

Athletic Code for Northlawn Junior High School
Approved by Board of Education on April 18, 2023

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The following pages will clarify the expectations and requirements for our student athletes. If you have any questions related to the athletic handbook/code, please do not hesitate to contact your student's coach or our athletic director, Jan Urbance, at 815.672.4558.

Northlawn Junior High School is a member of the Illinois Elementary School Association (IESA). This is an organization designed after the Illinois High School Association (IHSA) and provides uniformity and consistency in many areas. Therefore, some of the training rules are statewide.

We hope the information provided within this handbook makes both your student's and your experience with the Northlawn Junior High School Athletic program less stressful and more enjoyable.

Athletic Philosophy for Northlawn Junior High School

Northlawn Junior High School believes that a dynamic program of student activities is vital to the educational development of the student. Parents and students are reminded that participation in the regular curriculum is a right afforded to each student, while participation in the Northlawn Junior High School athletic program is a privilege that carries additional expectations for acceptable conduct. Such participation carries with it the responsibility of student athletes to represent the school, the community, and themselves in an exemplary manner while performing, competing, participating, or otherwise representing themselves as a District student to the community or public in any setting. Conduct by a student athlete that is contrary to the principles and values of respect, responsibility, fair play, caring, and good citizenship of the District's athletic program may be determined to be disruptive and/or harmful to team and school unity will be addressed appropriately. In addition to abiding by the rules of this Athletic Handbook, students must also meet the standards of behavior set forth in the Student Handbook Code of Conduct.

Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are a part of our athletic program. Athletic team participation can aid the individual student to develop a healthy self-concept, including a healthy body as well as promote cohesion and school spirit to the participant, the student body, and the spectators. Northlawn believes that all athletes should have the equal opportunity to participate in each sport, but we cannot promise an equal opportunity to play. Coaches have been instructed to play all conference games to win, but this means not everyone may get to play in conference games. Coaches will do their best to allow all players time to play during non-conference competitions.

Fundamentals of Sportsmanship

- ***Gain an understanding and appreciation for the rules of the contest.*** The necessity to be well informed is essential. Know the rules.
- ***Exercise representative behavior at all times.*** The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base.
- ***Recognize and appreciate skilled performances regardless of affiliation.*** Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced.
- ***Exhibit respect for the officials.*** The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game.
- ***Display openly a respect for the opponent at all times.*** Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family.
- ***Display pride in your actions at every opportunity.*** Never allow your ego to interfere with good judgment and your responsibility as a school representative.

Participant Conduct Eligibility

Participants are subject to the District discipline policy at any time they are representing Streator Elementary School District #44. Participants are expected to conduct themselves appropriately at all times.

Students who do not conduct themselves appropriately can be reviewed for continued eligibility. A review may result in the student's eligibility being continued, probationary/period, suspended, or terminated. Continued eligibility will be determined with consideration to the severity of an incident and/or the frequency of unacceptable conduct.

Participant Code of Conduct

- I will abide by all conduct rules. My conduct, both in and out of school, shall not reflect negatively on my school and create a disruptive influence on the discipline, good order, moral, or educational environment in the school.
- I will behave in a sportsmanlike manner at all times.
- I will treat opponents with respect.
- I will wish the opponents good luck before the game and congratulate them in the sincere manner I would want to be greeted following either victory or defeat.
- I will respect the integrity and judgment of the game officials at all times.

- I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport or activity.
- I will not use any social media platform or device, including cell phones (texting, pictures, video), to post or communicate anything of a bullying, harassing, or threatening nature, or any other communication that would cause a substantial disruption or interfere with school activities, whether aimed at coaches, teachers, players, other students, administration, or officials; or anything that otherwise violates the specific rules laid out in this athletic code handbook or student code of conduct
- If my conduct warrants, I will be subject to removal from the activity for part or all of the remainder of the season at the discretion of the coach/sponsor, athletic director, and administration (in addition to other applicable consequences).

