

PARKSIDE MIDDLE SCHOOL ATHLETIC HANDBOOK 2019-20

Mission Statement

It is the philosophy of Peru Elementary School District #124 that all students are encouraged to participate in extra curricular activities including athletic, academic and fine arts endeavors. Such activities promote the development of knowledge, skills and attitudes, which will enrich the personal growth of early adolescents.

Philosophy and Tryout Information

The purpose of this manual is to serve as a guideline to better understand the relevant administrative practice within the realm of athletic activities. These activities are an accepted and vital part of the educational program at Parkside School, and its philosophy, policies and operational procedures coincide with those of education as a whole and can be administered in the same manner.

All students are encouraged to participate in all activities within the realistic limits of our facilities and resources. The emphasis given to athletics, or to any given activity, should never be permitted to adversely affect the total educational program. A major focus of all activities is to develop skills and emphasize the proper ideals of sportsmanship, ethical conduct and fair play. All team members will be given the full measure of coaching, practice time and necessary equipment, so that success or non-success rests on their efforts and is not predetermined. It is our intention that all coaches and sponsors will continually strive to improve their programs and conduct, so as to emphasize their contribution, worth and value to a complete educational program.

At the 5th/6th grade level, a commitment is made to allow every student an opportunity to participate in some type of athletics. However, due to high numbers of students trying out, supervision concerns, and coach availability cuts may be necessary. As a result, 12-15 athletes will make the team. For 5th and 6th grade regular season games/matches an effort will be made to provide a reasonable amount of playing time for all athletes. A reasonable amount will equate to an average of 25% of the game/match (or approximately 6 minutes in basketball and 11 points in volleyball). This policy does not apply to tournament play where a greater emphasis will be placed on having a competitive team. If sufficient interest is shown, a co-educational intramural program may be provided to provide an opportunity to improve skills. Participation will be open to anyone who isn't on the competitive team.

In 7th and 8th grade more emphasis will be placed on creating a competitive team. Therefore, playing time is not guaranteed in every game or match for every player. However, efforts will be made to provide limited playing time for everyone. Cuts may be necessary in all sports to accommodate limitations set forth by the IESA.

ATHLETIC ACTIVITIES INCLUDED IN THIS HANDBOOK

Baseball (6th-8th grade boys) – ONE Team

Softball (6th-8th grade girls) – ONE Team

Girls' Basketball (5th-8th grade) – 4 grade level Teams

Boys' Basketball (5th-8th grade) - 4 grade level Teams

Cheerleading (7th-8th grade Co-Ed) – 2 grade level Teams

Volleyball (5th-8th grade girls only) - 4 grade level Teams

Boys' Track and Field (6th-8th grade) – 2 Teams

Girls' Track and Field (6th-8th grade) – 2 Teams

REQUIREMENTS FOR PARTICIPATION

The following items must be turned in to the coach / sponsor before the student will be allowed to participate in any extra-curricular activity:

Prior to Tryouts:

1. Combined permission slip and emergency medical treatment form
2. Physical exam

Prior to First Game or Match:

