

**Sandoval Community Unit
School District #501
Athletic/Activity Handbook
2017-2018**



ATHLETIC/ACTIVITY HANDBOOK

INTERSCHOLASTIC ACTIVITIES

The following list of activities is offered to students at Sandoval Elementary and Sandoval Junior-Senior High School.

Baseball – Boys’ High School
Baseball – Boys’ Junior High School
Basketball – Boys’ High School
Basketball – Boys’ Junior High School
Basketball – Girls’ High School
Basketball – Girls’ Junior High School
Cheerleading – Coed High School
Cheerleading – Coed Junior High School
Track and Field – Boys’ High School
Track and Field – Girls’ High School
Cross Country – Boys’ High School
Cross Country – Girls’ High School
Golf – Boys’ High School
Golf – Girls’ High School
Scholar Bowl – Coed High School
Scholar Bowl – Coed Junior High School
Softball – Girls’ High School
Softball – Girls’ Junior High School
Volleyball – Girls’ High School
Volleyball – Girls’ Junior High School

Participation in extracurricular activities at Sandoval Community Unit School District #501 is a privilege extended by the district to students who wish to participate and agree to comply with the athletic/activity handbook and any other district policies or rules. Those who participate in extracurricular activities have the responsibility to conduct themselves at all times, including after school and on days when school is not in session, and whether on and off school property, as good citizens and exemplars of their school.

All student participating in extracurriculars will be charged a yearly fee of \$25. The activity fee must be paid before the student will be allowed to participate (no pay-no play).

The contents of this handbook include the rules and guidelines for all students participating in extracurricular athletics/activities. The rules and guidelines included in this handbook are effective during the entire calendar year throughout the student’s years at Sandoval Community Unit School District #501 and are subject to change.

The Sandoval Community Unit School District #501 Board of Education reserves the right to establish policies and procedures that exceed the Illinois High School Association (IHSA) and the Southern Illinois Junior High School Athletic Association (SIJHSAA) policies and by-laws. When the Sandoval Community Unit School District #501 Board of Education establishes policies and procedures that exceed the IHSA and/or SIJHSAA policies and by-laws, the Sandoval District policies and procedures shall govern and supersede.

I. Injuries

All athletic injuries must be first reported to the coach. A written copy of the accident/incident report is to be turned into the office and given to the school nurse no later than the next school day for purposes of insurance and liability.

II. Grooming and Dress

- A. Athletes/participants must wear hair out of their eyes, tied back, or any style provided the hair does not interfere with vision or safety.
- B. Athletes/participants must be appropriately groomed and neatly dressed.

III. Verification Forms

- A. The athlete must have proof of insurance on file with the principals indicating that the athlete is properly insured. The parent or guardian will fulfill this requirement by completing the Sandoval Community Unit School District #501 Athletic/Activity Agreement form.
- B. The athlete must have a current physical examination on file with the district nurse. A physical examination is valid for one calendar year.
- C. The athlete/participant must have permission from his/her parent or guardian to participate in extracurricular athletics/activities. The parent or guardian will fulfill this requirement by completing the Sandoval Community Unit School District #501 Athletic/Activity Agreement form.
- D. The student and parent/guardian must sign the Sandoval Community Unit School District #501 Athletic/Activity Agreement form stating they have received and read the Sandoval Community Unit School District #501 Athletic/Activity Handbook. By doing so, they have agreed to comply with the provisions of the Sandoval Community Unit School District #501 Athletic/Activity Handbook and district policies or face consequences for any infractions that occur.
- E. All junior high school athletic players and their parents/guardians must sign and complete the SIJHSAA Concussion and Acknowledgement Consent Form. This form includes information on concussions.
- F. All high school athletic players and their parents/guardians must complete and sign the IHSA Sports Medicine Acknowledgement & Consent Form. This form includes information on concussions (Public Act 097-0204) and IHSA Performance-Enhancing Substance Testing Policy. Student athletes and his/her parents/guardians are required to sign the form concerning concussions before participating in practice or interscholastic competition.

Note; All high school student-athletes are required each year to watch the IHSA developed concussion video presentation of the over-all concussion curriculum in order to be in compliance with state law (Public Act 098-1011) and IHSA policy. The coaches will show this video presentation at the beginning of the season.