Items that must be turned into Athletic Director Prior to Participation via online registration or in person

- 1) Physical Exam (Athletes only/less than 12 months old)
- 2) Insurance Waiver Form
- 3) Concussion Policy Signature Page
- 4) Signed Athletic Code by Student(s) and Parents (Once per year per family)
- 5) Travel Waiver
- 6) Coach's Information Sheet
- 7) Copy of Student's Birth Certificate
- 8) Student's Grade Sheet

Eligibility for Participants

Any student trying out for a team will have an eligibility slip filled out by all their teachers the Friday before tryouts occur. Any student receiving a F on their eligibility will not be able to try out for the team. (This excludes any sport whose tryouts occur during the summer months). The student must maintain academic and behavioral eligibility every week. A student is **ineligible if they are failing any subject.**

Eligibility is checked weekly, with the student being ineligible from Saturday through Friday of the following week when eligibility will be checked. When eligibility crosses from 1st trimester to 2nd trimester or 2nd trimester to 3rd trimester, the grade recognized for eligibility will be the grade issued on the report card.

- A. The **first time** a student is ineligible they may practice, but not play in any games that are scheduled during the week. They may attend home games, but not away games. They must be in dress code, and they may not be uniform.
- B. The **second time** a student is ineligible they may not practice or attend any games during that week. They must continue to be in dress code compliance as a member of the team.
- C. The **third time** the student is ineligible, he/she will be dismissed from the team.

Unsatisfactory Behavior Rule

Student behavior and class conduct is also checked weekly as part of the academic eligibility check. Behavior may be recorded as satisfactory, needs improvement, or unsatisfactory. **Unsatisfactory behavior** is defined as any behavior that is not appropriate, detrimental to the learning environment and/or violates the established classroom rules of the teacher. Any student removed from a team for unsatisfactory behavior will NOT be allowed to try out for another team during that school year.

- A. Any student-athlete who accumulates three unsatisfactory behaviors during their athletic season will **sit out one game** (baseball, cheerleading, and basketball) or one volleyball match or one-track meet.
- B. Any student-athlete who accumulates five unsatisfactory behaviors during their athletic season will **sit out two games** (baseball, cheerleading, and basketball) or two volleyball matches, or two track meets.
- C. Any student-athlete who accumulates six unsatisfactory behaviors during their athletic season will be removed from the team.
- D. The student-athlete will be allowed to attend the games, matches and meets; however, they will sit on the bench in their street clothes. The athletic director will inform the athletes and coaches if any athletes are academically ineligible and/or have received an unsatisfactory behavior at the beginning of each new school week.

Suspensions

- A. A student receiving a full day of in-school suspension discipline will not be allowed to practice nor play in any home or away games on the day of/or during the suspension.
- B. A student will be removed from the team upon receiving their second in or out of school suspension during a season. A student receiving a single ten-day suspension will automatically be removed from the team.

Detentions

- A. A student having a detention must serve the detention on the day assigned.
- B. A student accumulating five detentions during the season (from tryouts through final competition) shall be removed from the team.
- C. A parent may not bring a student to an away game until the detention is over.

Absences

- A. Each coach will be expected to communicate their own rules pertaining to absenteeism and consequences during their season. These expectations will be turned into the Athletic Director for pre-approval before the season starts.

- B. All athletes must be in attendance at least half of the school day when school is in session to participate in a practice or compete in a game, match, or track meet.

Girls' Basketball/Cheerleading/Girls' Volleyball

Sixth, Seventh and Eighth grade girls may only choose to participate in one of the overlapping activities of girls' basketball, cheerleading and girls' volleyball. The student may not quit a sport to be a member of any other sport during the season in which the student quits. Example: A student may not quit the cheerleading team to try-out for the girls' volleyball team.

Transportation

Students may be transported to away games by the District athletic bus. A travel waiver is included at the back and must be signed before the first contest.

Any student choosing to ride home from the game with a parent must have their parent sign them out before leaving the game. A student may only ride home with a person other than their parent if a note signed by the parent giving them permission to do so is given to the coach prior to leaving Northlawn.