3. Signed handbook compliance form
4. Concussion Baseline Screening

GENERAL GUIDELINES FOR PARTICIPANTS

1. **HANDBOOK COMPLIANCE:** Athletes must comply with all Parkside Middle School Student Handbook rules, coaches' expectations, and rules set forth by the Starved Rock Conference and/or the IESA.
2. **ACCIDENTS/INJURIES:** If an accident occurs at a practice or game that is serious in nature (e.g. broken bone, ambulance called), the head coach will contact the athlete's parents immediately. Any athlete with a head injury must be immediately removed from play and are subject to the "return to play" concussion protocol. They must be cleared by a medical professional before they are eligible to return to play.
3. **ATHLETES:** Student athletes are representatives of Peru and Parkside School, and as such are expected to conduct themselves in a manner which reflects positively on themselves and the school. The administration reserves the right to discipline or exclude students for any on or off-campus behavior that negatively impacts or disrupts the athletic program, coaches or other student athletes.
4. **ATTENDANCE:** Athletes must be in attendance all day to be eligible to participate in any contest. *Students will be excused to attend funeral services, orthodontist appointments, or other events deemed appropriate by the administration.*
5. **BULLYING:** Bullying, intimidation or harassment not acceptable in any form and will not be tolerated at school or school-related events. **This includes cyberbullying and negative comments directed toward an individual, team or coach; made via text, email or social media by an athlete, OR a parent/guardian on their behalf.** (see student handbook p18)
6. **CELL PHONES:** Athletes **will be permitted** to use cell phones in an appropriate and responsible manner on bus trips to and from contests. Per the student handbook page 21, cell phones may be used to listen to music or play games, but may not be used to take text, make calls or to take pictures or videos without specific permission from the coach. **Cell phone use is not allowed in the locker room or during games or matches for either grade level unless specific permission is given by the coach.** Coaches reserve the right to confiscate cell phones if they believe the phone is being misused or is creating a disruption. Athletes violating the cell phone policy are subject to disciplinary action and/or a loss of playing time.
7. **DRESS:** Athletes will present a neat and clean appearance on game days. They will wear dress clothes or matching team shirts (as determined by the coach) for all home and away contests. Uniforms are not to be worn to school or after contest.
8. **EQUIPMENT:** Participants may not remove equipment from storage unless directed to do so by a coach. All equipment will be used in a manner which is safe and respectful to themselves, teammates and facilities. Participants may be responsible for any damages that may occur.

9. **MULTI-SPORT/ACTIVITY PARTICIPATION:** Due to significant conflicts, students must choose between volleyball and scholastic bowl. Students may NOT participate in more than one of these activities. If they try out for volleyball and don't make the team, they are still eligible to participate in scholastic bowl. **When conflicts arise** for students who participate in other curricular (i.e. band or choir), or extra-curricular activities (i.e. academic team or spring musical) **the coaches and sponsors involved will make the final determination** regarding which activity a student will attend.
10. **PHYSICAL EDUCATION:** Students not participating in P.E. for medical reasons (illness or injury) will not be allowed to participate in athletic contests or practices on the same day.
11. **RAIDER PRIDE (SUPPORTING OUR TEAMS):** 7th and 8th grade teams will generally play on the same night, as will 5th and 6th grade. Athletes are expected to be present to support the grade level that is playing until halftime for all home games. EXAMPLE: 8th grade athletes will be in the gym to support the 7th grade; and 7th grade athletes are expected to stay and support the 8th grade team (same for 5th/6th grade). **Once the game/match begins, players will sit together as a team in a designated area.** Ineligible or injured players will sit with the team for HOME contests when not participating. Ineligible players will NOT be allowed to attend away contests.
12. **REMOVAL FROM TEAM:** Participants who quit or are removed from a team MAY NOT participate in a contest for a new sport until the season is complete (including any tournament play) for the first sport.
13. **SPORTSMANSHIP:** Athletes will demonstrate good sportsmanship by following directions, attending all practices and games as scheduled, and showing respect for coaches, officials and the opposing team. Inappropriate behavior, language, or gestures will not be tolerated, and may result in a loss of playing time.
14. **SUPERVISION:** Participants must wait OUTSIDE the gymnasium until a coach is present to provide supervision for all practices and/or contests.
15. **TRANSPORTATION:** Transportation will be provided to all contests with the exception of the following towns: **Peru, LaSalle, Spring Valley, and Oglesby.** It is the responsibility of the parent and/or participant to find transportation to events at these schools. Parents must notify the coach in writing (prior to the game) if they elect to have their child transported by another parent when a bus is provided. All parents must sign the coaches' bus sign-out sheet prior to taking their child home from an away contest. With the exception of track, parent pick-up or drop off for games and/or practices will be on the WEST side (back) of the building. During track season, parent pick up or drop off will be on the EAST side (front) of the building.

SPECTATOR CODE OF CONDUCT

We encourage all spectators at school functions to support the efforts of the involved students. Your attendance at these activities sends a strong message that you recognize the importance of the activity and, even more importantly, the dedication and hard work of each of the participants. Be a positive role model by demonstrating proper sportsmanship, whatever the situation. Remember, children and young adults learn best by example – showing appreciation for the efforts of both teams, respecting the judgments of officials, coaches, or sponsors and by recognizing that true success is measured by more than numbers on a scoreboard. With these thoughts in mind, we can be assured that our students will learn the true ideals of competition, sportsmanship and fair play.