- G. All junior high and high school students who participate in extracurricular activities and their parents/guardians must sign the “Waiver of Liability Extracurricular Event Student Transportation” form. Also, all high school students who have a driver license and participate in extracurricular activities and their parents/guardians must sign the “Waiver of Liability Extracurricular Event Self-Transportation form.

IV. Participation and Attendance in a Sport/Activity

Any student who is eligible to participate in a sport/activity will be permitted to do so if he/she so chooses. However, a student cannot participate in both basketball and cheerleading during the same season. Students who choose to participate must attend tryouts or practices during the first week (one complete school week) the sport/activity begins. Students who have a medical excuse or have been granted a pre-arranged absence may be exempt from attending the first week. The coach/sponsor, athletic director, and the principal will make the final determination when these situations arise.

All students must secure permission from the coach or sponsor before missing any scheduled practices. Any unexcused absence from regularly scheduled practices will be cause for discipline. Practices called that had not

been previously scheduled shall be optional. Practices scheduled on Sundays or holidays (New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving, and Christmas Day) shall not be held unless under extenuating circumstances and approved by the administration. Saturday practices scheduled seven (7) days in advance are mandatory (unless it falls on one of the holidays mentioned above). Students should remember that a missed practice is a lost learning opportunity to gain knowledge and/or skills of a sport/activity. The coach or sponsor may examine the validity of such absences and may discipline accordingly. Unexcused absences from regularly scheduled practices will be handled in the following manner:

1st offense – One game/event suspension

2nd offense – Two games/events suspension

3rd offense – Student/athlete dismissed from team

The coach or sponsor of the individual team will handle discipline for athletes/participants who are tardy to practice.

All students must secure permission from the coach before missing any scheduled game or event. Any unexcused absence from any scheduled game or event will be cause for discipline. The coach may examine the validity of such absences and may discipline accordingly. Unexcused absences from games or events will be handled in the following manner:

1st offense – One game/event suspension

2nd offense – Student/athlete dismissed from team

V. Academic Eligibility

- A. In accordance with the provisions of the Illinois High School Association and the Sandoval Community Unit School District #501 Board of Education Policy, a high school student must be passing twenty-five (25) credit hours of course work per week. Each course a student is enrolled in is worth five (5) credit hours per week. Also, any student (elementary/junior high/high school) who is failing more than one of his/her courses will be deemed ineligible.
- B. The student must have successfully completed twenty-five (25) credit hours the previous semester to be eligible to compete in interscholastic activities for the current semester. If the student is successfully passing twenty-five (25) credit hours after the first nine weeks of the ineligible semester he/she may begin practice. However, they cannot dress for or participate in any Illinois High School Association interscholastic sponsored contests. (IHSA By-Law 3.022)
- C. Academic eligibility will be monitored by athletic director on a weekly basis during the sport/activity season. If a student is failing more than one class on Wednesday, he/she will be deemed ineligible for competition the following week. Academic ineligibility will run from the following Monday through Sunday of that week.
- D. If a student is ineligible due to grades at the end of a quarter, that student will be ineligible for a minimum of ten (10) attendance days for the next quarter.
- E. Students who become academically ineligible three times during a season will be removed from the team or squad of the respective sport or activity for the rest of the season. There may be special circumstances, such as absences due to medical reasons that may be reviewed by the coach, athletic director, and principal to determine if eligibility may still exist.

VI. Athletic Equipment

- A. Athletic equipment/clothing will be worn in regular athletic contests or scheduled practices only.
- B. Students are responsible for all equipment and clothing issued or entrusted to them for their use. The student must pay, at replacement cost, for all damaged or lost equipment/supplies.

- C. Students must return all school uniforms/equipment immediately at the conclusion of the season. If a student quits or is dismissed from a team, it is the student's responsibility to return all uniforms/equipment within two (2) days.