Athletics and Academic Team Participation

Students involved in both an athletic team and academic team will be responsible for scheduling practice time with their coaches. Students not taking responsibility for notifying their coaches will be handled using the absence policy provided by their coach.

Athletic Dress Code

All students are to be "dressed up" as a member of the team on game day (except for boy's baseball and track).

- A. An acceptable outfit would be khaki pants with a polo shirt.
- B. Students may also wear dresses, skirts, dress pants, dress shorts, dress shirts, sweaters and/or ties
- C. Students are not to wear blue jean skirts or pants or colored jeans.
- D. Proper dress code as outlined in the student handbook will be enforced. For example: No short skirts or ripped pants and t-shirts.

Any student found in violation on game day will be disciplined accordingly

- 1st Offense:** The student will not start the game.
- 2nd Offense:** The student will not start the game and will have reduced playing time.
- 3rd Offense:** The student will not start the game and will have further reduced playing time.
- 4th Offense:** There will be a conference with the coach, parent and athletic director which may result in the removal of the student from the team.

The student-athlete is required to be in athletic dress code while ineligible on game day.

Students are expected to comply with athletic or team uniform requirements. A student athlete may modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of their religion or their cultural values or modesty preferences. The modification of an athletic or team uniform, at the student or parent's own cost, may include, but is not limited to, the wearing of a hijab, an undershirt, or leggings. Students seeking to modify the athletic or team uniform should notify their athletic director. For more information or to direct any questions about this modification option, please contact your athletic director.

Roster and Activity Fee

Sports, Clubs, and Teams will be operated on a pay-to-participate basis. The specific information concerning an activity will be disseminated through the school. It is the policy of Northlawn Junior High that there is no refund for the participation fee. Payment of the fee does not guarantee playing time in a sport. Each sport will require a player to pay \$50 to participate. If they participate in an additional sport, it is an additional \$50. If they do participate in a third sport/activity, they will then only be required to pay \$20 to participate.

Coaches are expected to turn in their official roster as soon as try-outs have been completed. Based on this roster, students will be responsible for payment to the district for an Activity Fee to participate. This must be paid prior to competing/participating in the first contest of the season.

Parent/Communication Expectations

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 the student. As parents, when your student becomes involved in our program, you have a right to understand what expectations are placed on your student. This begins with clear communication from the coach of your student's program.

Communication Parents should expect from your students Coach

1. Expectations the coach has for your student to participate in tryouts as well as when your student makes the squad.
2. Copies of practice schedules, games schedules, directions to away games and eligibility rules.
3. Team requirements, i.e., fees, physical forms, insurance waiver forms, birth certificates, coach's information sheet, grade sheet, special equipment, and signed receipt of parent/coach communication.
4. The procedures that should be followed if your student be injured during participation.
5. Discipline penalties that could result in the denial of your student's participation.

Communication Coaches expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflict well in advance.
3. Specific concern regarding a coach's philosophy and/or expectations.
4. Attending a conference involving the coach, student, and parent if the student wants to "quit" the team.

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

Appropriate concerns to discuss with the Coach

1. The treatment of your student mentally and physically
2. Ways to help your student improve
3. Concerns about your student's behavior

It is very difficult to accept when your student is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your student's coach. Other things, such as playing time, team strategy, play calling, other student-athletes, and coaching philosophy must be left up to the discretion of the coach.

There are situations that may require a conference between the coach and the parent. 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 implemented to help promote a resolution to the issue of concern.

If you have a concern to discuss with a Coach, this is the procedure you should follow:

1. Call Northlawn Junior High at 815.672.4558 to set up an appointment.
2. If the coach cannot be reached, please call the Athletic Director, Jan Urbance.
3. Please do not attempt to approach a coach before or after a game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Next Day Rule: As a rule of thumb, if you are upset after a game and feel you need to meet with the Coach, please wait until the next day to contact the Coach or Athletic Director. Coaches will be informed that if they are approached and feel the conversation is headed in the wrong direction, they may say, "I'll speak with you tomorrow" and remove themselves from the situation.