Please remember that the game is a privilege for everyone. It is not appropriate for anyone associated with a junior high/middle school game to use profanity or inappropriate language. Everyone attending or participating in any game has a responsibility to demonstrate good behavior.

In accordance with HB445, alcoholic beverages are not allowed on public school property. Any person who has alcoholic liquor in his/her possession on public school district property is guilty of a Class A misdemeanor, or a petty offense if school is in session or children are present at a school sponsored event. Further, anyone deemed to be under the influence will not be allowed entry.

Tips for Spectators:

1. **Be supportive of coaches:** In front of players and others, be supportive of the coach's decisions. It's best to speak directly and privately to the coach if you have a problem.
2. **Teach respect for authority:** Show good sportsmanship by being positive. There will be times when you disagree with a coach or official, but always remember that these individuals are trying their best and are trying to be fair.
3. **Help players learn through failure:** The way a child handles failure can help them face the certain failure life will throw them in the future. Let them learn to cope in their own way.
4. **Listen to your child:** Always support and listen to your child, but remember to stay rational until you have investigated the situation.
5. **Be mindful of your role as a role model:** Take a good and honest look at your actions in the athletic arena. Being angry at yourself or someone else is not an excuse to use profanity. Find another way to let off steam.

VIOLATIONS OF SCHOOL POLICY

Students participating in extra-curricular activities are representatives of Parkside Middle School and are expected to follow the guidelines set forth in the student handbook, both at home and away contests.

General:

- Students who miss practice must provide written notice (including email) from a parent or guardian. They will not be allowed to participate in the next scheduled contest if they miss practice without valid cause (students should inform the coach PRIOR to missing practice unless an emergency situation arises).
- Students receiving three or more office referrals during a season may be removed from the team.
- The administration reserves the right to remove any player from a team for a major discipline violation, or conduct (inside or outside of school) that negatively impacts the educational environment of Parkside Middle School.

Detention:

- Office or classroom detentions may not be scheduled around practices or contests.
- Students may participate after serving a detention if the coach is in agreement.
- Students skipping an office detention, or missing for any reason, will not be allowed to participate in a contest or practice on the same day.
- If coaches are unaware of a skipped student detention and the student is allowed to participate, he/she will be given a one game suspension for the next contest.

Suspension:

- Students assigned an **in-school or out-of-school suspension** will not be allowed to participate in the next scheduled contest.
- Students will not be allowed to participate in practice on the day of an in-school or out-of-school suspension. This will be deemed as an excused absence from practice.

RULES REGARDING ALCOHOL, TOBACCO AND CONTROLLED SUBSTANCES

The consumption of alcoholic beverages, using tobacco products or other drugs is hazardous to your health and is also illegal. The purchase of alcohol and tobacco by anyone under the ages of 21 or 18 respectively is also illegal in the State of Illinois. Reported possession of alcohol, tobacco or controlled substances by student athletes, whether ON or OFF of school property, will be investigated. Any student found to be in violation would be subject to disciplinary action up to and including suspension from extra-curricular activities for the remainder of the school year.

First Offense:

- Punishable with a minimum thirty calendar day suspension from competition.
- Violators will be required to attend all practices during the period of suspension unless excused by the administration.
- If a student attends a school approved "Alcohol, Tobacco and Substance Abuse Program", at the parent's expense, the penalty may be reduced at the discretion of the coach and the administration.
- The full term of the suspension MUST be complete before the violator will be allowed to participate in another sport or activity in the same school year. If the season ends or the student quits the team, the suspension will be reinstated in the next sport.

Second Offense:

- Will result in a permanent removal from all athletic team membership and participation for the remainder of the school year.

ELIGIBILITY

All activity requirements as outlined by the Board of Education policy, IESA or conference requirements, as well as those set by the activity coach/sponsor and approved by the administration must be met. A copy of the expectations, rules and consequences for noncompliance will be provided to each participant by the coach. All participants must sign a contract agreeing to follow all rules before they will be allowed to participate in practice or contests.