VII. Attendance in School: Practice and/or Play

Eligibility Rule

- A. If a student is absent from school, he/she will not be eligible for any contest or activity (including practices) that afternoon, night, or the following day if school is not in attendance, with the following exceptions:
 - 1. Absence due to a death in the family
 - 2. Absence due to a school-sponsored field trip
 - 3. The student is absent for part of the day from school but arrives at school by 11:00 a.m. and participates in school for the remainder of the day
 - 4. A student with a doctor or dentist appointment must have documentation of the appointment.
 - 5. Absence has been approved by an administrator
- B. Each student is expected to attend every regularly scheduled practice session of the sport or activity in which he/she is participating, unless absent from school. If a student is absent from school, he/she will not be allowed to practice except for reasons stated under Steps 1 thru 5 above.
- C. If a student is absent from school on an attendance school day prior to a game/activity that is scheduled on a nonattendance school day, that student must have prior approval from the administration to participate in the game/activity on the nonattendance school day.

VIII. Training Rules

Coaches, with the approval of the athletic director and the administration, may initiate training and/or conduct rules for athletes under their supervision. A copy of the individual team rules will be given to the participants at the beginning of the season.

IX. Transportation Rules

All athletes/participants must ride school district transportation to and from all school sponsored activities if transportation is provided. An exception may be granted if a parent/guardian/grandparent/adult sibling (at least 18 years of age) requests in writing that the student return with the parent/guardian/grandparent/adult sibling. If a parent/guardian wants his/her child to return from a game/event with another adult, the parent/guardian must obtain approval in advance from the principal or his/her designee. The principal will then notify the coach/sponsor.

For security reasons, high school students are to park their vehicles in the south or southwest parking areas of Sandoval High School during away games.

If district transportation is not provided, students and parents/guardians must sign the applicable "Waiver of Liability" transportation forms.

X. Conduct

General Rules

Violation of any of the following rules of conduct will result in immediate dismissal of the team:

- A. Gross disobedience or misconduct.
- B. Causing or attempting to cause damage to, or stealing or attempting to steal, school property or another person's property.

- C. Using any form or type of aggressive behavior that does physical or psychological harm to someone else and/or urging individuals to engage in such conduct. Prohibited aggressive behavior includes, without limitations, the use of violence, force, noise, coercion, threats, intimidation, fear, bullying, or other comparable conduct.

Illegal Substances

If a student, prior to being found in violation or selected for the Drug Testing Program, initiates contact with a school official indicating that the student has a chemical problem, and if the student consents to and participates in a treatment program, no penalties will be levied on the student.

The possession, use, or sale of alcohol, drugs, or tobacco will result in the following consequences when the student is confirmed to be guilty of a violation.

1st offense – Two game/event suspension

2nd offense – One calendar year suspension from games/event competition from the date the infraction was confirmed by school officials.

3rd offense – Student is prohibited from participation in all sports/activities the remainder of his/her junior high or senior high school career at Sandoval Community Unit School District #501.

NOTE:

The above penalties for a student participating in junior high sports/activities will only affect his/her participation for the remainder of his/her career in grades 8 and below.

The above penalties for a student participating in high school sports/activities will only affect his/her participation for the remainder of his/her career in high school (grades 9 thru 12).

Performance-Enhancing Substances

The value of interscholastic programs is found in the over-all physical, emotional, and intellectual development of student-athletes. In that pursuit, anabolic steroids and performance-enhancing dietary substances offer no positive contribution. Rather, their use jeopardizes not only the health of student-athletes, but also impedes in their over-all development.

It shall be considered a violation for any student-athlete to ingest, or otherwise use any substance of the IHSA's Banned Substance Classes, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for legitimate medical condition. Athletes who use any substance(s) from the IHSA Banned Substance Classes shall be penalized as stated in the "Illegal Substances" section.

The IHSA bans the following classes of substances:

- A. Stimulants
- B. Anabolic Agents
- C. Diuretics and Other Masking Agents
- D. Peptide Hormones and Analogues

RANDOM DRUG TESTING POLICY

The Board of Education believes that the use of illegal drugs by students who participate in extracurricular activities presents a particular hazard to the health, safety, and welfare to students and to those who compete with the student. The risks associated with such abuse may include the possibility of impaired judgment, diminished capacity, deterioration of the organs and tissue of the body, addiction and mental and physical impairment which substantially compromises one's ability to perform to his/her natural ability.

The Board encourages students to participate in extracurricular activities, but believes the opportunity to try out for and participate in school sponsored activities is a privilege and not a right. To be eligible to try out for, or to participate in any extracurricular activities students must agree to submit to testing for the use of prohibited substances, if selected, in accordance with this policy.