4. Any individual who inappropriately approaches a Coach, before or after a game, which falls into the "Next Day Rule" category, can be suspended from the next contest which Northlawn participates in.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting, the next appropriate step can be determined.

Parents' Code of Ethics

As a parent, I realize that my student's participation in athletics is a privileged opportunity that is intended to be an enjoyable competitive learning experience. If my student participates, I understand that I will be expected to follow certain behavioral guidelines if I am going to attend their athletic contests. These behavioral guidelines are as follows:

AS A POSITIVE PARENTAL EXAMPLE FOR MY STUDENT, I WILL

- Encourage other parents, family members, and fans to demonstrate respect and support for the players, coaches, and officials.
- Be realistic about my student's physical ability and help them understand their role within a team concept.
- Speak supportively of my student's coaches and game officials in front of my student.
- Encourage my student to talk to their coach if they have questions about their role on the team.
- Help my student set realistic goals and provide both guidance and encouragement in assisting them with achieving their goals.
- Insist that my student play in a safe environment for training and competition.
- Be a "cheerleader" for my student and other members of the team.
- Make my student's athletic career a positive experience and try not to relive my own athletic past (whether positive or negative) through them.
- Control my emotions at games and events. Keep foremost in my mind the example I am setting for my student
- Emphasize "improved" performance.
- Do my part to make athletics fun for my student.

ATHLETIC DIRECTOR COPY

Student Athletic Code/Handbook Agreement

I have read the Athletic Code/Handbook for Northlawn Junior High School and understand that participation on a Northlawn team is an honor. I agree to obey the Code and the rules of my coach. I further agree to be responsible for my actions and abide by the decision of the coach, Athletic Director and Principal when a rule has been violated.

Date

Student Signature

Parent/Guardian Athletic Code/Handbook Agreement

I have read the Athletic Code/Handbook for Northlawn Junior High School and understand that participation on a Northlawn squad is an honor. I agree to help enforce the rules of the Code and will encourage my student to obey the said Code. I further agree that my student should be responsible for their actions and that I, as a parent/guardian will abide by the decision of the school officials when a rule has been violated. I hereby consent to allow my student to participate in athletics at Northlawn Junior High School. I further agree to allow my student to receive emergency medical treatment by qualified personnel. I have kept a copy of this agreement.

Date

Parent/Guardian Signature

This contract must be signed and returned to the student's coach before their first athletic contest. No athlete will be allowed to play in an athletic contest until it has been returned to their coach.

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Date

Parent/Guardian Signature

This contract must be signed and returned to the student’s coach before their first athletic contest. No athlete will be allowed to play in an athletic contest until it has been returned to their coach.

**Northlawn Junior High School
Athletic Contest Travel Release**

Date: _____

Student's Name: _____

Athletic Team: _____

I certify that I am personally transporting the above-named student or have arranged for transportation with an adult (non-student) of my choosing for this student.

I agree to release the Northlawn Junior High School and its employees and officers from all liability with reference to the above-stated transportation issue.

This form must be on file in the Athletic Director's Office prior to the start of the athletic season's contests.

Signature of Parent or Guardian

Signature of Athletic Director/Principal

Concussion Information Sheet

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include on or more of the following:	
<ul style="list-style-type: none"> ● Headaches ● “Pressure in head” ● Nausea or vomiting ● Neck Pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Amnesia ● “Don’t feel right” ● Fatigue or low energy ● Sadness ● Nervousness or anxiety ● Irritability ● More emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:	
<ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers questions slowly 	<ul style="list-style-type: none"> ● Slurred speech ● Shows behavior or personality changes ● Can’t recall events prior to hit ● Can’t recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness

Concussion Information Sheet

What can happen if my student keeps on playing with a concussion or returns 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 after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, 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 student 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 student's coach if you think that your student 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/>

_____	_____	Student-
Athlete Name (Printed)	Student-Athlete Signature/Date	
_____	_____	
Parent/Legal Guardian (Printed)	Parent/Legal Guardian Signature/Date	

Adapted from the CDC and the 3rd International Conference on Concussion in Sport