ATTENDANCE: Students participating in any extra-curricular school activity must be in full time attendance on the day of the scheduled event. *Students will be excused to attend funeral services, orthodontist appointments, or other events deemed appropriate by the administration.*

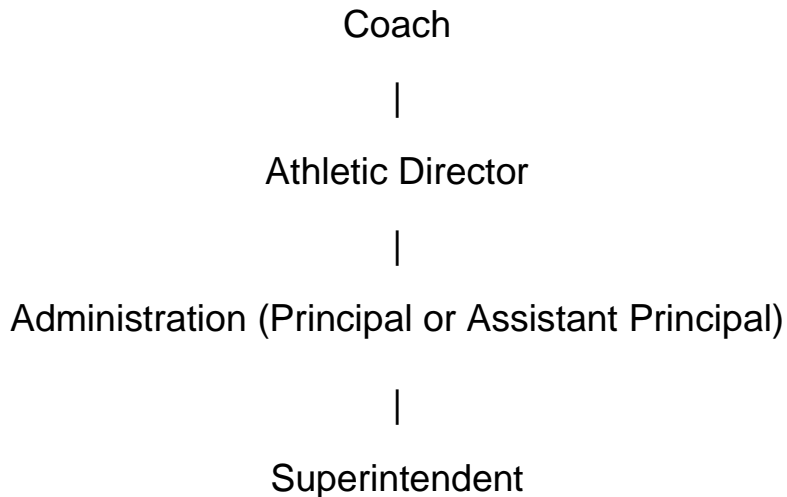
GRADES: In order to participate in extra-curricular activities, students must receive passing grades in ALL subjects. Academic eligibility is checked weekly in accordance with IESA regulations. Students should have an opportunity to bring their grade up each week, and may not be declared ineligible if insufficient assignments have been given, such as in the beginning of a trimester. Grades shall be cumulative for the grade period in which the student is practicing or competing. Students must also maintain acceptable conduct in classes and at practice. Certain behavioral issues (i.e. cheating, fighting, or disrespect) may result in a suspension for one or more contests. These regulations apply to managers and players.

Eligibility is checked on Thursday afternoons of each week and is in effect from that Saturday through Friday of the following week. Ineligible students may attend Project Success, to get help raising their grades to a passing level. They must practice (except when they attend Project Success), but may not participate in games/matches. Students will be required to attend all home contests and sit with the team in dress clothes. Students will not be allowed to travel with the team to contests away from Parkside School during the week, but may be allowed on Saturday. Students will be placed on academic probation if they have earned a 'D'. Probation students may participate in the activity at the coach's discretion.

PARENT NOTIFICATION: Students, who are declared ineligible or are placed on probation, will be notified in writing by the coach. **The written notification must be signed (by the participant as well as a parent/guardian) and returned to the coach before the student may continue participation.** Failure to return a signed note will result in an unexcused absence. Those who are ineligible for three cumulative weeks (per sport) will be removed from the team and a removal from team notice will be sent home. Participants may be removed from the team at the administration's discretion for chronic academic concerns.

CHAIN OF COMMAND

All communication, concerns or questions should be first directed to the head coach. If satisfaction is not received, the established chain of command should be followed. Anyone skipping a step in the chain will be referred back to the appropriate level. Your cooperation is appreciated.



RECOGNITION AND AWARDS

Each participant who completes a season on any athletic team is invited to attend a recognition night. Each coach or sponsor will present the following team awards to all participants:

School Letter [P] -awarded for the first sport or activity only

Activity Specific Pin - awarded each year of participation

**Peru Elementary Schools District #124
Athletic Handbook Compliance Form**

1800 Church Street
Peru, IL 61354
815-223-1111
815-223-0285 (fax)

The provisions of this handbook are not to be considered as irrevocable contractual commitments between the school and the student. Rather, the provisions reflect the current status of the rules, practices and procedures as currently practiced and are subject to change.

My signature acknowledges receipt of a copy of Parkside School's Athletic Handbook and a commitment to follow the rules and guidelines set forth within this document. I will be responsible for reading and reviewing the handbook with my child. I acknowledge that I have received and reviewed the Concussion in Sports Brochure and am aware of the signs, symptoms, and procedures for addressing potential sports concussions. I further agree that my child has permission to participate in the ImPACT Concussion Baseline Testing with IVCH, and I am responsible for the associated \$10 fee. Questions regarding any portion of the handbook should be addressed with the coach or athletic director prior to signing this form.

Students and their parent or guardian must sign this form before they will be allowed to participate in any athletic contest.

Parent/Guardian Signature

Date

Student Signature

Date