tryout is not required for participation, the physical must be on file **prior** to the first practice. Sports physicals are good for one calendar year plus one month (395 days) and must be renewed on a yearly basis.

A user fee of \$80 per sport for junior high athletics must be paid on the district’s Push Coin system once the team roster is set. There may be additional costs for athletic wear, camps for skill/routine development, and transportation to optional contests or invitationals. This information will be discussed by the coach prior to the tryouts. Paying a user fee and being on the team does not guarantee playing time. Playing time and positions are determined at the coach’s discretion.

Educationally- based athletic programs are not focused solely on a win/loss record in order to be successful. However, student-athletes learn that with teamwork and through sacrifice, hard work and perseverance, success can be achieved.

The interscholastic sports athletic practice will begin right after school. Students will be expected to be dressed and ready to practice. On game days students will be supervised by the coach until the conclusion of the event/activity and parent pick up. Parents must pick up students in a timely fashion and failure to do so may result in removal from the team.

Students are transported by the district to each away contest within the district. Some contests (outside the district) may be deemed optional and require parent transportation. When parent transportation is required, parents will need to complete a waiver. Students may ride home from the contest when the parent signs the student out with the coach. The parent is responsible for confirming with the coach. A parent may not sign out any student other than their own without written consent from the respective parent. This arrangement needs to be made in advance and communicated to the coach.

The interscholastic programs for all junior high school seventh and eighth grades are as follows:

Boys — Soccer, cross-country, volleyball, basketball, wrestling and track

Girls — Soccer, cross-country, volleyball, basketball, wrestling, track, cheerleading, and poms

Sixth grade students may participate in cross-country and wrestling. If seventh and eighth grade participation numbers are too low in a given sport to field a team, coaches may elect to hold a try-out for sixth grade students to fill open positions (once all seventh and eighth grade students are placed on the roster).

### **ATHLETIC SCHEDULE**

Interscholastic games, for some sports, typically run until about 6:30 PM. Travel times back to school may vary depending on the distance of the event.

#### **Interscholastics**

Fall	Girls' Volleyball, Boys' Soccer, Boys' and Girls' Cross Country
Winter	Wrestling, Boys' and Girls' Basketball, Cheerleading and Poms
Spring	Boys' and Girls' Track, Girls' Soccer, Boys' Volleyball

### **ELIGIBILITY RULES**

The students who will need to meet eligibility requirements are: interscholastic athletes, cheerleaders, poms, statistic personnel and managers.

Student athletes must pass all of their classes to continue being academically eligible for junior high athletic participation. A student who receives one F or two D's from the given week's eligibility report may practice, but can not participate or dress in any athletic event.

An academic eligibility report is run weekly. Students who are not eligible academically, are out for one week even if they bring their grade to passing beforehand. If the next week's eligibility report states that a student is eligible to resume play, they can compete. Grades are run weekly, with the exception of the first 2 weeks of each semester. Three consecutive weeks of ineligibility will result in dismissal from the team.

Financial eligibility is reported once per week, similar to academic eligibility. A student is financially eligible if all fees are paid, or a payment plan has been approved by the Business Office, and the payments required are current. If a student is financially ineligible and the parent makes the required payments, schools shall reinstate eligibility as soon as the notification is provided by the Business Office (this notification could take 1-3 business days).

## **Concussion Protocol (Required ImPACT testing for athletes)**

School District 308 has a computer software program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) to be used by the athletes at our high schools and junior high schools. This tool is utilized in conjunction with the Illinois State Law requiring concussion protocols for “Return to Learn” and “Return to Play.”

ImPACT is a computerized exam which is currently being utilized by many professional, collegiate, and high school sports programs throughout the country. The exam is used to aide in the proper diagnosis and management of concussions. The test is a non-invasive computerized exam which takes approximately 45 minutes to an hour to complete. It tracks information for each student such as memory, reaction time, speed, and concentration. Essentially the ImPACT test is a preseason physical of the brain, it is not an IQ test.

Athletes take a baseline exam at the start of the season as scheduled by each individual school and athletic department. If at any time a concussion is suspected, the athlete will be placed into the District 308 concussion protocol, which will lead to the student being required to re-take the test. Both the baseline test and the post injury test data will then be evaluated.

Through the process of the concussion protocol and the ImPACT testing, health care professionals will have additional information to aid in determining when participation in “Return to Learn” and “Return to Play” are appropriate and safe for an injured athlete. If your child should sustain an injury of this nature you will be promptly notified.

District and school administration, as well as athletic departments are continually striving to keep your child’s health and safety at the forefront of the student athlete experience. We are pleased to have and to use the ImPACT program. It provides us with one of the best available means of managing concussions. All athletes involved in athletics in the junior high or high school grades are required to complete the ImPACT testing in order to participate in a district athletic program.

Please contact your school’s Athletic Director with questions or you can visit the ImPACT website at [www.impacttest.com](http://www.impacttest.com).