This policy has been adopted by the Board of Education of Sandoval Community Unit School District No. 501 and applies to all students who participate in extracurricular activities in grades 5-12. This policy is in addition to and incorporated as a part of the Sandoval Community Unit School District No. 501 Extracurricular Code of Conduct, and all other policies regarding student conduct. This policy has been adopted after seeking the input of parents and concerned citizens of the District and is a response to their consensus that it is the most effective response to the growing problem of drug and alcohol abuse of students, and in particular, student extracurricular participants.

The District recognizes that there is a high incidence of alcohol and drug abuse by students nationwide, which is epidemic in proportion. The District also recognizes that some Sandoval students, and in particular, participants in extracurricular activities have used alcohol and have or will experiment with illegal drugs and/or alcohol during their school years. Because participants in extracurricular activities are especially respected and looked up to by the student body, they are expected to be good examples of conduct, sportsmanship and training, which includes abstaining from the use of drugs and alcohol. Moreover, participants in extracurricular activities who use drugs can be a danger to himself/herself or others, both in and out of the extracurricular activity. In order to provide for the health and safety of the individual participant and other extracurricular participants, as well as provide a legitimate reason for the students to say "NO" to drug use, and to provide an opportunity for those taking drugs to receive help in locating programs which can provide assistance, the District is conducting a mandatory drug testing program for extracurricular participants. The program is not punitive. It is designed to prevent drug and alcohol usage, to educate student extracurricular participants as to the serious physical, mental and emotional harm caused by drug, alcohol, and tobacco use/abuse, to create and maintain a safe, drug free, environment for students athletes and to assist them in getting help when needed.

The purpose of this policy is to deter the use of prohibited substances, not to provide a means which the district may use to punish a student other than by disqualification from participation in extracurricular activities. Accordingly, the results of any drug test administered under this policy shall be used only for determination of eligibility to try out for and participate in extracurricular activities and for no other disciplinary purpose.

Player Ejection from Contests

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and any other interscholastic contests in the interim. A participant who is ineligible to participate in a game(s)/event(s) due to suspension for unsportsmanlike conduct may travel with the team to the game(s)/event(s) with approval of the coach or sponsor. However, the ineligible participant may not appear at the game(s)/event(s) in uniform. (IHSAA By-Law 6.011 and SIJHSAA By-Law Article VIII, Section 3)

B. Any player who is ejected from a junior varsity contest for unsportsmanlike conduct will not be eligible to participate at any level of competition of the same sport/activity until the next junior varsity contest has been

completed. If there is no contest at the same level within a ten (10) day period, the ejected player may fulfill the requirements of this rule by missing three (3) contests at any level in the same sport/activity for which he/she is a rostered player.

XI. Disciplinary Suspension/Dismissal of Participants

The coach, sponsor, or school administrator may suspend/dismiss participants in extracurricular activities for violation of the athletic/activities handbook or other appropriate policies and rules of the school district. Suspension is defined as removal of the participant from participation in one or more practices or games but less than dismissal for the balance of a season. Dismissal is defined as removal of a participant from participation in a sport or event for the balance of a season. The following procedures shall apply to disciplinary suspensions/dismissals:

A. Prior to suspension/dismissal, the participant shall be provided an explanation of the charges against him/her. The participant shall be given the opportunity to respond to the charges to the disciplinary suspending/dismissing school official, i.e., coach, sponsor, etc.

B. After Step A and upon written request, the participant may appeal his/her disciplinary suspension/dismissal within five (5) days of the first day of the suspension/dismissal to the school administration. The school administrator will then determine the appropriateness of the suspension/dismissal.

C. After step B and upon written request, the participant may appeal his/her disciplinary suspension/dismissal within ten (10) days of the first day of the suspension/dismissal to the superintendent and the school board. At the hearing, the participant shall be provided an explanation of the charges against him/her, may be represented by counsel at his/her expense, and may call witnesses, cross-examine adverse witnesses and may present evidence in his/her defense. After presentation of evidence, the Sandoval School Board of Education shall take such action as it finds appropriate.

Disciplinary suspensions/dismissals may be imposed pending suspension/dismissal proceedings.