## **INTERSCHOLASTIC STUDENT-ATHLETES CODE OF CONDUCT**

It is the expectation that all junior high student-athletes will follow all guidelines established and agreed upon within the student handbook, Rights and Responsibilities, at the onset of the school year. Any disciplinary consequence resulting from violating the District 308 Rights and Responsibilities handbook may result in a loss of participation in a practice and/or a game. Disciplinary consequences that may affect participation include a Saturday school, in-school intervention, bus suspension, or out-of-school suspension. In addition, administration or the coach, at their discretion, may designate additional consequences on an individual basis.

Code violations indicated below will result in missing multiple athletic contests, or possible dismissal from the team. This will be determined on a case-by-case basis and involve administration, the athletic director and coach/coaches.

1. Students will not possess or use tobacco (including e cig/vape, chewing tobacco, etc.)
2. Students will not possess or use alcoholic beverages, any illegal drug, or a controlled substance (including prescription drugs)
3. Students will not be involved in theft and/or the willful damage of equipment or property
4. Students will not be involved in gross misconduct or disobedience as defined in the district's Student Rights and Responsibilities Code
5. Students will not be involved in any bullying/hazing offenses (including social media)

Coaches may establish additional rules and consequences governing their team. Students in violation of a coach's rule can be subject to consequences at the discretion of the coach. Student-athletes are expected to comply with all school and team rules.

## **RESPONSIBILITIES OF THE STUDENT-ATHLETE**

### **Participating in "After School" Activities Following Absence**

Students who are scheduled to practice, perform or compete in an after-school event/competition **must be in attendance** for at least half of the school day. Currently, all junior highs participate in a seven-hour school day. Students must be in attendance for 3 and ½ hours to participate. If a student goes home based on nurse's recommendation, the student will not be allowed to participate that day. Allowances for "extenuating circumstances" will be reviewed on an individual basis with the coach/director, athletic director, principal and/or assistant principal.

### **Attending Practices and Games**

Parents must notify coaches in advance of any conflict, illness, or emergency. Any missed event that has not been excused by the coach will be viewed as an unexcused absence. Coaches will address and issue consequences as needed, and may impact position and/or playing time.

Players are expected to remain on the bench to support the team during both A and B games. Any arrangements to be excused early should be made 24 hours in advance, unless it is an emergency. Leaving the game without permission will be addressed by the coach. Student-athletes are expected to participate in all scheduled practices and games.

### **Use of Uniforms and Equipment**

Student-athletes are expected to treat uniforms and equipment respectfully. Uniforms or equipment damaged or lost require reimbursement by the student-athlete and their parents and will be assessed to the student's Push Coin account.

### **Sportsmanship**

Student-athletes will be respectful at all times. Electronic devices are not the responsibility of the coach or the host site. No electronic devices are to be used during any game.

## **PARENT RESPONSIBILITIES**

- ★ Do not require an unwilling child to participate in athletics
- ★ Remember children are involved in organized sports for their enjoyment, not yours
- ★ Teach your child hard work and honest effort are often more important than who wins
- ★ Help your child work on skill improvement and good sportsmanship in every game, then your child will have a victory even in defeat
- ★ Do not ridicule your child for making a mistake or losing a game
- ★ Set a good example- children learn best by good examples
- ★ Applaud good plays by all players- both from our team and the opposing team
- ★ Do not publicly question referee judgment (or harass referees)
- ★ Recognize/Respect the value and importance of coaches, referees, and officials- without them, there would be no youth athletic programs and contests
- ★ Support all efforts to remove verbal/physical abuse from youth sporting activities
- ★ Let our adult behavior/attitude be the standard all others strive to meet

## **PARENT-COACH COMMUNICATION INFORMATION**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your child becomes involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

### **Communication You Should Expect From Your Child's Coach**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements, fees, equipment, etc.
5. Procedures should your child be injured during practice or a contest.
6. Discipline which results in the denial of your child's participation.

### **Communication Coaches Expect From Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your child becomes involved in the programs at Oswego, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child mentally and physically.
2. Ways to help your child improve his/her skills.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

### **Issues Not Appropriate to Discuss With Coaches**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and parent and these are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **If You Have a Concern to Discuss With a Coach**

Please follow the procedure listed below.

1. Contact your coach via email to set up an appointment with them during business hours.
2. If the Coach does not return your call, the Athletic Director can be reached by phone number or by e-mail. During the school year, all calls will be returned within 24 -48 hours.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parties and meetings of this nature usually do not promote resolution.

### **The Next Step**

If your meeting with the Coach did not provide a satisfactory resolution, you should call and set up an appointment with the Athletic Director to discuss the situation. At this meeting, the appropriate next step can be determined.

Research indicates that a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after junior high and high

school. We hope the information provided in this pamphlet makes both your child's and your experience with the Oswego Schools Athletic Program less stressful and more enjoyable.